



Indiana Continuous Learning Challenge

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Continuous Learning Challenge - Kindergarten

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. IDOE encourages families to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of completed challenges on social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a spring reading challenge for your family. Set a goal and track minutes or books to read together over the course of a month. If you reached your goal, celebrate!	Practice writing a complete sentence and illustrate or draw a picture to go with your sentence.	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go on a virtual field trip by visiting https://tinyurl.com/1rt16vl1 .	Practice adding and subtracting objects (e.g., cereal, beads, coins, etc.). Can you create a story problem to go with your addition or subtraction equation?	Write as many sight words as you can remember. Focus on your best handwriting. Count how many words you wrote and write down the number. Can you beat your list tomorrow?	Create a weather report for the week. Record each day’s temperature, how it feels, if it is sunny, cloudy, rainy, etc. Share your report with a family member.
Communication	Write a sentence and draw an illustration to share with a friend, neighbor, or family member. Don’t forget to check for capitalization, punctuation, and correct spacing between words.	Write a question each week for your family to discuss. It could be about how they are feeling, something they like, or a current event. Make sure everyone takes a turn speaking.	Have a picnic. Pack your lunch, grab a blanket, and invite a family member or friend to join. If it is too cold outside, have a picnic inside!	With adult permission, call or FaceTime a friend or relative that you have not talked with in a while.	Write and draw a short story on the topic of your choice. Tell your story out loud to a family member. Practice using the words first, then, and last to work on the sequence of the story.	Explore and learn American Sign Language (ASL). There are many videos for you to watch and learn: https://tinyurl.com/yx6xz7a7
Creativity	Spring is known for being a time of new life, but it’s also known for it’s rainy days. Have you ever tried to paint the rain? Let’s give it a	Alma Woodsey Thomas is an abstract artist who also used to be an art teacher! She creates beautiful texture in her artwork	Gather materials from around the house or kitchen. You can use boxes and empty containers, too! What can you	Create crumpled paper art, inspired by the book “Ish”. Take a piece of paper. Crumple it all up in a ball! Choose one watercolor	Let’s explore with color and texture! Paint some bold colors on thicker paper. There is no need to paint anything in	Color mixing! Grab a coffee filter and some markers (not permanent). Fold your coffee filter in half, then in half again, and then

	<p>try! Rainy days are usually calmer, quiet days, so grab some calm colors like blue and purple and add a little water so they flow. Create a thick line of paint across the top of your page like a line of rain clouds. Now use a straw to blow the paint down your page and create lines of rain. Tada! Rain art!</p>	<p>by using thick, short brush strokes and using bright bold colors. Just over 50 years ago Alma created 'Space' paintings that imagined what the moon and mars would look like. Check out her work in the link above. Then, grab paint, markers, or crayons and draw what you imagine space would look like. Be sure to try to make short strokes like Alma did!</p>	<p>create? Can you add to your creation? Explain what you built to a family member or friend?</p>	<p>and paint the outside of the ball. Open the paper and rumple it again! Choose a different color and paint the outside of the paper ball. Open and repeat one more time with a third color. After the third color open the paper and press to flatten. Let it dry. Try drawing an "Ish" drawing on your crumpled paper. If you want to hear a reading of the story "Ish", click here.</p>	<p>specific. Just pick your favorite colors and add them. Make sure you are applying thick paint. Fill the page with your beautiful colors! Now, take a piece of plastic wrap and place it on top of your art. Scrunch, flatten, and pinch in certain areas to slightly mix your colors. Set aside to dry. Once dry, peel off the plastic wrap and look at the different textures created! What new colors did you make? Can you find any shapes in your texture?</p>	<p>in half one more time. Start in the corner and color the corner. Switch colors as you work your way up to the top of the coffee filter. Grab a spray bottle and spray some water on to the coffee filter. Watch how the colors move and mix together! What other color combinations can you try? Can you make all of the colors?</p>
Critical Thinking	<p>Build something using materials from around the house like plastic cups, books, or a deck of playing cards.</p>	<p>Gather seeds from fruits, vegetables, or flowers and plant them in soil. Keep a journal of how much you water the plants, how much sunlight the plants get, and how much each seed grows.</p>	<p>Practice your full name, address, and a family member's phone number.</p>	<p>Using toothpicks and marshmallows see how high of a tower you can build without it falling over. Challenge a family member to create one too.</p>	<p>Play a matching or memory game. Keep track of your matches and record your score.</p>	<p>Practice tying your shoes. If you can tie your own, practice double knotting or tying someone else's shoes.</p>
Collaboration	<p>Ask a family member to help you cook a meal, snack, or dessert. Follow the directions together, and then sit down to enjoy what you made.</p>	<p>Use this recipe to make homemade playdough with a family member. You can also look up your own recipe.</p> <ul style="list-style-type: none"> ● 2 cups white flour ● 1/4 cup 	<p>Ask a family member to help you find labels or empty food boxes that you can use to make a story. For example, cut out the "Cheerios" label on a cereal box and write about</p>	<p>Ask a family member to blindfold you. Ask them to gather some things from around the house that have a unique smell. One at a time, the family member will</p>	<p>With a family member, set up a short race course with a start and finish line. Then race cotton balls or something similar by blowing through a straw and seeing who can</p>	<p>Play "Pictionary" with a family member. Take turns drawing a picture while the other one tries to guess what you're drawing.</p>

		<p>cream of tartar</p> <ul style="list-style-type: none"> • 1/2 cup salt • 2 Tablespoons vegetable oil • 2 cups water <p>Mix the dry ingredients and then add the wet ingredients. Ask an adult to cook on medium heat, stirring continually. When a ball forms, remove from heat. Let cool, then begin creating!</p>	<p>someone eating, buying, or liking Cheerios. Do this for at least five labels or boxes you find.</p>	<p>ask you what each object is just by smelling it.</p>	<p>reach the finish line first!</p>	
Social Emotional Wellness	<p>Using finger paint, connect to mindfulness and talk about what you feel, smell, and what thoughts you had while painting.</p>	<p>Using a small piece of playdough or clay, create an object that relates to a source of stress. After sharing, if comfortable, smash the play dough back into a blob.</p>	<p>Think of the most calm, peaceful place you have ever been or ever seen. Picture yourself in that place. Draw a picture. Remember you can return here when you are feeling stressed or worried.</p>	<p>Place the food in the palm of the students' hands. Closing their eyes, have them feel the texture of the food, smell it, etc. Ask the student to give a single descriptive word. Talk about and discuss what it was like to only use the senses touch and smell.</p>	<p>Try a simple breathing):</p> <ul style="list-style-type: none"> • Stand • Breathe • Sit 	<p>Check in with your feelings by completing these sentences: Physically I feel... Mentally I feel... Emotionally I feel...</p>
Health and Fitness	<p>Have a family dance party. Take turns picking songs and showing each other new and old dance moves.</p>	<p>Visit a neighborhood park. See if you can create an obstacle course using the equipment and space.</p>	<p>Go on a walk, jog, or bike ride with family.</p>	<p>Start a water challenge. Keep track of how many glasses of water you drink in one day. Can you drink one more tomorrow?</p>	<p>Practice washing your hands while singing the Happy Birthday song. Make sure to focus on each finger, side, and part of both hands.</p>	<p>Set a healthy goal for you and your family. Create a chart and track positive choices.</p>

