



## Learning at Home Choice Board

These are home learning options that you can mix-and-match. There are options for ELA, Math, Science, and Social Studies ([offline](#); [online](#)) and Computer Science, Fine Arts, Health/PE, and World Languages ([offline](#); [online](#)).

Make and carry out a plan for the week.

### Steps



1. You should aim for at least 12 total choices per week, choosing every content area at least once. You can also revisit choices from previous weeks.
2. Review the [offline](#) and [online](#) options on the following pages to help your planning.
3. Create a SMART Goal in a table like the one below to make a plan for your work.
4. Complete your plan for the week. As you work, share and discuss with a friend or family member.

Specific	<ul style="list-style-type: none"><li>• What options will I choose?</li><li>• How will I organize my work?</li></ul>	
Measurable	<ul style="list-style-type: none"><li>• How will I know that I have accomplished my goal?</li></ul>	
Achievable	<ul style="list-style-type: none"><li>• How can I accomplish my goals for the day and for the week?</li><li>• Where is the best place for me to do my work?</li></ul>	
Relevant	<ul style="list-style-type: none"><li>• How does this journal fit with my life at home?</li><li>• How does this journal align with my classes at school?</li></ul>	
Time-bound	<ul style="list-style-type: none"><li>• When will I work?</li><li>• How much time will I dedicate to working each day?</li><li>• How will I pace myself?</li></ul>	



**Offline Options – You should aim for at least 12 total choices per week, choosing every content area at least once.**

As you work through these activities, please be mindful of your personal health and well-being as well as that of those around you. Be safe, work with an adult when possible/necessary, and practice social distancing.

	English Language Arts	Mathematics	Science	Social Studies
<p><b>Offline</b></p>  <p><b>Option 1</b></p>	<p>April is Poetry month!</p> <p>Create your own acrostic poem. On a piece of paper, write your name vertically on the left side. Think of a word or phrase that describes you or things you like to do that begins with each letter. For each letter, write down a word.</p> <p><b>J</b>umps rope <b>A</b>cts silly <b>N</b>ice to animals</p>	<p>Ask an adult to point to three different two-dimensional shapes in the house. Count and compare the number of sides and vertices (corners). Which shape has more sides? Corners? Less sides? corners?</p> <p>Do the same for three different three-dimensional shapes.</p> <p>Ask an adult to point to something and tell them if it's two- or three-dimensional.</p>	<p>This is a week of self-documentation! Take pictures or draw to document in your home things that you observe with your senses:</p> <ul style="list-style-type: none"> <li>• smell</li> <li>• touch</li> <li>• sight</li> <li>• hearing</li> <li>• taste (with permission)</li> </ul> <p>What is in your pictures? Where did you take the pictures? Do you see any patterns in your pictures?</p>	<ul style="list-style-type: none"> <li>• Community Conversations: Talk about all of the places your family likes to go in your community.</li> <li>• Then, learn the following: <ul style="list-style-type: none"> <li>◦ The name of your favorite grocery store</li> <li>◦ The name of your dentist</li> <li>◦ The name of your doctor</li> <li>◦ The name of your principal</li> </ul> </li> </ul>
<p><b>Offline</b></p>  <p><b>Option 2</b></p>	<p>Practice finishing a poem. Think of words that rhyme with “cat” and “dog”. Then add the rhyming word in the blank.</p> <p>“I have a little pet <i>cat</i>, And it like to _____. (e.g., play with a rat) I have a big pet <i>dog</i>, And it likes to _____. (e.g., play with a hog)</p> <p>Make up your own poem using rhyming words!</p>	<p>Find an item that you have a lot of in your house, e.g. crayons. Count the items. Write how many items you counted.</p> <p>Find another item that you have a lot of in your house, e.g. boxes. Count the items. Write how many items you counted.</p>	<p>This is a week of self-documentation! Take pictures or draw to document in your home ways that you are prepared for an emergency.</p> <p>What is in your pictures? Where did you take the pictures? How do these pictures show how your family is prepared for an emergency?</p> <p>How do people respond to severe weather?</p>	<p>Watch</p> <ul style="list-style-type: none"> <li>• PBS HD Channel <ul style="list-style-type: none"> <li>◦ Xavier Riddle and the Secret Museum, 8:00 a.m. 4/27/20-5/1/20</li> <li>◦ Molly of Denali, 10:00 a.m. 4/27/20-5/1/20</li> <li>◦ Peg + Cat, The tree by the Nile Problem/ The Eid al-Adha, 11:00 a.m., 4/26/20</li> </ul> </li> </ul> <p>Talk to a grownup about what you learned!</p>

Online options on the next page →





## Kindergarten At-Home Learning Choice Board

### Days 21–25 (Week 5)

**Online Options – You should aim for at least 12 total choices per week, choosing every content area at least once.**

As you work through these activities, please be mindful of your personal health and well-being as well as that of those around you. Be safe, work with an adult when possible/necessary, and practice social distancing.







