



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 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. 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	With an adult’s permission, find a comfortable spot outside to read a book.	Visit a local library to sign up for a summer reading program or check-out books.	Practice counting as high as you can. Can you count by ones, fives, and tens? Can you count backwards?	Play a card game with a family member. Try War, Go Fish, or Old Maid.	Keep a summer writing journal. Write down your feelings, your activities, or draw a picture about your day.	Write as many sight words as you can, each on their own piece of paper or index card. Cut them in half between the middle of the word. Mix them up and put the words together.
Communication	Pack a picnic to eat outside with friends or family. During your picnic, ask questions about others, their days, or something they would like to share.	Ask a friend or neighbor to do a book swap. Choose a few books that you can trade and set a date of when you will trade back. After trading, discuss which books you liked the best.	Make someone’s day by writing positive messages on the sidewalks or driveway.	Pick a song or poem to sing or recite. Perform the song or poem for your family.	Play 20 Questions by choosing or thinking of an object. Each player asks a ‘yes’ or ‘no’ question about the object. If someone guesses the item correctly, they go next.	Ask a family member to video chat, call a friend, or relative to ask how they are doing. Take turns listening and asking questions.
Creativity	Go on a nature hunt in your yard for leaves, twigs, flowers, or small stones. Using markers, color a leaf. Use different colors on different parts of the leaf. Flip it over and press the leaf on a piece of paper. Lift the	Create your own flowers by using a coffee filter and water non-permanent markers. Find a beautiful flower. Fold your coffee filter into fourths and grab some markers. Draw lines towards the center point of your filter with the marker	Bugs are some of the most important things in an ecosystem. Insects pollinate blossoms so you can enjoy things like honey and apples! Many bug heroes go unnoticed because they	Look around the house for buckets, old coffee containers, and anything else you could use as a drum. With adult supervision, take the buckets outside and find a couple sticks. Experiment with	Think about your favorite book. Reenact the story using items around your house. Get creative! If you need another character, use a stuffed animal! Now think: what happens if you changed part of the story? Does that affect the	Use sidewalk chalk to trace around a shadow of an object that won’t move, like a tree or bench. Color it in or decorate it. Check back in a couple of hours. Does your shadow still fit inside its outline or has it

	leaf to see your print! Try this with other objects you found! Ask yourself, "Why did some objects work better than others?"	of your choice. Draw lines at the center using a different color, Spray water onto the filter while keeping it folded. Once dry, cut around the edges to make petals!	blend in so well with their environment! Using leaves, twigs, rocks, and flowers, create a bug hero of your own. Tell your family what important thing your bug does to help the earth!	different rhythms and sounds by hitting each container in different places. Create your own beat.	ending at all? Try changing a part of the story and acting out your new version!	changed? How did it change? What do you think caused this change? Hint: it has something to do with the sun!
Critical Thinking	Create a paper boat or use natural elements like leaves and sticks. Does it float?	Make a sundial by gathering 12 small items (stones, pebbles, or shells) and a large stick. Number each piece with numbers one through twelve. Put the stick in the ground upright and use the items to mark where the shadow is at each hour. Talk with an adult about how the shadows look different based on the position of the sun.	Practice using a map. Draw a map of your neighborhood or look at a Google map. With an adult, go for a walk and look for things you saw on the Google map or things you can add to your drawn map. This could include street names or other landmarks.	Ask a family member or friend to teach you a new card game.	Plan a family garden. Think about a good place to start your garden, write a list of supplies, and find what is needed.	Create a theme of the week and brainstorm activities for your theme. Try a color of the week and dress in that color, eat foods in that color, and find things around the house or outside in that color.
Collaboration	Ask an adult to help you build a bicycle or scooter obstacle course outside. Time each other to see who can do it faster.	Ask an adult to help you make a big outdoor tic-tac-toe board with masking tape. Then challenge them to a game. Mark paper plates with X/O and toss them like frisbees. The first with three in a row wins!	Find a family member to help you draw a bullseye with sidewalk chalk. Once complete, put a 10 in the outside circle, a 20 in the next one, and 30 in the next. Keep going until all of the circles are numbered. The bullseye circle will have the largest number. Take turns tossing a bean	Gather a small group to try jump rope games. Two people are needed to twirl one long jump rope while one or two people jump in the middle.	Ask family members or friends to build an outdoor fort using sticks, branches, and leaves.	Work with a family member to create a secret handshake with three or more steps. Do it every time you see them that day.

			bag, wet sponge, roll of socks into the circles. Add up your scores.			
Social Emotional Wellness	Different emotions evoke different feelings in our bodies. Sing a song that matches how you feel today.	Stock a plastic bin with tools to help cope with your emotions. Include things such as strategy cards, squeeze balls, calm-down bottles, putty, and breathing exercises.	Make a calm down jar. Fill a jar half full with water, add a few drops of water-based food coloring, cover, and shake. Repeat this process with oil-based food coloring and baby oil. Add the oil mixture to the jar of water. The colors will combine as you pour, but they'll eventually separate. Shake and observe.	Mindful breathing is focusing on breathing in and out to help calm your mind and body. Pretend to have a hot slice of pizza in front of you. Slowly breathe in to smell the pizza and breathe out to cool it down.	Mindfulness is learning to focus on the present. This can help your mind and body feel calm and in control. Write down 10 or 12 items you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.
Health and Fitness	Summer rain showers are perfect for playing in! Light summer drizzles are usually warm and perfect for running, twirling, and making fun puddles to splash in! With an adult's permission, grab an umbrella or put in your swimsuit and go play in the rain. (Do not go outside if thunder or lightning is present.)	Ask a family member to visit a park. Can you create an obstacle course through the park?	Learn to play a new sport. If you don't have the equipment, ask to borrow from a friend or neighbor.	Learn how to stretch your body using yoga.	Try to replace one snack a day with a fruit or vegetable.	Go for a walk with your family while playing a game of "I Spy."