Continuous Learning Challenge - Grade One

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. IDOE encourages families to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of completed challenges on social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a spring reading challenge for your family. Set a goal and track minutes or books read together over the course of a month. If you reached your goal, celebrate!	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16vl1 to experience one today!	Write a story based on something you have read or like. Be sure to include illustrations for your story.	Gather as many coins as you can. Practice sorting by coin type. Count each group of coins by their value.	Practice your math facts. Choose an addition and a subtraction fact. Use the facts to write a story problem. (e.g., Ty has 12 crayons and Sherry gave him 18 more. How many crayons does Ty have all together?)	Read about the weather cycle. Can you predict what type of weather we may have by the look of the clouds or air?
Communication	Write a short story and draw illustrations to go with it. Then share with a friend, neighbor, or family member. Don’t forget to check for capitalization and punctuation.	Write a question each week for your family to discuss. It could be about how they are feeling, something they like, or a current event. Make sure everyone takes turns speaking.	With adult permission, call or FaceTime a friend or relative that you haven’t talked with in a while.	Describe something in the room to a family member without telling you what they are thinking about.	Explore and learn American Sign Language (ASL). There are many videos for you to watch and learn: https://tinyurl.com/yx6xz7a7	Create a family calendar where you label the days of the week, month, and number each day. Then, track the days, activities, or meals for the week or month.
Creativity	Spring is known for being a time of new life, but it’s also known for it’s rainy days. Have you ever tried to paint the rain? Let’s give it a try! Rainy days	Alma Woodsey Thomas is an abstract artist who also used to be an art teacher! She creates beautiful texture in her artwork by using thick,	Create your own puzzle. Draw a picture on a piece of paper or side of a cardboard box. When completed, ask a family member to help	Create crumpled paper art inspired by the book “Ish”. Take a piece of paper, now crumple it all up in a ball! Choose one watercolor color	Let’s explore with color and texture! Paint some bold colors on thicker paper, no need to paint anything in specific, just pick your	Color mixing! Grab a coffee filter and some markers (not permanent). Fold your coffee filter in half, then in half again, and then in half one

	are usually calmer, quiet days, so grab some calm colors like blue and purple and add a little water so they flow. Grab a straw. Paint a thick line of paint across the top of your page like a line of rain clouds. Now use your straw to blow the paint down your page and create lines of rain. Tada! Rain art!	short brush strokes and using bright bold colors. Just over 50 years ago Alma created 'Space' paintings that imagined what the moon and mars would look like. Check out her work below or in the link above, then grab paint, markers, or crayons and draw what you imagine space would look like. Be sure to try to make short strokes like Alma did!	you cut it apart into different shapes. Remember, the more pieces, the harder it will be to put it back together.	and paint the outside of the ball. Open the paper and flatten. Crumple it again! Choose a different color and paint the outside of the paper ball. Open and repeat one more time with a third color. After the third color open the paper and press to flatten, let dry. Try drawing an "Ish" drawing on your crumpled paper. If you want to hear a reading of the story "Ish", click here .	favorite colors and add them. Make sure you are applying thick paint. Fill the page with your beautiful colors! Now, take a piece of plastic wrap and place it on top of your art. Scrunch, flatten, and pinch in certain areas to slightly mix your colors. Set aside to dry. Once dry, peel off the plastic wrap and look at the amazing textures created! What new colors did you make? Can you find any shapes in your texture?	more time. Start in the corner and color the corner. Switch colors as you work your way up to the top of the coffee filter. Grab a spray bottle and spray some water on to the coffee filter. Watch how the colors move and mix together! What other color combinations can you try? Can you make all of the colors?
Critical Thinking	Build something using materials from around the house like plastic cups or a deck of playing cards.	Gather a bunch of little toys or objects. Ask your child to sort them into groups. Explain how you sorted them.	Create a game of "Would You Rather" for your family. Ask silly questions like, "Would you rather eat grass or hair. Why?" Take turns discussing answers and asking questions.	Help sort laundry by who it belongs to. Then, help fold and put away your laundry.	Work on a puzzle with or without help. Tell someone what clues helped you to put the pieces together (looking at the photo on the box, matching similar colors, etc.).	Play a game of memory using cards, blocks, or create your own pieces.
Collaboration	Ask a family member to help you cook a meal or make a snack or dessert. Follow the directions together, and then sit down to enjoy what you made.	With a family member use this recipe for homemade playdough, or look up your own recipe. <ul style="list-style-type: none"> • 2 cups white flour • 1/4 cup cream of tartar • 1/2 cup salt • 2 Tablespoons 	Find a family member to help you find labels or empty food boxes that you can use to make a story. For example, cut out the "Cheerios" label on a cereal box and write about someone eating, buying, or liking	Ask a family member to blindfold you, then they can gather some things from around the house that have a unique smell. One at a time the family member will ask you what each object is just by smelling	With a family member, set up a short race course with a start and finish line. Then race cotton balls or something similar by blowing through a straw and seeing who can reach the finish line first!	Play "Pictionary" with a family member. Take turns drawing a picture while the other one tries to guess what you're drawing.

		vegetable oil • 2 cups water Mix the dry ingredients and then add the wet. Cook on medium heat, stirring continually. When a ball forms, remove from heat. Let cool, then begin creating!	Cheerios. Do this for at least five labels or boxes you find.	it.		
Social Emotional Wellness	Check in with your feelings by completing the following sentences: Physically I feel... Mentally I feel... Emotionally I feel...	Perform a square breathing exercise: • Breathe in through nose for four counts • Pause or hold your breath for four counts • Exhale through mouth for four counts • Pause or hold your breath for four counts	Using items around your home, create a collage illustrating personal qualities, things you value, and your strengths	Using a small piece of playdough or clay, create an object that relates to a source of stress. After sharing, if comfortable, smash the play dough back into a blob.	Think of the most calm, peaceful place you have ever been or ever seen. Picture yourself in that place. Draw a picture. Remember you can return here when you are feeling stressed or worried.	Place the food in the palm of the students' hands. Closing their eyes, have them feel the texture of the food, smell it, etc. Ask the student to give a single descriptive word. Talk about and discuss what it was like to only use the senses touch and smell.
Health and Fitness	Have a family dance party. Take turns picking songs. Show each other new and old dance moves.	Ask a family member or friend to play a sport or game with you. You can kick a ball back and forth, play catch, or races.	Go on a walk, jog, or bike ride with family.	Do a water challenge. Keep track of how many glasses of water you drink in one day. Can you drink one more tomorrow?	Practice washing your hands while singing the Happy Birthday song. Make sure to focus on each finger, side, and part of both hands.	Create an exercise or healthy eating goal for you and your family. Organize a chart to track your daily habits.