	English Language Arts	Mathematics	Science	Social Studies
<p>Online</p>  <p>Option 1</p>	<p>Listen to <a href="#">The worm that wouldn't wiggle</a>. (poem).</p> <ul style="list-style-type: none"> <li>Why didn't the worm wiggle?</li> <li>What happened when he tried to wiggle on the ground?</li> <li>How did he solve his wiggle problem?</li> <li>What might be another way he could solve his wiggle problem?</li> </ul>	<p>Have an adult set up an account for you on <a href="#">Khan Academy Kids</a> on your mobile device.</p> <p>Do the activities for 15 minutes. Tell your adult what you learned.</p>	<p>This is a week of self-documentation! Watch this <a href="#">explanation of the word observe</a>.</p> <p>Take pictures or draw to document in your home things that you observe with your senses. What is in your pictures? Where did you take the pictures? Do you see any patterns in your pictures?</p>	<p>Do you like games? Play the "<a href="#">Homes Are Everywhere</a>" game" and use clues to match homes to the correct location.</p> <p>What kinds of homes are in your neighborhood? Draw pictures of them and share the pictures with others!</p>
<p>Online</p>  <p>Option 2</p>	<p>Listen to <a href="#">Eric the weary bee</a>.</p> <ul style="list-style-type: none"> <li>What made Eric so weary?</li> <li>How was he feeling?</li> <li>Who helped Eric?</li> <li>What did the helper do to help Eric out?</li> <li>What did Eric do the next day?</li> </ul> <p><b>Watch Channel 356</b> 9am-9:50am on Monday Watch the Shows <i>Draw Me a Story</i> and <i>Kragatz</i></p>	<p>Go to the <a href="#">Kindergarten Math</a> section of <a href="#">abcya.com</a>. Choose <a href="#">Fuzz Bugs Counting, Sorting, and Comparing</a>.</p> <p>Have an adult read to you about <a href="#">Top 10 Pets</a>. Answer the question for the Little Kids.</p> <p>Have an adult read to you about <a href="#">Getting In Shapes</a>. Answer the question for the Little Kids.</p>	<p>This is a week of self-documentation! Watch <a href="#">Ready</a> and the <a href="#">Hawaiian Electric Emergency Preparedness Videos</a>, and read <a href="#">Maka, the Safety Superhero</a>.</p> <p>Take pictures or draw to document in your home ways that you are prepared for an emergency. What is in your pictures? Where did you take the pictures? How do these pictures show how your family is prepared for an emergency?</p>	<p>Apples are yummy! What is your favorite kind of apple?</p> <p>Watch this video to see how this class <a href="#">learns to vote</a> and decides which apple they like the most!</p> <p>After that, choose two or three items in your house that belong to the same category (food, books, pictures, etc.) and with the other people you live with, vote for what you like best. What was the winner?</p>

More content areas on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
<b>Offline</b>  <b>Option 1</b>	<p>Talk to a trusted adult about your personal information (like your full name, your home address, or your birthdate).</p> <p>This is private information that you need to keep safe.</p> <p>When could you share this information? When you should never share that information?</p>	<p>Draw a picture using lines and colors to show how you are feeling each day.</p>  <p>What do you do when you are feeling this way?</p>	<p><b>Connect</b> - Take a full breath through your nose. Imagine that you are smelling a wonderful-smelling flower. Say, “Ahhh,” as you breathe out. With each breath, imagine a different smell.</p> 	<p><b>Movement</b> - Crab Frenzy</p> <p>Have your child walk like a crab by placing their palms and feet on the floor while raising their stomach up to face the sky.</p> <p>Staying in that pose, let them see how long they can balance and hold it.</p> <p>Then have them add an object (not too heavy) to their belly and give them places to transport the item around the house or yard.</p>	<p>Make two or more stick puppets. Have them greet each other in English and a world language.</p>  <p>Adapted from Leslie Grahn (@grahnforlang)</p>
<b>Offline</b>  <b>Option 2</b>	<p>Draw a poster to show one of these Digital Citizenship tips:</p> <ul style="list-style-type: none"> <li>Thinking before your post</li> <li>Respecting yourself and others</li> <li>Standing up to cyberbullying</li> <li>Balancing your online and offline time.</li> <li>Staying safe online.</li> </ul>	<p>How are you feeling today?</p> <p>Use your facial expression, move your arms, legs and body to show how you are feeling today.</p>  <p>How has creating body movement helped with how you are feeling?</p>	<p><b>Refresh</b> - Try a body scan. Rest your eyes. Tighten the muscles in your feet, then relax your feet. Tighten the muscles in your legs, then relax your feet. Continue up your body, arms, and face. At the end, tighten your whole body, then relax your body. Rest for a minute. How does your mind feel? How does your body feel?</p>	<p><b>Fun</b> - Scavenger Hunt</p> <p>A scavenger hunt is all about finding items from a list in the house or areas outside.</p> <p>The kids will love checking off each item found or collected on the list.</p> <p>Some ideas for items are fruit, vegetable, toy, crayon, pillow, piece of paper, cereal box, leaf or rubber slipper.</p>	<p>Identify any street names and/or store names in your neighborhood that are in Hawaiian/‘Ōlelo Hawai‘i. Draw the streets and/or stores and label the names.</p>