Continuous Learning Challenge - Grade One

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are 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. 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	With an adult’s permission, find a comfortable spot outside to read a book.	Fold a piece of paper in half and add small dots of paint to one side. Fold the paper onto the paint and press. Open up the paper and see how the dots transformed. Write about what you see.	Practice writing numbers zero through 1,000 on a piece of paper or outside using sidewalk chalk. Write the numbers out in increments of 100s or 50s.	Write “how to” directions for something you know how to do, like ride a bike, play a game, or make a sandwich.	Gather some household objects, like pencils, crayons, LEGOs, or cotton balls, and a shallow container of water. Predict if the objects will sink or float. Then, test it out!	Draw a map of your neighborhood and include roads, other houses, landmarks, or stores close to your home.
Communication	Play the “I Notice Game” in the yard or house to see how many different kinds of senses you can use. Describe what you saw, heard, smelled, or tasted. Tally what you noticed under each sense category.	Write or say a compliment for each member of your family.	An advertisement entices people to try something new. Think about your favorite book. What are three reasons you like the book? Draw a picture to advertise why someone should read the book.	Interview a parent, grandparent, or another relative. Ask them questions about their job, school experience, or growing up. Use words such as how, where, why, and when.	Pretend a genie granted you three wishes! Draw a picture and write a description about what you would wish for.	Rewrite a favorite nursery rhyme or song. Replace some of the words that rhyme with new words that also rhyme. For example, <i>Twinkle Twinkle little cat, how I wonder where you’re at.</i>
Creativity	Go on a nature hunt in your yard for leaves, twigs, flowers, or small stones. Using markers, color a leaf. Use different colors on different parts	Create your own flowers by using a coffee filter and water non-permanent markers. Find a beautiful flower. Fold your coffee filter into fourths and grab some	Bugs are some of the most important things in an ecosystem. Insects pollinate blossoms so you can enjoy things like	Look around the house for buckets, old coffee containers, and anything else you could use as a drum. With adult supervision,	Think about your favorite book. Reenact the story using items around your house. Get creative! If you need another character, use a stuffed animal!	Use sidewalk chalk to trace around a shadow of an object that won’t move, like a tree or bench. Color it in or decorate it. Check back in a

	of the lead. Flip it over and press the leaf on a piece of paper. Lift the leaf to see your print! Try this with other objects you found! Ask yourself, "Why did some objects work better than others?"	markers. Draw lines towards the center point of your filter with the marker of your choice. Draw lines at the center using a different color. Spray water onto the filter while keeping it folded. Once dry, cut around the edges to make petals!	honey and apples! Many bug heroes go unnoticed because they blend in so well with their environment! Using leaves, twigs, rocks, and flowers, create a bug hero of your own. Tell your family what important thing your bug does to help the earth!	take the buckets outside and find a couple sticks. Experiment with different rhythms and sounds by hitting each container in different places. Create your own beat.	Now think: what happens if you changed part of the story? Does that affect the ending at all? Try changing a part of the story and acting out your new version!	couple of hours. Does your shadow still fit inside its outline or has it changed? How did it change? What do you think caused this change? Hint: it has something to do with the sun!
Critical Thinking	Create your own paper boat (or use natural elements like leaves and sticks) and then race them down a nearby stream or creek with family or friends. Which boat traveled faster or farther? How can you redesign the boat to go handle the stream or creek better?	Make a sundial by gathering 12 small items (stones, pebbles, or shells) and a large stick. Number each piece with numbers one through twelve. Put the stick in the ground upright and use the items to mark where the shadow is at each hour. Talk with an adult about how the shadows look different based on the position of the sun	Practice using a map. Draw a map of the area between your house and school or look at a Google map. Which path has the fewest turns to get from your house to school? What is one of the longest routes you can take? Estimate how much time each route would take.	Go on a scavenger hunt for patterns. Look at the patterns in your home or outside with an adult's help. Find: <ul style="list-style-type: none"> • ABAB repeating pattern • ABCABC repeating pattern • a pattern of alternating colors and alternating shapes • ABACABAC pattern. If you cannot find them in nature, create these patterns using items found outside.	Identify some of the natural resources found in your neighborhood. How do people use these resources? Explain to a family member how these natural resources could be better protected and why it is important to protect them.	What two-digit number reads the same upside down as it does right side up?
Collaboration	Ask a family member or friend to help you build a bicycle or scooter obstacle course outside. Then, time each other to see who can	Ask an adult to help you make a big outdoor tic-tac-toe board with masking tape. Then challenge them to a game. Mark paper plates	Find a family member to help you draw a bullseye with sidewalk chalk. Once complete, put a 10 in the outside circle, a 20 in the next one, and 30 in	Ask two family members or friends to try jump rope games. Two people are needed to twirl one long jump rope. Ask an adult to teach	Ask family members or friends to build an outdoor fort using sticks, branches, and leaves.	With a family member or friend, get a piece of paper. Take turns adding heads, arms, or legs to create a new creature that lives in a cave.

	do it faster.	with X/O and toss them like frisbees. The first with three in a row wins!	the next. Keep going until all of the circles are numbered. The bullseye circle will have the largest number. Take turns tossing a bean bag, wet sponge, roll of socks into the circles. Add up your scores.	you jump rope games they know, look up some online, or make up your own.		Talk about and name the new creature.
Social Emotional Wellness	Different emotions evoke different feelings in our bodies. Sing a song that matches how you feel today.	Stock a plastic bin with tools to help cope with your emotions. Include things such as strategy cards, squeeze balls, calm-down bottles, putty, and breathing exercises.	Make a calm down jar. Fill a jar half full with water, add a few drops of water-based food coloring, cover, and shake. Repeat this process with oil-based food coloring and baby oil. Add the oil mixture to the jar of water. The colors will combine as you pour, but they'll eventually separate. Shake and observe.	Mindful breathing is focusing on breathing in and out to help calm your mind and body. Pretend to have a hot slice of pizza in front of you. Slowly breathe in to smell the pizza and breathe out to cool it down.	Mindfulness is learning to focus on the present. This can help your mind and body feel calm and in control. Write down 10 or 12 items you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.
Health and Fitness	Summer rain showers are perfect for playing in! Light summer drizzles are usually warm and perfect for running, twirling, and making fun puddles to splash in! With an adult's permission, grab an umbrella or put in your swimsuit	Do 50 jumping jacks. Take a break after 25. Then, complete the remaining 25.	Play "Red Light, Green Light" with a family member or friend. When the person says red light, stop; when the person says green light, run, skip, hop or walk.	Learn a yoga pose. To do Warrior II Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward.	Go on a walk, jog, or bike ride with family.	Learn a yoga pose. To do Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree.

	and go play in the rain. (Do not go outside if thunder or lightning is present.)					
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Continuous Learning Challenge - Grade Two