Continuous Learning Challenge - Grade Two

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a spring reading challenge for your family. Set a goal and track minutes or books read together over the course of a month. If you reached your goal, celebrate!	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16vl1 to experience one today!	Watch a TV show you have never seen before. During the show pause it and make predictions on how it will end. See if you were correct.	Develop a simple sketch or drawing with only rectangles, squares, and triangles. Are you able to fill a complete page?	Collect six different objects from around your house. Classify and describe the different kinds of materials by their appearances and features.	Estimate how many cups of water fit into a mixing bowl in your house. Try it. Were you correct? Why or why not?
Communication	Be mindful to say please and thank you throughout the week.	Write a question each week for your family to discuss. It could be about how they are feeling, something they like, or a current event. Make sure everyone takes turns speaking.	Ask family or friends to give you a character. Ask them to tell you something that happens to the character. Create a story based on their responses and perform or share your new story.	Create a thank you card for your mail carrier, grocery store clerk, or community helper.	Create a family calendar where you label the days of the week, month, and number each day. Then, track the days, activities, or meals for the week or month.	Write three thank you cards to family, friends, or neighbors.
Creativity	Have you ever noticed the small little buds on trees in the spring? We’re going to paint these today! Grab a straw, paper, brown paint and	Listen to the author and artist Faith Ringgold read her famous children’s book <u>Tar Beach</u> . As you watch her paintings and listen to her	Let’s make a Henri Matisse inspired bowl! On colorful paper draw out some wiggly designs. Cut these out. Blow up a balloon and place it in a	Foil line relief! Grab a piece of cardboard, glue, and some yarn or twine. Make a curly curvy line with glue across your cardboard and place the	Let’s explore with color and texture! Paint some bold colors on thicker paper, no need to paint anything in specific, just pick your	Color mixing! Grab a coffee filter and some markers (not permanent). Fold your coffee filter in half, then in half again, and then in half one

	<p>whatever color you want for your tree buds. Add some water to your brown paint until it is runny. Put a larger drop of brown paint at the bottom of your page. Grab your straw and blow the paint up towards the top of your page like a tree growing. Let the paint spread out like branches. Once your tree is dry, take a cotton swab and dab on your buds on your branches. Watch the buds on your real trees outside to see what they turn into!</p>	<p>words, what is something from the story that you will never forget? Think of where you would like to fly. Where would you go? What would you do? Who would you take with you? Draw a picture of you flying.</p>	<p>cup as a holder. Mix one part glue with one part water to make a paste. Begin to place your cut wiggly designs on the balloon and paint the paste over your shapes. Keep doing this until your balloon's top is fully covered and you are happy with your creation. Wash your brush well and let your art dry overnight. Pop the balloon in the morning!</p>	<p>string along your glue line. Once dry, take a piece of foil and wrap around the cardboard. Use your finger to smooth the cardboard down around the yarn. Now grab some markers (permanent work best). Add some color to your sections created by your design.</p>	<p>favorite colors and add them. Make sure you are applying thick paint. Fill the page with your beautiful colors! Now, take a piece of plastic wrap and place it on top of your art. Scrunch, flatten, and pinch in certain areas to slightly mix your colors. Set aside to dry. Once dry, peel off the plastic wrap and look at the amazing textures created! What new colors did you make? Can you find any shapes in your texture?</p>	<p>more time. Start in the corner and color the corner. Switch colors as you work your way up to the top of the coffee filter. Grab a spray bottle and spray some water on to the coffee filter. Watch how the colors move and mix together! What other color combinations can you try? Can you make all of the colors?</p>
<p>Critical Thinking</p>	<p>Think of a favorite character from a book or TV show. Write down what they may have been thinking or feeling in a situation from the book or show. Is this the same or different from how you would have thought or felt?</p>	<p>Keep track of all the food you eat for the day. What was your favorite food you ate? What were the ingredients in the food?</p>	<p>Think of different ways you can add numbers up to 100. How many different ways can you come up with?</p>	<p>Help sort laundry by who it belongs to, then help fold and put away your laundry.</p>	<p>Work on a puzzle with or without help. Tell someone what clues helped you to put the pieces together (looking at the photo on the box, matching similar colors, etc.)</p>	<p>Make your own chalk! You'll need:</p> <ul style="list-style-type: none"> ● 10 egg shells ● two teaspoons flour ● four teaspoons hot water ● food coloring ● paper towel <p>Clean and dry the egg shells, then grind into a fine powder. Add hot water to make a stiff paste. Then, add food coloring. Place the mixture on a paper towel (or a silicone mold or ice cube tray) and roll it into a tube. Allow the</p>

						chalk to dry completely.
Collaboration	Work together with your family to make a meal together from start to finish (making the food, setting the table, doing the dishes, etc.).	Make dinner or dessert with your family. Discuss who will complete each step in the process.	Work with your family to complete a goal or project.	Build a fort out of blankets and chairs. Invite family members in your fort to tell stories.	Call an older relative or friend. Ask them to teach you the words to a song they like.	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers.
Social Emotional Wellness	After reading or listening to a story, draw faces that describe how they think the characters in the story were feeling.	Perform a square breathing exercise: <ul style="list-style-type: none"> • Breathe in through your nose for four counts • Pause or hold your breath for four counts • Exhale through your mouth for four counts • Pause or hold your breath for four counts 	Using items around your home, create a collage illustrating personal qualities, things you value, and your strengths.	Using a small piece of playdough or clay, create an object that relates to a source of stress. After sharing, if comfortable, smash the play dough back into a blob.	<ul style="list-style-type: none"> • Place the food in the palm of the students' hands. • Closing their eyes, have them feel the texture of the food, smell it, etc. • Ask the student to give a single descriptive word. • Talk about and discuss what it was like to only use the senses touch and smell. 	Check in with your feelings by completing the following sentences: Physically I feel... Mentally I feel... Emotionally I feel...
Health and Fitness	Go outside and complete 20 jumping jacks three times throughout the day. Count out loud as you do them.	Sit on the floor with your legs straight out in front of you. Stretch out and try to touch your toes. Breathe and count to 20 as you stretch. Do this two times a day.	Skip forward 25 skips, then walk backwards the distance you skipped. Do this three times a day.	Create a dance with a family member. Take turns creating a move for the dance. Then, try the whole dance.	Pick a distance and challenge a friend to a speed walking race. No running.	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other while trying to stay balanced.