Online options on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
<b>Online</b>  <b>Option 1</b>	<p>Listen to this song: <a href="#">Media Balance is Important</a></p> <ul style="list-style-type: none"> <li>Look up from your screen when your friend says, "Hi"</li> <li>Share your game if they want to try</li> <li>Play outside when the sun is bright</li> <li>Devices go off when you say, "Good night."</li> </ul> <p>How many of these tips do you follow? Tell someone about it.</p>	<p>Draw a facial expression using lines and colors to show how you are feeling each day.</p> <p>Watch the video <a href="#">PBS Draw</a> and practice.</p> <p>What should we do when we are feeling this way?</p>	<p><b>Nourish &amp; Move</b> - Talk with someone at home about why <a href="#">physical activity is good for your health</a> (see PE). What activities do you enjoy doing outdoors? What activities do you enjoy doing indoors? What activities do you enjoy doing on your own? What activities do you enjoy doing with other people? Try an activity together.</p>	<p><b>Volleying and Striking</b> - You will need a balloon, ziplock bag with air or sock ball and a paddle, magazine or book to do the following activities:</p> <ul style="list-style-type: none"> <li><a href="#">Keep It Up</a></li> <li><a href="#">Bull's Eye</a></li> <li><a href="#">Air Ball</a></li> <li><a href="#">Paddle It Up</a></li> </ul> <p>These activities provide opportunities to practice volleying and striking.</p>	<p>Visit <a href="#">Hello World</a>:</p> <ul style="list-style-type: none"> <li>Choose the world language.</li> <li>Select "Conversations" and "Greetings."</li> <li>View the clips for "Hello" and "Hello and Goodbye."</li> <li>Practice saying the greetings with a family member.</li> </ul>
<b>Online</b>  <b>Option 2</b>	<p>It's natural to enjoy sharing and connecting with others. But sharing information online can sometimes come with risks.</p> <p>How can you learn to build strong, positive, and safe relationships online? Watch: <a href="#">Private and Personal Information</a> to learn the difference between what's personal, and what's best left private.</p>	<p>How are you feeling today?</p> <p>Use your facial expression, move your arms, legs and body to show how you are feeling today.</p> <p>Follow the move in this <a href="#">VIDEO</a> and see what you can do!</p>	<p><b>Personal Care</b> - Why is it important to <a href="#">clean your teeth</a>? Brushing and flossing your teeth keeps them <a href="#">healthy and strong</a>. Practice brushing and flossing your teeth with an <a href="#">upside down ice cube tray</a>, then practice by using a mirror. How does visiting the <a href="#">dentist</a> help to keep your teeth healthy?</p>	<p><b>Fun Movement</b> - Your child will love moving and dancing while following the <a href="#">Les Mills On Demand - Born To Move #10 (4-5) Dancing In The Sun</a> video.</p> <p>In this 25 minute fitness adventure, your child will get to pretend they are a spaceship flying through outer space and much more.</p>	<p>Visit <a href="#">Maka'iwa Keiki</a>:</p> <ul style="list-style-type: none"> <li>Watch "A Hawaiian Language Numbers Song" and "A Hawaiian Colors Song." Sing and dance to the songs.</li> <li>Go to "Free Printables" on the website (registration required) , download and print the printables for numbers and colors.</li> <li>Enjoy the coloring activities.</li> </ul>