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are 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. 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	Look for different numbers between zero and 100 in a catalogue, magazine, or newspaper. Add or subtract two of the numbers.	Use the sum and difference found in choice one. Put the numbers in order from smallest to largest. Is there a pattern?	Think about words that can have multiple meanings, like change and duck. How many different ways can you use these words? Can you think of any synonyms or antonyms?	Choose a side of the argument below and then write a paragraph with multiple reasons why you support this opinion. Basketball should be the official sport of Indiana.	Research the leaders of your town. Who are these people and what are their roles?	Research and make a list of where you can find water on earth. Decide if the water at that location would be solid or liquid.
Communication	Write a letter to your mail carrier. Tell them about your family. Ask them questions about their job.	Write a story from the perspective of an animal that lives near you. It could be a wild animal or pet. Describe what their day is like. What are they thinking about?	Create a list of all the important people you know. Add their phone number and email address. Create a personal phone book. Plan to call one person per week and ask questions.	Create a list of people you do not know but would like to contact. Think of questions you would ask them. How would you answer those same questions?	Think of how to communicate with your family without speaking. How long do you think you could communicate like that? Would it be easy or difficult?	Start a journal of what you do each day over summer break. Record the time you start and finish the activity. What do you notice about your day?
Creativity	Mix acrylic paint and water in a spray bottle and shake it. Gather some leaves, flowers, stones, twigs and other things from nature. Lay your items out on a piece of paper to create an interesting composition.	All slimed out? Use those slime materials to make air dry clay! Using a large mixing bowl, add in one half cup of cornstarch, one cup of white glue, one tablespoon of white vinegar, and one	Go on a nature hunt in your yard for leaves, twigs, flowers, or small stones. Using markers, color a leaf. Use different colors on different parts of the leaf. Flip it over and press the leaf on a piece of	Create an indoor treasure hunt for your family! Hide a “treasure” and see if you can draw out a map to find it!	Gather some small wild flowers. Fold a piece of wax paper in half. Place your flowers inside of the fold. Place under something heavy. Leave it there for at least a week. After that time,	Think about your favorite book. Reenact the story using items around your house. Get creative! If you need another character, use a stuffed animal! Now think: what happens if you changed part of the story? Does

	Grab a piece of cardboard and head outside. Lay your composition on top of the cardboard. Spray your paint onto the composition. Let it dry, and then remove your objects!	teaspoon of any lotion. Begin to stir. Initially your clay will be very sticky. After you have mixed it a little bit, add in one teaspoon of baby oil. If your clay is still super sticky, try adding in cornstarch one Tbsp at a time until your clay goes from sticky to smooth. Create away!	paper. Lift the leaf to see your print! Try this with other objects you found! Ask yourself, "Why did some objects work better than others?"		check that the flowers are completely flat. Mix one part white glue to one part water. Lay your flowers on top of paper. Cut the paper to the size of a bookmark. Use a paint brush to paint the glue mixture on top of your flowers and bookmark. Allow to dry.	that affect the ending at all? Try changing a part of the story and acting out your new version.
Critical Thinking	Try to estimate how many leaves are on a tree near where you live. Why do you think it is that many? How long would it take to count them all?	What do you think is the longest time a person can hold their breath? Have your parents help you research the answer. How long can you hold your breath?	If you could pick six people to be with you on a team, who would they be? What sport or activity would you do together? How would your choices impact your teamwork?	Create a list of activities, games, or chores that you do outside this summer.	What is your favorite food? Make a list of all the different jobs needed to grow, process, and make the ingredients for that food. Where are some places you can purchase your favorite food?	How do you think people in the future will dress? Why do they dress like that? Draw a picture of what a popular outfit will look like with your 30 years old.
Collaboration	Find a small object in your house. Hide the object behind a piece of paper. Have a family member draw a picture of the object based on your description. Have your family member find a new object and switch roles.	Think of a word. Ask a friend or family member to guess the word/ Give them only single-word hints. Do not say the saying word! High five when they guess the word correctly!	Be an active citizen. With your family or friends, participate in community service activities. One example is to clean up your neighborhood or local park by picking up trash.	Go on a scavenger hunt around the house with your family. Find three objects of different sizes. Measure their length with other objects, such as paper clips or legos, to compare.	Create a calendar of important dates and events in June and July for your family. Share this with your family and friends.	Grab an object in your house, like a stuffed animal. Have your family sit in a circle and tell a story about the object. The person holding the object first starts the story. Pass the object around. Each person should add a new idea. See what story.
Social Emotional Wellness	Different emotions evoke different feelings in our bodies. Sing a song that	Stock a plastic bin with tools to help cope with your emotions. Include things such as	Make a calm down jar. Fill a jar half full with water, add a few drops of water-based	Mindful breathing is focusing on breathing in and out to help calm your mind	Mindfulness is learning to focus on the present. This can help your mind and body	Practicing mindfulness is a skill that helps you stay calm and in control. Look around

	<p>matches how you feel today.</p>	<p>strategy cards, squeeze balls, calm-down bottles, putty, and breathing exercises.</p>	<p>food coloring, cover, and shake. Repeat this process with oil-based food coloring and baby oil. Add the oil mixture to the jar of water. The colors will combine as you pour, but they'll eventually separate. Shake and observe.</p>	<p>and body. Pretend to have a hot slice of pizza in front of you. Slowly breathe in to smell the pizza and breathe out to cool it down.</p>	<p>feel calm and in control. Write down 10 or 12 items you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.</p>	<p>the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.</p>
<p>Health and Fitness</p>	<p>Complete 25 of each of the following:</p> <ul style="list-style-type: none"> ●Skip ●Jump ●Lift knees ●Walk backwards 	<p>While brushing your teeth, move your hips in the same motion as your toothbrush.</p>	<p>Set a timer and stretch for five minutes.</p>	<p>Make up a dance to your favorite song. Be sure to include a jump, a slide, and a spin.</p>	<p>Offer to help your family or a neighbor with their garden or yard.</p>	<p>Place your hands and feet on the ground. Push your stomach up towards the sky and arch your back like a cat! Now drop your stomach down to sag like a cow!</p>