Continuous Learning Challenge - Grade Three

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Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a spring reading challenge for your family. Set a goal and track minutes or books read together over the course of a month. If you reached your goal, celebrate!	Read a new genre (mystery, nonfiction, etc.) or a new format (comic, newspaper, online, article, etc.).	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16v1 to experience one today!	Look through a magazine, catalogue, or book. See how many multisyllable words you can find.	Have a family member create a list of two and three digit numbers. Round those numbers to the nearest 10 or 100.	Look around the house. Are you able to identify the different types of simple machines and their uses.
Communication	Write three thank you cards to family, friends, or neighbors.	Write a letter to a friend, family member, or your teacher about the things you are doing. If you can, read it or mail it to that person.	Play a card or board game with your family. Can you create a new game? Make sure to write down the rules, so you can play it again.	Create family talking cards with questions to ask: <ul style="list-style-type: none"> • How was your day? • What is your favorite meal? • What do you like best about yourself? • What is something you want to do better? 	Learn three new jokes. Call a relative or friend and share them.	Start a journal and choose a theme. For example: <ul style="list-style-type: none"> • Daily events; • Interesting quotes you heard on TV or from family members; • Something new you learned; and • Something new you tried
Creativity	Using a paper plate or any other thick paper, cut out a mask shape that would cover your whole face. Cut	Do you know who Yayoi Kusama is? Known to the art world as the polkadot lady she creates eccentric	Have you ever noticed the small little buds on trees in the spring? We’re going to paint these today! Grab a straw,	Listen to the author and artist Faith Ringgold read her famous children’s book Tar Beach on NPR, as you	Georgia O’Keeffe was one of the first female painters to achieve worldwide acclaim and is best known for	Let’s make a Henri Matisse inspired bowl! On colorful paper draw out some wiggly abstract designs, see La

	<p>out openings for the eyes. Using markers or crayons, decorate the mask. Use colors and symbols that express how you feel. Why do you think people would wear masks?</p>	<p>paintings and sculptures with bold beautiful colors and LOTS of polka dots! Learn more about her here and then create a Kusama inspired painting of your own!</p>	<p>paper, brown paint and whatever color you want for your buds. Add some water to your brown paint until it is runny. Put a larger drop of brown paint at the bottom of your page. Grab your straw and blow the paint up towards the top of your page like a tree growing. Let the paint spread out like branches. Once your tree is dry, take a cotton swab and dab on your buds on your branches. Watch the buds on your real trees outside to see what they turn into!</p>	<p>watch her paintings and listen to her words, what is something from the story that you will never forget? Think of where you would like to fly. Where would you go? What would you do? Who would you take with you? Draw a picture of you flying.</p>	<p>her large paintings of up close flowers. Frequently, she “zoomed in” so closely that her flowers became abstract! Look at a painting by Georgia O’Keeffe. What is the first thing you notice? What do you think it is? What do you think inspired her? Try drawing your own O’Keeffe-inspired flower. Find a flower, or a picture of a flower. Pick a “zoomed in” section to draw.</p>	<p>Gerbe below for inspiration. Cut these out. Blow up a balloon and place it in a cup as a holder. Mix one part glue with one part water to make a paste. Begin to place your cut wiggle designs on the balloon and paint the paste over your shapes. Keep doing this until your balloon’s top is fully covered and you are happy with your creation. Wash your brush well and let your art dry overnight. Pop the balloon in the morning!</p>
<p>Critical Thinking</p>	<p>Work together with your family to make a meal together from start to finish (making the food, setting the table, doing the dishes, etc.).</p>	<p>Create and use a secret code. Teach it to someone else.</p>	<p>Gather household objects (e.g. pen, cup, book). Describe the objects in creative ways (e.g. one big brown leg that is fixed to the ground with green veined hair on its head). Read aloud your descriptions to a family member. See if they can guess your object.</p>	<p>Use a Venn diagram to compare and contrast people in your family.</p>	<p>Write or tell a story titled, “What if humans had to leave the Earth, and no one remembered to turn off the last robot.”</p>	<p>Make a special snack or meal for someone else. Make a list of all the ingredients you used.</p>
<p>Collaboration</p>	<p>Play a game with your siblings,</p>	<p>Pick a letter of the alphabet. Write as many</p>	<p>Work with your family to complete a</p>	<p>Using household items and/or</p>	<p>Interview a caretaker about his or her life.</p>	<p>Use household items to create a catapult,</p>

	friends, or caretaker.	words using that letter. Create a paragraph using only these words.	goal.	furniture, build an obstacle course with your family.		paper airplane, or car with your family. Challenge each person to make their own. Hold a contest to see whose machine can go the farthest.
Social Emotional Wellness	Write an acrostic empathy poem: E=Everyone M=Me P=People A=All T=Teachers H=Help Y=You	In 60-90 seconds find as many of a certain object as you can. In the same amount of time, return everything you found. How did you feel? What did you learn?	Using a small piece of playdough or clay, create an object that relates to a source of stress. After sharing, if comfortable, smash the play dough back into a blob.	Perform a square breathing exercise: <ul style="list-style-type: none"> • Breathe in through your nose for four counts • Pause or hold your breath for four counts • Exhale through your mouth for four counts • Pause or hold your breath for four counts 	Using items around your home, create a collage illustrating personal qualities, things you value, and your strengths.	Think about a time in your life when your emotions got the best of you. What did you learn from this experience?
Health and Fitness	Ask a family member to go on a hike with you. Indiana has lots of nature trails, so find one near you and get hiking!	Sit on the floor with your legs straight out in front of you. Stretch out and try to touch your toes. Breath and count to 20 as you stretch. Do this two times a day.	Skip forward 25 skips, then walk backwards the distance you skipped. Do this three times a day.	Create a dance with a family member. Take turns creating a move for the dance. Then, try the whole dance.	Pick a distance and challenge a friend to a speed walking race. No running.	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other while trying to stay balanced.

Continuous Learning Challenge - Grade Four

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. IDOE encourages families to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of completed challenges on social media tagging @EducatelN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a spring reading challenge for your family. Set a goal and track minutes or books read together over the course of a month. If you reached your goal, celebrate!	Read a new genre (mystery, nonfiction, etc.) or a new format (comic, newspaper, online, article, etc.).	Write a new ending to a book or story. Share it with a family member, teacher, or friend.	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16v11 to experience one today!	Read a short story or picture book. Summarize the story in 100 words or less. Then, try in 50 words and 25 words.	Write down all the different ways you can add numbers to get to 66. Use addition, subtraction, multiplication, and division to get to your answer.
Communication	Write three thank you letters to family members, friends, medical professionals, or neighbors.	Write about how you want to positively impact the world. Share it with someone you care about.	Learn three new jokes. Call a relative or friend and share them.	Create an obstacle course in your home. Have a family close their eyes and instruct them how to navigate through the obstacle course. What worked well? What didn't work well?	With permission of an adult, ask to Facetime or Skype a friend or family member. Ask them about their day.	Create family talking cards with questions to ask: <ul style="list-style-type: none"> • How was your day? • What is your favorite meal? • What do you like best about yourself? • What is something you want to do better?
Creativity	Using a paper plate or any other thick paper cut out a mask shape that would cover your whole face. Cut	Do you know who Yayoi Kusama is? Known to the art world as the polkadot lady she creates eccentric	Ever heard of anthropomorphism? It means to give human characteristics to nonhuman beings, like animals. Think	Georgia O’Keeffe was one of the first female painters to achieve worldwide acclaim and is best known for	Make your own stamp! Stamps can be made from a variety of objects found around the home. Try cutting off the	Practice your eye-hand coordination! Take 30 quiet seconds to look at an object. Observe the curves, shapes,