Continuous Learning Challenge - Grade Three

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are 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. 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	Look at a utensil from your kitchen, like a whisk or pizza cutter. Sketch this tool. Label the parts you know. Then, think about its purpose. Explain the simple machines that make this tool.	Find a comfortable spot. Take a blanket, a pillow, stuffed animal, and a book, settle in and read!	Conduct an experiment on how plants grow. Get two popcorn kernels. Place one kernel in a wet paper towel in the sun. Place a second kernel in a wet paper towel under a colored plastic cup. Track their growth everyday. Did one perform better than the other?	Put a twist on the game Twister! If you don't have Twister you can just place numbers in a grid pattern on the floor. Replace the color on the Twister spinner with a number equation like 14-5. The player would calculate 14-5 to get 9 and place their body on the 9 spot. You could also try with multiplication or division.	Commercials are designed to entice us to want to try something new. Read a story. When you find one you like, write a script for a commercial that will convince others to read it. Then, record your commercial and play it for others.	Write the number that matches the month you were born. For example, January is one, February is two, and March is three. Then, follow these steps: 1. Double the number. 2. Add six, 3. Multiply the new number by 50. 4. Add the day you were born. 5. Subtract 365. 6. Add 65. 7. Write the new number!
Communication	Start a dinner conversation: "If you could have superpower, what would it be?"	Sit outside on a warm morning. Write down what you experience with your five senses. Ask a friend or family member to sit in the same spot and record their experience with their five senses. Share your experiences.	Have a parent or caregiver tell you what they miss most about being in school. Ask questions like: Why do they miss that? What makes them feel that way? What reminds you of that event? Who else was there with you?	Interview a parent, grandparent, or another relative. Ask them questions about their job, school experience, or growing up. Use words such as how, where, why, and when.	Have an older family member tell you a story about when they were in school. As they tell the story, draw a picture of what they are describing. After the story, add a caption and title.	Tell someone thank you in a homemade card. Be sure to add a greeting, a closing, and lots of details.

		What was the same? What was different?	Do they miss it too? .			
Creativity	Try making an up-cycled bird feeder at home to see what kinds of birds hang around in the summer! Use an old carton or jug and carefully cut a hole about two inches from the bottom for the bird to enter. Decorate with permanent markers or acrylic paint or glue on sticks and leaves to make the bird feel more at home!	Ask an adult to help you make a big outdoor tic-tac-toe board with masking tape. Then challenge them to a game. Mark paper plates with X/O and toss them like frisbees. The first with three in a row wins!	All slimed out? Use those slime materials to make air dry clay! Using a large mixing bowl, add in one half cup of cornstarch, one cup of white glue, one tablespoon of white vinegar, and one teaspoon of any lotion. Begin to stir. Initially your clay will be very sticky. After you have mixed it a little bit, add in one teaspoon of baby oil. If your clay is still super sticky, try adding in cornstarch one Tbsp at a time until your clay goes from sticky to smooth. Create away!	Create an indoor treasure hunt for your family! Hide a "treasure" and see if you can draw out a map to find it!	Gather some small wild flowers. Fold a piece of wax paper in half. Place your flowers inside of the fold. Place under something heavy. Leave it there for at least a week. After that time, check that the flowers are completely flat. Mix one part white glue to one part water. Lay your flowers on top of paper. Cut the paper to the size of a bookmark. Use a paint brush to paint the glue mixture on top of your flowers and bookmark. Allow to dry.	Chlorophyll is what makes leaves look green. It also plays an important role in photosynthesis, which is how plants make food and provide us with oxygen! Grab a white piece of paper, something to draw with, and a metal spoon. Head outside and find your favorite tree. Draw just the outline of the tree trunk and the branches you can see. Now grab eight to 10 leaves and fold your drawing in half. Place a couple leaves inside of the fold and rub with the spoon!
Critical Thinking	Try to estimate how many leaves are on a tree near where you live. Why do you think it has that many? How long would it take to count them all?	What do you think is the longest time a person can hold their breath? Have your parents help you research the answer. How long can you hold your breath?	If you could pick six people to be with you on a team, who would they be? What sport or activity would you do together? How would your choices impact your teamwork?	Roll two dice and make a multiplication and division fact family. Repeat with different rolls.	Design a concrete poem. Words are written in the shape of the topic.	How do you think people in the future will dress? Why do they dress like that? Draw a picture of what a popular outfit will look like with your 30 years old.
Collaboration	Do you know an amazing educator? Record a short video to let them know what you think	Play a board game with others. Communicate rules, directions, and expectations.	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers.	Do a "100" workout challenge with a family member. Choose an exercise, like	Cook or bake with a parent or older family member. Pay attention to the fractions that you are using.	Plan a garden. Draw what fruits and vegetables you would like to grow. Ask a family member

	about them using Flipgrid! IDOE will share your video!			jumping jacks, and do as many as you can. Then, while you rest, your partner does as many as they can. If you haven't made it to 100, keep taking turns until you do. Try a new exercise each day or do the same one for a week. See if you can get to 200 as a team.	What would you do if you needed a cup of flour but only had a ¼ measuring cup?	if you can start a garden in your yard.
Social Emotional Wellness	Use any board games you have on hand, like Monopoly or Candy Land. These games can help support a number of skills including taking turns, having conversations, and showing good sportsmanship.	Stock a plastic bin with tools to help cope with your emotions. Include things such as strategy cards, squeeze balls, calm-down bottles, putty, and breathing exercises.	Make a calm down jar. Fill a jar half full with water, add a few drops of water-based food coloring, cover, and shake. Repeat this process with oil-based food coloring and baby oil. Add the oil mixture to the jar of water. The colors will combine as you pour, but they'll eventually separate. Shake and observe.	Mindful breathing is focusing on breathing in and out to help calm your mind and body. Pretend to have a hot slice of pizza in front of you. Slowly breathe in to smell the pizza and breathe out to cool it down.	Mindfulness is learning to focus on the present. This can help your mind and body feel calm and in control. Write down 10 or 12 items you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset.
Health and Fitness	Complete: <ul style="list-style-type: none"> • Eight jumping jacks ; • Eight leaps; • Eight frog jumps, and • Eight vertical jumps.Repeat three times. 	As soon as you get out of bed, shake your body any way you like for 10 seconds. Are you up now? Good! Jump up and down 10 times.	With an adult's permission, find a short fitness workout video online.Share it with a friend.	Do an act of kindness for someone and encourage them to pay it forward.	As fast as you can and maintaining good form, complete: <ul style="list-style-type: none"> • 10 arm circles front and back • 10 forward punches; and • 10 raise the roof. Repeat. 	Jump 10 times on your right foot, then 10 times on your left foot. How many times can you alternate before messing up?

Continuous Learning Challenge - Grade Four

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan's Deep Learning Competencies. These are 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. 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	Look around your house. Make a list of simple machines: lever, inclined plane, pulley, wheel and axle, screw, or wedge.	Create a grocery list and weekly meals for your family with an adult.	Set a clock for three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.	Measure all the people in your home in inches. Then, convert your measurements to feet and inches	Find a picture of an elevator shaft and car. Find how many simple machines work together to make an elevator work. How many simple machines are there in a car?	Find a broken toy or object. Come up with multiple solutions to fix it.
Communication	Write and mail a letter to someone who is important to you.	Watch a documentary on a subject you are interested in and create an activity or poster about what you learned. Share it with your family.	Learn three new jokes. Call a relative or friend to share them.	Create an obstacle course in your home. Have your family close their eyes and instruct them how to navigate through the course. What worked well? What didn't work well?	Write about how you want to positively impact the world. Share it with someone you care about.	Phone a Pacers player at 317-275-4444 or 877-275-9007. Listen carefully to the story. Challenge yourself to retell the story to a friend or family member.
Creativity	Try making an up-cycled bird feeder at home to see what kinds of birds hang around in the summer! Use an old carton or jug and carefully cut a hole about two inches from the bottom for	Gather some leaves from outside. Try to find a variety of types. Grab some watercolor paints and thick paper. First, paint your page with just water. Then, take blues, purples,	All slimed out? Use those slime materials to make air dry clay! Using a large mixing bowl, add in one half cup of cornstarch, one cup of white glue, one tablespoon of white vinegar,	Ask an adult to help you make a big outdoor tic-tac-toe board with masking tape. Then challenge them to a game. Mark paper plates with X/O and toss them like frisbees. The	What's your favorite song at the moment? How does it make you feel? Does it empower you, calm you, energize you, or make you feel strong? What about the song do you think	Chlorophyll is what makes leaves look green. It also plays an important role in photosynthesis, which is how plants make food and provide us with oxygen! Grab a

	the bird to enter. Decorate with permanent markers or acrylic paint or glue on sticks and leaves to make the bird feel more at home!	and greens and dab them around your page. Fill your page with blurry colors. Now, press your leaves into your paper. Run your finger over them to smooth them into the paper. Allow the page to dry. Then, remove the leaves. Do you notice the leaf prints?	and one teaspoon of any lotion. Begin to stir. Initially your clay will be very sticky. After you have mixed it a little bit, add in one teaspoon of baby oil. If your clay is still super sticky, try adding in cornstarch one Tbsp at a time until your clay goes from sticky to smooth. Create away!	first with three in a row wins!	makes you feel this way? Find a couple other songs that make you feel the same way. Notice their similarities and differences. Write down the songs to make a playlist. For an extra challenge, listen to the songs and doodle or dance along!	white piece of paper, something to draw with, and a metal spoon. Head outside and find your favorite tree. Draw just the outline of the tree trunk and the branches you can see. Now grab eight to 10 leaves and fold your drawing in half. Place a couple leaves inside of the fold and rub with the spoon.
Critical Thinking	Try to estimate how many leaves are on a tree near where you live. Why do you think it is that many? How long would it take to count them all?	Observe an animal for one minute. Write down three things you observed. Contemplate what adaptations the animal would need to make if it was moved to a different climate. What changes would the animal need to make to its home and how it collects food?	If you could pick six people to be with you on a team, who would they be? What sport or activity would you do together? How would your choices impact your teamwork?	Draw a quadrilateral of any shape. Use a ruler to measure and find the perimeter and the area. Explain or write how you found the perimeter and area. Repeat with a new shape.	Draw or build a model that shows the solar system. Label each part. Explain how you would handle and overcome the longer or shorter days on the different planets to a family member or friend. What would your shelter look like? Would your diet and sleep patterns change?	How do you think people in the future will dress? Why do they dress like that? Draw a picture of what a popular outfit will look like with your 30 years old.
Collaboration	Write a family story. Will it be a scary story? Funny story? How-to story? When you are finished, work together to illustrate it.	Find some paper you can color on. As each family member to make hearts and cut them out. Tape the hearts in your window so your neighbors can see your love! Think about putting them in a shape like a	Offer to wash the family pet or a family member's car. Ask an adult to help with getting you soap, water, and other supplies.	Brainstorm races, obstacles, and activities to complete with your family. Examples: <ul style="list-style-type: none"> ● Three-legged races ● Hula Hoops 	Work with a family member or friend to record a list with at least eight items in each of the following categories. <ul style="list-style-type: none"> ● Foods that begin with b ● Foods that grow on trees ● Foods that grow below ground 	Help your family with yard work. Offer to help rake, pull weeds, lay mulch, or plant flowers.

		rainbow, animal, or heart.			<ul style="list-style-type: none"> • Foods that are white • Foods that are usually served at a fast food restaurant 	
Social Emotional Wellness	Use any board games you have on hand, like Monopoly or Candy Land. These games can help support a number of skills including taking turns, having conversations, and showing good sportsmanship.	Stock a plastic bin with tools to help cope with your emotions. Include things such as strategy cards, squeeze balls, calm-down bottles, putty, and breathing exercises.	Writing in a journal can help you express your feelings and thoughts. Set a timer for five or 10 minutes and write what is on your mind.	Drawing and coloring are often calming activities. Find a quiet spot and color or draw a picture. Mindfulness is about being present in the moment. Breathe in and out while coloring or drawing. You can also dim the lights and play calming music.	Mindfulness is learning to focus on the present. This can help your mind and body feel calm and in control. Write down 10 or 12 items you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.
Health and Fitness	Put on your favorite song or turn on the radio. Dance during the entire song! Ask a family member to join you.	Empty your mind before you go to bed by writing a note about what you're thinking. Leave those thoughts alone until tomorrow.	Take a deck of cards and flip the top card. Complete exercises based on the suit and number on the card. <ul style="list-style-type: none"> • Face cards: 15 • Spades: jumping jacks • Clubs: squats • Hearts: mountain climbers • Diamonds: your choice 	Are you eating five to seven fruits and veggies everyday? Try a new fruit and veggie today.	Can you perform 15 mountain climbers? 30? Complete as many as you can!	Try the following: <ul style="list-style-type: none"> • Hop on one leg 30 times, then switch legs; • Take 10 giant steps; • Walk on your knees; • Do a silly dance; and • Sprint for 10 seconds.