	<p>out openings for the eyes. Using markers or crayons decorate the mask using colors and symbols that express how you feel. Contemplate, why do you think people would wear masks?</p>	<p>paintings and sculptures with bold beautiful colors and LOTS of polka dots! Learn more about her here and then create a Kusama inspired painting of your own!</p> 	<p>for a minute about what it would look like if a dog was sitting up, eating a bowl of cereal. What about an octopus eating pancakes? Try drawing your animal doing your favorite activity!</p>	<p>her large paintings of up close flowers. Frequently, she “zoomed in” so closely that her flowers became abstract! Look at the painting below by Georgia O’Keeffe. What is the first thing you notice? What do you think it is? What do you think inspired her? Try drawing your own O’Keeffe inspired flower by finding a flower, or a picture of a flower and picking a “zoomed in” section to draw.</p> 	<p>base of the celery cluster. Dip the base in paint and doc it on a piece of paper. What happens if you cut a lemon or an orange in half and use that as a stamp? Try the same thing with an apple or a potato. Now try using a spoon to carve away some of the surface and print again. How did your stamp change? Can you explain why it changed?</p>	<p>and textures of the object. Grab a piece of paper, marker, and timer. Put 15 seconds on the timer and position the marker over the paper. Draw the outline of the object in front of you without looking at your paper. When the timer goes off, stop drawing. Observe your drawing. Were there areas where you hesitated? Which area is your best? Try again, but extend your time. Can you draw for a whole 30 seconds without looking? Try challenging a family member, too!</p>
<p>Critical Thinking</p>	<p>Work together with your family to make a meal together from start to finish (making the food, setting the table, doing the dishes, etc.).</p>	<p>Think of a simple activity in your home.rite the steps you use to complete it. Test your thinking by having another family member follow the directions exactly. Did it work?</p>	<p>Challenge yourself to write a paragraph using words that start with each letter of the alphabet in order (A bad carrot does...).</p>	<p>Design a concrete poem. In a concrete poem, words are written in the shape of the topic.</p> 	<p>What’s on your mind today? Write and draw a picture to go with it. If you feel comfortable, share it with your family.</p>	<p>Roll two dice and make an addition and subtraction fact family. Then, add a multiplication fact. Repeat with different rolls.</p>
<p>Collaboration</p>	<p>Measure all the ingredients to make a batch of cookies. With your family’s help, bake and</p>	<p>Find all the sports balls you have (basketballs, soccer balls, kick balls,</p>	<p>Work together to create a word search. Make a list of the hidden words. See if</p>	<p>Plan a pajama party/movie night with your family. Gather blankets and pillows. Choose</p>	<p>Call a friend and invite their family to go on a walk with your family. Make a list of items for</p>	<p>Create a list of volunteer opportunities. Ask a family member to help you organize an</p>

	enjoy the cookies together.	baseballs).Play a game of giant “marbles” outside.	another family member can find all of the words. (f you have computer access you can use: https://tinyurl.com/tbkysewr	a movie together, and make snacks.	a scavenger hunt. Challenge your family to find more than your friend’s family.	opportunity to give back to your community, family, or friends.
Social Emotional Wellness	Think about a time in your life when your emotions got the best of you. What did you learn from this experience?	Give your child 60-90 seconds to find as many of a certain object as they can. Next give the student the same amount of time to return their findings. How did you feel? What did you learn?	Write An acrostic empathy poem: E=Everyone M=Me P=People A=All T=Teachers H=Help Y=You	<ul style="list-style-type: none"> • Lie on your belly, lie on your back with your hand on your belly so that you can feel your breathing. • Close your eyes, if comfortable. • Inhale through your nose in two parts. The first part inhale into your belly. The second part inhale into your chest. • Follow the same steps for exhaling. • Repeat this 5-10 times. 	Write a script between you and someone else you’d like to talk to. Imagine what the person might say to you when you tell them what is on your mind.	<ul style="list-style-type: none"> • Sit cross legged on the floor. • Focus on an aspect of your breathing as you inhale and exhale. • Widen your focus and be aware of sounds, sensations, and your thoughts. • Embrace and consider each thought or sensation without judging it.
Health and Fitness	Go on a walk, jog, or bike ride with family.	Sit on the floor with your legs straight out in front of you. Stretch out and try to touch your toes. Breath and count to 20 as you stretch. Try this two times throughout the day.	Skip forward 25 skips, then walk backwards the distance you skipped. Do this three times.	Create a dance with a family member. Take turns creating a move for the dance, then try the whole dance.	Pick a distance and challenge a friend to a speed walking race. No running.	Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other while trying to stay balanced.

Continuous Learning Challenge - Grade Five

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are great activities to ask your child to try on their own or with a little help. Your challenge is to complete at least two activities from each row for the week. IDOE encourages families to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of completed challenges on social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Create a spring reading challenge for your family. Set a goal and track minutes or books read together over the course of a month. If you reached your goal, celebrate!	Choose a character from a book, change an action or situation in that book, rewrite the new outcome of the story.	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16vl1 to experience one today!	Look for a graph, diagram, or another visual model in a newspaper, online new story, or a magazine. Understand the data that is shown. Explain the data to another person.	Measure the feet of all the people in your home in inches. Then, make a graph of your results.	
Communication	Pick five family members, friends, peers, or teachers. Write them each a thank you note. Include something that makes them special to you.	Keep a journal of what is happening in your life and in the world.	Create a biography of a family member (grandma, grandpa etc.). Ask them about where they were born or grew up. What was school like? What did they play as kids? What are they most proud of in their life? What life lessons have they learned?	Imagine, create, and fly a flag that tells the world about you.	Learn 10 letters in sign language, and teach them to your family.	Demonstrate three different phrases in sign language.
Creativity	Ever heard of anthropomorphism? It means to give human characteristics	Louise Nevelson was an American sculpture who was known for	William Denton Ray is an Indianapolis artist who is known for	Make your own stamp! Stamps can be made from a variety of objects found	Let's practice our eye-hand coordination! Take 30 quiet seconds to look	Spring is often thought of as a time of renewed life and a spot of hope after a