Continuous Learning Challenge - Grade Five

The skill sets of the Continuous Learning Challenge are connected to Michael Fullan’s Deep Learning Competencies. These are 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. 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 @EducatelN.

Skill	Choice One	Choice Two	Choice Three	Choice Four	Choice Five	Choice Six
Content Knowledge	Think about different forms of energy, like potential (stored energy) and kinetic (energy of movement). Make a two-column list and sort things around your house into the columns. For example, a closed door is potential energy, and the door swinging open is kinetic energy.	Write a story with your family. Start by writing one paragraph. Then, have each member in your family contribute by writing a paragraph. Finish the story and add illustrations.	How many different ways can you make the number 48 using addition, subtraction, multiplication, and division?	Measure the length, in inches, of the feet of each family member that live in your home. Make a bar graph of the results.	Find rocks in your yard and classify them into groups by type. Write about why you placed each rock in their specific group.	Determine how many hours and minutes it would take you to complete the following: <ul style="list-style-type: none"> • Read for 37 minutes; • Do math for 45 minutes; • Draw for 29 minutes; and • Write a letter for 17 minutes. Remember: 60 minutes is equal to one hour. Be sure to convert correctly. Try making your own list and repeat the activity.
Communication	Write a letter to your mail carrier thanking them for their work and asking about their job.	Draw your dream castle. Label and communicate what each room is and why they are included in your castle.	Create a story using only pictures. Share it with a family member, can they tell the story using your pictures?	Tell someone in your family a bedtime story. Make sure to develop characters and use descriptive details to support your main story or theme. Include an interesting plot and a surprising conclusion.	If you owned a restaurant, how would you advertise your business? Create a flyer that shows the type(s) of food you make, where you are located, hours you are open, and why customers should visit your business.	Learn three phrases in sign language and sign them to a friend or family member. Help your friend or family member learn them, too!

Creativity	Try making an up-cycled bird feeder at home to see what kinds of birds hang around in the summer! Use an old carton or jug and carefully cut a hole about two inches from the bottom for the bird to enter. Decorate with permanent markers or acrylic paint or glue on sticks and leaves to make the bird feel more at home!	Gather some leaves from outside. Try to find a variety of types. Grab some watercolor paints and thick paper. First, paint your page with just water. Then, take blues, purples, and greens and dab them around your page. Fill your page with blurry colors. Now, press your leaves into your paper. Run your finger over them to smooth them into the paper. Allow the page to dry. Then, remove the leaves. Do you notice the leaf prints?	All slimed out? Use those slime materials to make air dry clay! Using a large mixing bowl, add in one half cup of cornstarch, one cup of white glue, one tablespoon of white vinegar, and one teaspoon of any lotion. Begin to stir. Initially your clay will be very sticky. After you have mixed it a little bit, add in one teaspoon of baby oil. If your clay is still super sticky, try adding in cornstarch one Tbsp at a time until your clay goes from sticky to smooth. Create away!	Let's celebrate all things kawaii ! This roughly translates from Japanese as "cuteness". Kawaii describes a movement in Japan begun by teenagers' handwriting. Learn more about kawaii here . Create some kawaii characters! Pick an everyday object, like a spoon, plant, or a piece of fruit. Draw just the outline and minimal supporting details. Draw two large round eyes and a small mouth in the middle. Add color and any other details you want!	What's your favorite song at the moment? How does it make you feel? Does it empower you, calm you, energize you, or make you feel strong? What about the song do you think makes you feel this way? Find a couple other songs that make you feel the same way and notice their similarities and differences. Write down the songs to make a playlist. For an extra challenge, listen to the songs and doodle or dance along!	Chlorophyll is what makes leaves look green. It also plays an important role in photosynthesis, which is how plants make food and provide us with oxygen! Grab a white piece of paper, something to draw with, and a metal spoon. Head outside and find your favorite tree. Draw just the outline of the tree trunk and the branches you can see. Now grab eight to 10 leaves and fold your drawing in half. Place a couple leaves inside of the fold and rub with the spoon!
Critical Thinking	Try to estimate how many leaves are on a tree near where you live. Why do you think it is that many? How long would it take to count them all?	Observe an animal for one minute. Write down three things you observed. Contemplate what adaptations the animal would need to make if it was moved to a different climate. What changes would the animal need to make to its home and how it collects food?	If you could pick six people to be with you on a team, who would they be? What sport or activity would you do together? How would your choices impact your teamwork?	Create a list of activities, games, or chores that you do outside. Estimate how much time it takes to complete each activity, game, and chores. playing the games in that season.	What is your favorite food? Make a list of all the different jobs needed to grow, process, and make the ingredients for that food. Where are some places you can purchase your favorite food?	How do you think people in the future will dress? Why do they dress like that? Draw a picture of what a popular outfit will look like with your 30 years old.
Collaboration	Work with your family to make a thankfulness jar. Find a jar,	Submarines can travel long distances underwater	With a family member, look up some magic tricks and try to	With multiple family members, plan and put on a	Make a list of all the steps needed to clean a room in your	With a family member, create a taste test. Blindfold the

	cut small pieces of paper to leave next to it, make a label for the jar. Encourage your family to write down something they are thankful for each day. Make sure you add a few things, too! Decide as a family when you will read them together.	without coming above water. With a family member or friend, use a map of the world or a globe to discuss and decide the longest path a submarine could go in a straight line, without hitting land.	perform them together. After you've learned some tricks, put on a magic show for the family.	family talent show. What hidden talents do your family members have?	home. Assign the different steps to friends or family members. When the part of the room is cleaned check it off the list.	taster and see if they can name what they are tasting. Switch places and see if you can name what they give you.
Social Emotional Wellness	Use any board games you have on hand, like Monopoly or Candy Land. These games can help support a number of skills including taking turns, having conversations, and showing good sportsmanship.	Stock a plastic bin with tools to help cope with your emotions. Include things such as strategy cards, squeeze balls, calm-down bottles, putty, and breathing exercises.	Writing in a journal can help you express your feelings and thoughts. Set a timer for five or 10 minutes and write what is on your mind.	Drawing and coloring are often calming activities. Find a quiet spot and color or draw a picture. Mindfulness is about being present in the moment. Breathe in and out while coloring or drawing. You can also dim the lights and play calming music.	Mindfulness is learning to focus on the present. This can help your mind and body feel calm and in control. Write down 10 or 12 items you are thankful for on pieces of paper and put them into a jar. Pull the jar out and read what you wrote when you're feeling sad.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.
Health and Fitness	Jump as high as you can for 30 seconds. Repeat.	Tidy up while walking like a crab! Carry items on your belly across the room to put them away.	A game of tag, but if someone touches your arm or leg you can no longer use that body part. If both legs are tagged, start a new round.	Can you hold a plank for an entire TV commercial break?	With an adult's permission, play the group game Simon Says over a video chatting or visual platform with your friends.	Take three movement breaks today. If you have a fitness tracker, can you hit 10,000 steps?

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	June 14 is Flag Day in the U.S. Do you know the proper etiquette for when and how to display the American flag?	Watch videos and read news articles in multiple languages on BBC .(Edutopia)	As students move into grade seven, they will study time periods and regions of the world from Africa, Asia, and Australia. Consider reading a coming-of-age book featuring characters from another country.	The theoretical probability of landing tails on a coin toss is $\frac{1}{2}$. Test this theoretical probability by tossing a coin 100 times, recording the results each time. Compare the theoretical probability ($\frac{1}{2}$) with the experimental probability (the ratio of your coin tosses successful - tails - to total tosses).	On a rainy day, play a game like Monopoly or Life. Other great games are chess and checkers.	Build a Wormery : Dig in the backyard or garden to find five earthworms, and build them a habitat or wormery where you can observe how they aerate soil.
Communication	When moving from grade eight to high school, you may want to consider drafting a letter to your high school teachers. Outline what they need to help you succeed in high school. Consider sharing your letter with your teachers.	Interview two important adults in your life. Tell them you’d like to create a music playlist that combines music from their childhood and today. Share the playlist with them. Share with them what you think you hear in common in the blended playlist.	Practice how to speak on the phone with someone who is not a family member or close friend. Learn phone-calling skills .	Practice writing or typing a letter to someone. Use proper letter formatting, including the proper way to address an envelope.	Find a website that would teach you greetings in American Sign Language (ASL). Learn the motions to spell your name.	What is the appropriate age to have a cell phone? Why? Would your peers agree with you? Your parents?

<p>Creativity</p>	<p>Create an accordion pocket journal. Grab a sheet of paper (11x17 if you have it). Cut the paper into thirds. Begin folding the paper back and forth accordion style, making all the folds the same size. If you want, glue the three strips together for more pages. Fold up all of your pages and trace along the border on a piece of cardboard. Cut these out for your covers. Decorate your covers! Glue your first page to one cover and your last page to the other cover. Fold together and tie with a ribbon or string.</p>	<p>Create a pressed flower lantern. Gather some wildflowers. Take a piece of wax paper and fold in half, placing the flowers inside of the fold. Place the wax paper under something heavy for at least a week. Make your own Mod Podge by mixing one part white glue with one part water. Get a mason jar or another reusable jar. Remove your flowers from the press and place them on your jar, use your glue mixture to paint over the flowers and across your jar. Allow the Mod Podge to dry. Place a battery operated candle or string lights inside and enjoy!</p>	<p>Let's celebrate all things kawaii ! This roughly translates from Japanese as "cuteness". Kawaii describes a movement in Japan begun by teenagers' handwriting. Learn more about kawaii here. Create some kawaii characters! Pick an everyday object, like a spoon, plant, or a piece of fruit. Draw just the outline and minimal supporting details. Draw two large round eyes and a small mouth in the middle. Add color and any other details you want!</p>	<p>Make two kinds of butterfly feeder to put in your backyard. The first feeder is a jar feeder. The jar feeder uses sugar water to attract butterflies. The second feeder is a plate feeder, which uses ripe fruit. Observe any butterflies your feeders attract. Grab a piece of paper, sit where you can see them, and draw what you notice.</p>	<p>Make a terrarium with items that are in your yard and home.</p>	<p>Try IDOE's summer journal prompt! Write about or draw the first idea that comes to mind when you read the Summer Continuous Learning Challenge theme <i>Me, Myself, and I</i>. You can do this journal from previous challenges or on any piece of paper.</p>
<p>Critical Thinking</p>	<p>Conduct research about a common food ingredient that is not typically grown in large amounts in the U.S., like avocado. Determine if that product has any sustainability issues and impact on the people that grow it for export.</p>	<p>What is human capital? Read the book <i>My Side of the Mountain</i>. Think about the human capital that Sam possessed, the investments in human capital that he made and why these investments were important. Then, list the human capital you possess.</p>	<p>Adults use critical thinking skills to read the news and form opinions about what is happening in the world. You can do this, too! Find relevant, appropriate articles and think about the issues presented." (The Critical Thinking Child)</p>	<p>Use these puzzles to sharpen your logic skills. (The Critical Thinking Child)</p>	<p>Take in a summer baseball game either at the ballpark or on TV. Baseball is a natural place to see math in action – from a pitcher's ERA to a hitter's on-base percentage. Record the events of the game using a scorecard. To learn how to</p>	<p>What do you know about dandelions? Should they be considered a weed?</p>

		(Federal Reserve Bank of St. Louis)			keep score, visit this website . Then, calculate some statistics about your favorite players! (Madison's Middle School Students, CT)	
Collaboration	Practice time management skills with family members. You may want to set a time to post your activities on a calendar or use backwards planning skills.	With the help of an adult, organize a service-learning project. You may want to consider service for the environment, the elderly, and animals. Ask your friends and family to join!	Pick a chore or a project to do with a sibling or friend. When the chore is complete, do something to celebrate.	Improve your civics knowledge by playing the U.S. Constitution game .	Play the Declaration of Independence game .	Some humane societies permit young people to come to the shelter and read to the animals. Contact a local shelter and see if you would be able to bring a group of your friends to read.
Social Emotional Wellness	Use any board games you have on hand, like Monopoly or Candy Land. These games can help support a number of skills including taking turns, having conversations, and showing good sportsmanship.	Create a summer goal that will focus on your skills and talents. Develop a daily plan to work towards your goal until completion. It is important to create routines that foster positive habits. Share your goal with a friend and help them create a goal. Become "accountability buddies".	Writing in a journal can help you express your feelings and thoughts. Set a timer for five or 10 minutes and write what is on your mind.	Drawing and coloring are often calming activities. Find a quiet spot and color or draw a picture. Mindfulness is about being present in the moment. Breathe in and out while coloring or drawing. You can also dim the lights and play calming music.	Find examples of your favorite inspirational quotes. Write a journal entry about what that quote means to you. Consider including a drawing to express your thoughts.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.
Health and Fitness	What is a movement activity you could do during commercials as you watch TV? Could you	Organize a volleyball or badminton tournament.	Become more skilled at jump roping. What new jumps could you learn and perfect? Could you learn	With an adult's permission, check out the free 7 Minute Workout app .	Choreograph your own dance.	Organize a backyard relay race day .