	<p>to nonhuman things, like animals, and is used regularly in the visual arts and literary worlds. Think for a minute about what it would look like if your dog was sitting up eating a bowl of cereal. What about an octopus eating pancakes? Pick an animal you love to draw and think of your favorite activity. Try drawing your animal doing your favorite activity!</p>	<p>her monochromatic assemblages. To create your Nevelson inspired work, gather some cardboard. Cut out shapes and symbols that represent you. Layer the cardboard pieces on top of one another and glue them down. When you have created something you like, finish by painting with just one color to create a monochromatic color scheme.</p>	<p>creating colorful abstract faces and focusing on his use of line, shape, and color. Watch the video on this site to learn more about Denton Ray. Reflect on what stood out the most about his work and how it made you feel. Grab a piece of paper, pens or pencils, and some bright bold colors. Start by making an abstract shape. Now evolve that shape into a funky face focusing on line, shapes, and colors rather than facial features. What's your favorite part of what you created?</p>	<p>around the home. Try cutting off the base of the celery cluster. Dip the base in paint and make a print. It looks like a rose! What happens if you cut a lemon or an orange in half and use that as a stamp? Try the same thing with an apple or a potato. Now try using a spoon to carve away some of the surface and print again. How did your print change? Can you explain why it changed?</p>	<p>at an object. Observe the curves, shapes, and textures of the object. Grab a piece of paper, marker, and timer. Put 15 seconds on the timer and position the marker over the paper. Now for the challenge, draw the outline object in front of you without looking at your paper. Go! When the timer goes off, stop drawing. Observe your drawing, were there areas where you hesitated? Which area is your best? Try again, but extend your time. Can you draw for a whole 30 seconds without looking? Try challenging a family member too!</p>	<p>long cold winter. Days get longer, the sun shines brighter and longer, flowers begin to bloom, the earth becomes alive again. What does this spring mean to you? Jot down a couple of words that come to mind. Then, make a quick piece of artwork inspired by your words. Try integrating your words into your art.</p>
<p>Critical Thinking</p>	<p>Watch a TV show or movie, or read a book. Talk to someone about the themes or main ideas in it.</p>	<p>Watch a popular movie with a clear villain and make an argument for their perspective of "right".</p>	<p>Read a book or short story. Create another story using the same characters.</p>	<p>How many times can you fold a piece of paper in half? Try to do it at least six times. After each fold, see how many sections you created Make a table to show your data.</p>	<p>Have a parent or sibling draw and write five to ten words or objects on a piece of paper. Study the paper for one minute, then flip it over. See how many of the words or objects you remember! How many times did it take to remember them all?</p>	<p>List five different features a robot would need to successfully put a roof on a house.</p>

<p>Collaboration</p>	<p>Find your craft materials. Gather your family and create! Partner up. One person does the work while the other gives directions. You must follow their directions. Switch roles and finish your project. The key is listening to each other!</p>	<p>Find some paper you can color. Each family member can make hearts. Tape the hearts in your window so your neighbors can see your love! Think about putting them in a shape like a rainbow, animal, or heart.</p>	<p>Create a list of volunteer opportunities. Ask a family member to help you organize an opportunity to give back to your community, family, or friends.</p>	<p>Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers. Call an older neighbor and ask if you can do yard work for them.</p>	<p>Create a safety plan with your family. Use the plan to have a practice fire drill with your family. Where would you go if there was a bad storm?</p>	<p>Create a new song, recipe, obstacle course in your backyard, or create an educational video starring you.</p>
<p>Social Emotional Wellness</p>	<ul style="list-style-type: none"> • Lie on your belly so that breath can be felt or lie on your back with your hand on your belly. • Close your eyes if comfortable. • Inhale through nose in two parts. The first part inhale into your belly. The second part inhale into your chest. • Follow the same steps for exhaling. • Repeat this 5-10 times. 	<ol style="list-style-type: none"> 1. Sit cross legged on the floor 2. Focus on an aspect of your breathing as you inhale and exhale 3. Once you've narrowed your concentration, widen your focus and be aware of sounds, sensations, and your thoughts. 4. Embrace and consider each thought or sensation without judging it good or bad. 	<p>Write a script between you and someone else you'd like to talk to, imagining what the person might say to you when you tell them what is on your mind.</p>	<p>Write An Acrostic Empathy Poem: E=Everyone M=Me P=People A=All T=Teachers H=Help Y=You</p>	<p>Create a poem using your name. Each letter needs to identify a personal strength.</p>	<p>Write your own adventure story! The character should have choices about possible behaviors. They should experience logical and natural consequences.</p>
<p>Health and Fitness</p>	<p>Go on a walk, jog, or bike ride with family.</p>	<p>Complete each exercise three times:</p> <ul style="list-style-type: none"> • 30-second front plank • 30-second left elbow plank • 30-second right elbow plank • 10-hollow rocks • 30-second 	<p>Get outside to take a walk or hike with family, friends, or pet(s).</p>	<p>Try the "Seven Days of Fitness" (Like the song, "12 Days of Christmas")! Assign an exercise for each of the "12 days" and perform them to the song.</p>	<p>Mobility/ stretching: Try to get 1:30 of each stretch - both left and right side, if applicable:</p> <ul style="list-style-type: none"> • Couch Stretch • Butterfly • Straight leg hang • Straddle • Legs up a 	<p>Complete 25 of the following exercises:</p> <ul style="list-style-type: none"> • High Skip • Squat Jumps • High Knees • Walk backwards

		left elbow plank • 30-second right elbow plank • 20-crunches			wall	
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Continuous Learning Challenge - Middle School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Plant seeds in your yard or garden. Once they are ready, transfer them to a community garden.	Find a current or historical event that was written from two different people or perspectives. Remember, text may include editorial cartoons, songs, visual art, and poetry. What questions would you ask each author or artist?	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16v11 to experience one today!	Check out the nutrition games on Eat Right’s website: https://tinyurl.com/NNMonthEatRight .	Do you have what it takes to be a MyPlate Champion? Visit this website: https://tinyurl.com/INHealthyK .	What can you find out from the picture linked below about the role of women in the United States during World War II? https://www.loc.gov/item/2017878516/
Communication	Create e-cards for medical professionals thanking them for caring for patients.	Write a poem about people or places you are learning about in social studies. Use the diamante, which takes its name from the diamond-shaped form it makes. Here’s the formula: <ul style="list-style-type: none"> • Person’s name • Two adjectives to describe the person • Three "ing" words related to the subject • Four nouns that describe the person 	Create a slogan that you can place on your refrigerator door that helps your family make the best food decisions during the March. Did you know March is National Nutrition Month?	Ask your family what they would enjoy for dinner for an entire month. Create a healthy meal plan for dinner for each day. Post the plan where the whole family can see it. Assist with the grocery list.	Learn how to “say” a greeting from each continent. What would you do about Antarctica? Are all greetings verbal?	Who was Thomas Hopkins Gallaudet? Can you share what you learned with a friend or relative?