	dance or practice a yoga pose?		how to Double Dutch or practice double jumps?			
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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	Read a book from your local library that challenges the way you see the world.	Choose a commercial that you see on TV and analyze it for it’s persuasive elements. How is it trying to get you to purchase or engage with a product?	Read about the history of jazz in Indiana, including the history of Indiana Avenue in Indianapolis.	What is “husbandry”? What does it have to do with a zoo?	Read a book from the summer reading book list .	Take a small step to protect the planet by learning how to compost .
Communication	Reach out to a leader in your community that you look up to. Ask if they will let you shadow them for a day at their job.	Do dogs read human facial expressions? Find out more in this Psychology Today article.	Write a gratitude letter to a father or father figure for Father’s Day on Sunday, June 20.	Create a comic strip in a language you studied at school. Storyboards are an effective way to do this. (Edutopia)	Texting may be your preferred way to communicate. However, it is important to speak on the phone, especially to someone you aren;t close with. Learn phone skills by calling someone who is not a close family member or friend.	Find a website that will teach you greetings in American Sign Language (ASL). Learn the motions to sign your name or a greeting.
Creativity	Plan dinner for your family. Give yourself a budget and see if you can follow it when planning out the ingredients you will need.	Design a playground that you wish would have been available to you as a child. What obstacles and equipment would you have wanted to have? Draw out	Come up with a podcast that you would like to create in the future. It could be a personal topic, a controversial topic, or something fun, like video game	Create an accordion pocket journal. Grab a sheet of paper (11x17 if you have it). Cut the paper into thirds. Begin folding the paper back and forth	Create a pressed flower lantern. Gather some wildflowers. Take a piece of wax paper and fold in half, placing the flowers inside of the fold.	Try IDOE’s summer journal prompt! Write about or draw the first idea that comes to mind when you read the Summer Continuous Learning

		a plan or a map.	reviews. Think about how you would structure the different episodes and how many there would be. What would be the theme song? Would you have a catch phrase?	accordion style, making all the folds the same size. If you want, glue the three strips together for more pages. Fold up all of your pages and trace along the border on a piece of cardboard. Cut these out for your covers. Decorate your covers! Glue your first page to one cover and your last page to the other cover. Fold together and tie with a ribbon or string.	Place the wax paper under something heavy for at least a week. Make your own Mod Podge by mixing one part white glue with one part water. Get a mason jar or another reusable jar. Remove your flowers from the press and place them on your jar, use your glue mixture to paint over the flowers and across your jar. Allow the Mod Podge to dry. Place a battery operated candle or string lights inside and enjoy!	Challenge theme <i>Me, Myself, and I</i> . You can do this journal from previous challenges or on any piece of paper.
Critical Thinking	Think about a daily task that annoys you or that you wish was more efficient. Create a product or a system that would make that task easier or more efficient.	Think of an issue or challenge in your world. Ask yourself: "What does this mean..." <ul style="list-style-type: none"> • to me? • to my family? • to my community? • to my country? • to my world? 	Practice your logic skills by completing a game of Sudoku.	Discuss a topic or a legislative policy that impacts you and have a conversation with a family or friend about it. Find three resources to back up your opinion.	Create an "elevator" speech about something you care about or want to change.	How would you respond to this statement? <i>Because high school students are typically enrolled in social studies courses, they are prepared to vote and should be able to vote before the age of 18.</i>
Collaboration	Ask a member of your family to teach you a skill you need for adulthood. This could be laundry, ironing, changing a tire, or filing taxes.	Organize a neighborhood porch celebration for the 4th of July. Remember to social distance!	Organize a neighborhood watch . This project may be considered a service-learning project that could count towards a graduation pathway . Check with your school for more	Practice time management skills with family members.	With an adult's help, create a resume using LinkedIn or Indeed.	Develop an exploratory trail for Indiana. What places would you enjoy exploring?

			information. Document everything that you do with this.			
Social Emotional Wellness	Use any board games you have on hand, like Monopoly or Candy Land. These games can help support a number of skills including taking turns, having conversations, and showing good sportsmanship.	Create a Summer goal that will focus on your skills and talents. Develop a daily plan to work towards your goal until completion. It is important to create routines that foster positive habits (habits that are healthy). Bonus - Share your goal with a friend and help them create their goal. Become “accountability buddies” to each other.	Writing in a journal can help you express your feelings and thoughts. Set a timer for five or 10 minutes and write what is on your mind.	Drawing and coloring are often calming activities. Find a quiet spot and color or draw a picture. Mindfulness is about being present in the moment. Breathe in and out while coloring or drawing. You can also dim the lights and play calming music.	Find examples of your favorite inspirational quotes. An example would be, “No act of kindness, no matter how small, is ever wasted.”-Aesop Write a journal entry about what that quote means to you. Consider including a drawing to express your thoughts as well.	Practicing mindfulness is a skill that helps you stay calm and in control. Look around the room to find five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. This is a grounding exercise that can help manage tough emotions and provide a mental reset, when needed.
Health and Fitness	What is the difference between a low-glycemic food and high-glycemic food? Individuals with a certain condition would benefit from this distinction. What is that condition?	Try this 20-minute High Intensity Interval Training (HIIT) workout. Complete three rounds for each exercise listed below. All exercises are 45 seconds or work and 15 seconds of rest. Push-ups 45/15 Squats 45/15 Glute Kicks 45/15 Side Lunges 45/15 Jumping Jacks 45/15	Learn what dynamic stretching warm-ups are. Watch this video to learn how to do it.	See how many sit-ups you can do in one minute, while keeping good form. Hold a ball for an extra challenge. Repeat three times.	Try to get eight to ten hours of good sleep each night. Sleep helps fuel your brain and your body. Teens need more sleep because their bodies and brains are growing and changing quickly. What does research say about how much sleep American teens typically get?	Make a healthy snack for your family using ingredients you have at home.

		Sit-ups 45/15				
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