		<ul style="list-style-type: none"> • Three verbs that tell how the person acted or felt • Two adjectives to describe the person • Person's last name 				
Creativity	Implement a social media campaign on environmental sustainability, with an adult's permission.	Ever heard of anthropomorphism? It means to give human characteristics to nonhuman things, like animals, and is used regularly in the visual arts and literary worlds. Think for a minute about what it would look like if your dog was sitting up eating a bowl of cereal. What about an octopus eating pancakes? Pick an animal you love to draw and think of your favorite activity. Try drawing your animal doing your favorite activity!	Spring is often thought of as a time of renewed life and a spot of hope after a long cold winter. Days get longer, the sun shines brighter and longer, flowers begin to bloom, the earth becomes alive again. What does this spring mean to you? Jot down a couple of words that come to mind and then make a quick artwork inspired by your words. For an added challenge, try integrating your words into your art.	Louise Nevelson was an American sculpture who was known for her monochromatic assemblages. To create your Nevelson inspired work gather some cardboard and cut out shapes and symbols that represent you. Layer the cardboard pieces on top of one another and glue them down. When you have created a composition you like, finish by painting with just one color to create a monochromatic color scheme. 	William Denton Ray is a local Indianapolis artist who is known for creating colorful abstract faces and focusing on his use of line, shape, and color. Visit this site to learn more about WDR, be sure to watch the video. Reflect on what stood out the most about his work and how it made you feel. Grab a piece of paper, pens or pencils, and some bright bold colors. Start by making a shape, remember it's abstract. Now evolve that shape into a funky face focusing on line, shapes, and colors rather than traditional facial features. What's your favorite part of what you created?	Try IDOE's spring journal prompt! Write about or draw the first idea that comes to mind when you read this week's theme of <i>Awakening</i> . You can do this in the journal you made or any piece of paper available, even if it's already used, like a magazine page or old receipt. Get creative with it!
Critical Thinking	Sometimes it is good to simply read and reflect. Read	Research the impact that grain-based diets and	Type 2 diabetes is caused by a few factors. Some people	March is National Women's History Month.	Find an editorial cartoon about a current event. Share what you	You are blindfolded, and are told if you can correctly

	<p>this article about achievements attributed to African kingdoms: Great achievements in science and technology in ancient Africa. Reflect on this question: Which of these topics would you place into one of your current textbooks? Why?? What would you take out of that textbook to make room for this topic? Why?</p>	<p>grass-based diets have on meat. How would these diets impact your own nutrition?</p>	<p>are more likely to develop it than others. What are the factors that lead to Type 2 diabetes? What is Type 2 diabetes? Develop a dinner plan for someone who has diabetes. What should your goal be for this meal plan?</p>	<p>Which woman today do you think students will be learning about in 50 years? What do you think?</p>	<p>think the meaning is. What about the picture that makes you think that?</p>	<p>solve the following, the blindfold will be removed. You are given 99 coins that are heads up, and an unknown number of coins that are tails up. You never remove the blindfold, and you do not peek. You can count the coins, put them in arbitrary many piles, flip whichever coins you want, but remember, when you flip and when you sort, you DO NOT know which ones are heads up, which are tails up. In the end, you must end up with just two piles, each containing an equal number of heads. How do you do this?</p>
<p>Collaboration</p>	<p>Start a pen pal community in your neighborhood. Consider bringing the elderly into your pen pal writings. Use snail mail to conduct this collaboration. Letters may be dropped off at your neighbors while practicing social distancing. Pen pal conversation starters may be</p>	<p>Consider producing a conversation for StoryCorps or conduct one of your own in StoryCorps style. More information may be seen at: https://storycorps.org/participate/.</p>	<p>With the approval of a parent or adult, contact local nursing homes and assisted living facilities to see if you can help their seniors feel less isolated. Ideas include holding senior interviews, writing senior's biographies, holding a show-and-tell activity, leading games, setting up video calls,</p>	<p>Work with local animal shelters to create adoption flyers and/or videos for animals.</p>	<p>Implement a social media campaign on environmental sustainability, with an adult's permission.</p>	<p>March is a wonderful month to fly a kite. Construct one with a relative or friend. Explore more: https://tinyurl.com/42czp5bx.</p>

	found at: https://tinyurl.com/INCLCPenPals .		and making cards.			
Social Emotional Wellness	Write your own adventure story in which the character has choices about possible behaviors and then experiences logical and natural consequences.	Create a poem using your name. Each letter needs to identify a personal strength.	Write a script between you and someone else you'd like to talk to, imagining what the person might say to you when you tell them what is on your mind.	<ul style="list-style-type: none"> • Lie on your belly so that breath can be felt or lie on your back with your hand on your belly. • Close your eyes if comfortable. • Inhale through nose in two parts. The first part inhale into your belly. The second part inhale into your chest. • Follow the same steps for exhaling. • Repeat this 5-10 times. 	<ul style="list-style-type: none"> • Sit cross legged on the floor • Focus on an aspect of your breathing as you inhale and exhale • Once you've narrowed your concentration, widen your focus and be aware of sounds, sensations, and your thoughts. • Embrace and consider each thought or sensation without judging it good or bad. 	Discuss a fictional or literary character that is impulsive with someone in your home. Discuss the causes and the consequences of their behavior.
Health and Fitness	Take a food literacy quiz: https://tinyurl.com/a9a48y54	Learn more about yoga by looking at this website . It outlines several poses and even teaches you the physical and mental benefits.	Practice doing different types of lunges. Try stationary lunges, side lunges, and curtsy lunges. Do five reps of each type of lunge on each leg.	Set and stick to a schedule for drinking water for a whole week. Think about how you can spread out drinking 64 oz of water per day. Set an alarm to help you remember. Keep track of how it makes you feel.	Create a health challenge for you and your family. Set a health goal where you replace something each week with a healthier option, like replacing soda with water).	Why do nutritionists and dietitians advise people to eat vegetables that are a rainbow of colors?

Continuous Learning Challenge - High School

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. Your challenge is to complete at least two activities from each row for the week. An extra challenge is to create your own activities that would apply to each Continuous Learning Skill and complete them. Please share any examples of the completed challenges to social media tagging @EducateIN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Start seeds in your own yard or garden to be transplanted into a community garden at a later date.	The Indiana General Assembly is in session examining bills and voting to turn some bills into laws. There are bills for many topics that might interest you as a young citizen of Indiana. Contact your representative and tell them about your feelings on how they should vote. Check out the Indiana General Assembly’s webpage to see the status of bills being debated: https://tinyurl.com/INGeneralAssembly	Who should be in charge of a city’s mass transit system? Read the following article to inform yourself: https://tinyurl.com/INMassTransit . As you read, decide if this article has any biases.	Are you an explorer? Virtual field trips can help you travel the world and see famous landmarks, beautiful artwork, historic marvels, and scientific wonders. Go to https://tinyurl.com/1rt16v11 to experience one today!	Matthew Graham is the current Indiana Poet Laureate. Read some of his poems and choose one as your favorite. Think about what elements of the poem you like and don’t like. Consider theme, tone, mood, imagery, and syntax.	Choose a room in your house that you don’t normally spend a lot of time in. Write a descriptive paragraph about the room. Include details about how it looks, how it feels, how it smells, and what you can hear. Try to write a full page of details. Think about if there is anything you notice that you had never before.
Communication	March is National Foreign Language Month. What does this quote mean to you? Ask someone you know what it means to	Did you know that actress Millie Bobby Brown, who plays Eleven on the show <i>Stranger Things</i> , is deaf in one ear? There are many	Write a letter to yourself 10 years in the future. Put it away. Make a plan to read the letter in 10 years.	Make videos or create e-cards for medical professionals thanking them for their above-and-beyond care for patients.	Contact local nursing homes and assisted living facilities to see if you can help their seniors feel less isolated. Ideas include holding senior	Implement a social media campaign on environmental sustainability, with the permission of an adult.

	<p>them. "A <i>different language is a different vision of life.</i>" - <i>Federico Fellini</i></p>	<p>famous Americans who are deaf. March is Deaf History Month. What is something you could do to achieve the intentions of this quote by Nelson Mandela: "<i>If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart.</i>"</p>			<p>interviews, writing senior's biographies, holding a show-and-tell activity, leading games, setting up video calls, making cards, and more.</p>	
<p>Creativity</p>	<p>Write a description for a course you would like to see offered in high school. Think about the following:</p> <ul style="list-style-type: none"> • An overall description; • The goals of the course; • Topics to be studied; and • Why there is a need for the course. 	<p>Write a poem about people or places you have been learning about in social studies. Use the diamante, which takes its name from the diamond-shaped form it makes. Here's the formula:</p> <ul style="list-style-type: none"> • Person's name • Two adjectives to describe the person • Three "ing" words related to the subject • Four nouns that describe the person • Three verbs that tell how the person acted or felt • Two adjectives to describe the person • Person's last name 	<p>Ever heard of anthropomorphism? It means to give human characteristics to nonhuman things, like animals, and is used regularly in the visual arts and literary worlds. Think for a minute about what it would look like if your dog was sitting up eating a bowl of cereal. What about an octopus eating pancakes? Pick an animal you love to draw and think of your favorite activity. Try drawing your animal doing your favorite activity!</p>	<p>Spring is often thought of as a time of renewed life and a spot of hope after a long cold winter. Days get longer, the sun shines brighter and longer, flowers begin to bloom, the earth becomes alive again. What does this spring mean to you? Jot down a couple of words that come to mind and then make a quick artwork inspired by your words. For an added challenge, try integrating your words into your art.</p>	<p>William Denton Ray is a local Indianapolis artist who is known for creating colorful abstract faces and focusing on his use of line, shape, and color. Visit this site to learn more about WDR, be sure to watch the video. Reflect on what stood out the most about his work and how it made you feel. Grab a piece of paper, pens or pencils, and some bright bold colors. Start by making a shape, remember it's abstract. Now evolve that shape into a funky face focusing on line, shapes, and colors</p>	<p>Spring Journal Prompt! Write about or draw the first idea that comes to mind when you read this week's theme of <u>Awakening</u>. You can do this in the journal you made or any piece of paper available, even if it's already used, like a magazine page or old receipt. Get creative with it!</p>

					rather than traditional facial features. What's your favorite part of what you created?	
Critical Thinking	Take a picture of a memorial or monument of a woman who had an impact on U.S. History. Discuss what her reactions might be to a problem or issue we face today. Could you use text to back-up your thoughts?	March is Women's History Month in March. Design a logo, symbol, political cartoon that shows it is important that groups are celebrated, remembered, and recognized.	What is a food desert? How do you think this issue should be addressed?	What is empathy and how do you know if you show empathy? To what extent can you have empathy for someone you disagree with? How do you deepen empathy for that person? Who is someone you need more empathy for? Why? Have this discussion with an adult.	Sometimes it is good to simply read and reflect. Read this article about achievements attributed to African kingdoms: Great achievements in science and technology in ancient Africa . Reflect on this question: Which of these topics would you place into a current textbook you use? Why would you do that? What would you take out of that textbook to make room for this topic? Why?	Choose a rule or policy in your school or community that you think is silly or unreasonable. Research the policy by seeing if other schools or communities have it, if there are any court cases that require it, or if there is a specific reason your school or community must enforce it. After collecting your information, evaluate if you still think the rule or policy is silly or unreasonable. Use your research to support your stance.
Collaboration	Start a pen pal community in your neighborhood. Consider bringing the elderly into your pen pal writings. Use snail mail to conduct this collaboration. Letters may be dropped off at your neighbors while practicing social distancing. Pen	Consider producing a conversation for StoryCorps or conduct one of your own in StoryCorps style. More information may be seen at https://storycorps.org/participate/	Work with local animal shelters to create adoption flyers and/or videos for animals.	Research summer internship opportunities around where you live. See if there is something that might be related to what you want to do after high school. When you find one you like, reach out to the company or organization	Ask a person in your family to help you complete a project around the house. This could span from putting together a flower arrangement, hanging a picture on the wall, or painting a room.	Choose a friend or family member who has a skill you want to have. Offer to do a skill swap, where you teach them a skill you're good at, and they teach you their skill.

	<p>pal conversation starters may be found at https://tinyurl.com/INCLCPenPals.</p>			and find out how to apply.		
<p>Social Emotional Wellness</p>	<p>Write a script between you and someone else you'd like to talk to, imagining what the person might say to you when you tell them what is on your mind.</p>	<p>Discuss a fictional or literary character that is impulsive with someone in your home. Discuss the causes and the consequences of their behavior.</p>	<p>Create a poem using your name. Each letter needs to identify a personal strength.</p>	<ul style="list-style-type: none"> • Sit cross legged on the floor • Focus on an aspect of your breathing as you inhale and exhale • Once you've narrowed your concentration, widen your focus and be aware of sounds, sensations, and your thoughts. • Embrace and consider each thought or sensation without judging it good or bad. 	<p>Write your own adventure story in which the character has choices about possible behaviors and then experiences logical and natural consequences.</p>	<p>Many people dream of being successful, but their actions can sometimes hold them back. Think of a time in your life when your emotions got the best of you. What did you learn from this experience? What are some ways you can be sure that your actions help you to achieve your goals in life?</p>
<p>Health and Fitness</p>	<p>Find a flight of stairs by or in your house. They could be in your house, in your apartment complex, or at a local sports field. Go up and down the stairs 10 times.</p>	<p>Learn more about yoga by looking at this website. This site outlines several poses and even teaches you the physical and mental benefits.</p>	<p>Practice doing different types of lunges. Try stationary lunges, side lunges, and curtsey lunges. Do five reps of each type of lunge on each leg.</p>	<p>Set and stick to a schedule for drinking water for a whole week. Think about how you can spread out drinking 64 oz of water per day and set an alarm to help you remember. Keep track of how it makes you feel.</p>	<p>Take a food literacy quiz: https://www.nourishlife.org/learn/food-literacy-quiz/.</p>	<p>Create a health challenge for you and your family. Set a health goal where you replace this each week with a healthier option (e.g. replace soda with water).</p>