



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

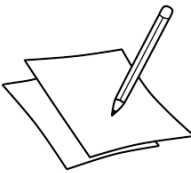
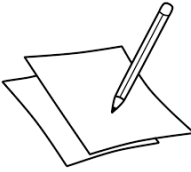
1. You should aim for at least 12 total choices per week, choosing every content area at least once. You can also revisit choices from previous weeks.
2. Review the options on the following pages to help your planning.
3. Create a SMART Goal in a table like the one below to make a plan for your work.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

Specific	• What options will I choose? • How will I organize my work?	
Measurable	• How will I know that I have accomplished my goal?	
Achievable	• How can I accomplish my goals for the day and for the week? • Where is the best place for me to do my work?	
Relevant	• How does this journal fit with my life at home? • How does this journal align with my classes at school?	
Time-bound	• When will I work? • How much time will I dedicate to working each day? • How will I pace myself?	



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
Offline  Option 1	Read with someone for 15 minutes a selection of your choice. Discuss with the person something you learned. Draw four Emojis that represent a reaction to what you just read. Ask the person what they liked about the story.	Get a handful of beans or cereal. Separate them into 2 groups. Create a number sentence that shows how you added them together. Now, create a subtraction number sentence. Have an adult separate the groups. Can you write their number sentences?	Predict what sounds different objects make. Find objects made of different materials and gently tap them with a metal spoon and a wooden spoon or chopstick until you make a sound. What did you observe? Draw a model that helps to explain your observations.	Create a treasure hunt! Hide five objects in one room and create a map showing where they are hidden. See if someone can use your map and find the objects.
Offline  Option 2	On index cards, write all the consonants, vowels, and r-controlled vowels (er, ir, ur, or), one letter or letter combination per card. Challenge a friend! Take turn spelling words, Remember to make words with the silent “e”. See how many words you can make. What is the longest word you spelled? Add “ing”, “ed” “s” cards for more fun.	Ask an adult to give you a time, at the half hour or hour mark. Write down what time it is. Then draw a clock to show the time. Now give your adult time for them to draw. You write down the time. Do it all again!	Watch PBS Hawaii • Ready Jet Go! • Wild Kratts PBS Hawaii Schedule Write down or tell a friend or family member what you wonder about what you watched.	Play a game you know but don’t follow the rules. Discuss what happens. Were there problems? Do you need rules? If so, what rules do you need? Replay the game with rules and see if the game improves.

Online options on the next page →



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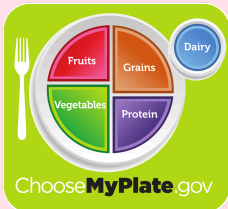
	English Language Arts	Mathematics	Science	Social Studies
Online  Option 1	Go to Time for Kids and have someone read with you for 15 minutes a selection of your choice. Ask a parent to help you sign up for the free digital library. Discuss with the person you read with something new you learned. Write one thing you learned. Ask the person what they learned.	Use Khan Academy, 1st grade math course or have an adult set up an account for you on Khan Academy Kids on your mobile device. Do the activities for 15 minutes. Explain to an adult what you worked on.	With an adult, do one or both of these family learning activities together: • Neighborhood Walk • Learning Across Places Do the activities and answer the related questions by discussing together with your family. You can also include family through a phone or video call!	Have you ever gone to the store to buy something but they didn't have what you wanted to buy? That's because that item is <i>scarce</i>. Watch this video about <i>scarcity</i>. Explain to a grownup how trying to get everything you need and want leads to <i>scarcity</i>.
Online  Option 2	Practice building and reading words on Spelfabet. Fun interactive games. Watch: PBS KHET and KMEB Molly of Denali - 10a.m. What did you learn from this episode?	Go to the First Grade Math section of abcya.com. Choose from: • Marble Math Addition • Balloon Pop Subtraction • Drop Sum • First to Five • Jet Ski Addition • Time Travel (Level 1 only)	Explore what scientists and engineers do using one or more of these resources: • Exploring Careers in Science • The Secret Life of Scientists and Engineers • SciGirls Write a reflective journal or share with a friend or family member: • Would you like to be a scientist or engineer? Why or why not? • What do you think a day in the life of a scientist or engineer is like?	Make a list of all the things that are printed. Find one of these things and copy one sentence. How long did that take you? Would you want to copy out a whole book every time anyone wanted one? Now, watch this video about Johannes Gutenberg. What did he do that was so important? What newer inventions make printing even easier?

More content areas on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
Offline  Option 1	Computer Science uses directional commands in programming. Play an Up-Down I-Spy game. Step outside. Look up. What do you see? I spy a _____. Look down. What do you see? I spy a _____. Take turns saying what you see and have someone guess what you are looking at.	Collect things around your home that are red, yellow, blue, orange, green, and purple. Separate items into each color group and draw each color group. Share with someone: What do you notice about each color group? What makes you say that? What else can you share?	Connect - Talk with someone at home about your favorite healthy foods in each food group. Plan a healthy meal that includes all of the food groups. 	Physical Activity - Have your child jump across the room while counting how many jumps it takes to get across. Repeat three more times and challenge your child to aim for less jumps each time. For an extra challenge, set up small objects (shoes, books) that they need to jump over.	Walk around your home. Count in English and the world language the number of different household items that have the same color. Draw a picture of the household items. Write the number and say or label in English and the world language.
Offline  Option 2	Computer Science uses If/Then conditional statements. Backyard Coding Game: One person is the “Programmer” and the other person is the “Computer”. The programmer tells the computer what to do. “If I ____ Then You ____.” 	Dance as fast and slow as you can to your favorite music. What do you notice about fast and slow dancing? What makes you say that? What else can you share?	Refresh - Give your eyes a break from the screen every 20 minutes. Try closing your eyes for 20 seconds, look outside, or play a short game of “I Spy” with someone else. 	Fun - Toy Hunt • Need 6 toys (easily carried) and a laundry basket or bucket. • Place 6 toys at one end of the room. • Have your child walk to one of the toys, pick it up and speed walk back. • Place the toy in the laundry basket and complete 2 air squats. • Continue until all toys have been picked up. • Challenge - increase the number of air squats by 2 each time.	Listen to music from different cultures like • <i>I Love Music</i> on HIDOE Channel 356 on 04/14/2020 at 4:40 p.m. • music from a personal collection, such as songs from the Putomayo Kids music collection. Dance and sing along the songs.

Online options on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
Online  Option 1	Animals are trapped in trash. Help them by cleaning the beach.	Collect things around your home that are red, yellow, blue, orange, green, and purple. Separate items into each color group and draw each color group. Learn more about colors by watching this video. What do you notice about each color group? What makes you say that? What else can you share?	Nourish & Move - Rest for a few minutes. Find your pulse. Try an energetic physical activity (see PE). Find your pulse again. How is your pulse different after physical activity? Why is physical activity good for your health? <i>Tip: Wear sunscreen, drink water, take breaks, and use the appropriate protective gear as needed.</i>	Locomotor & Manipulative Skills - Scarf Exploration You will need two scarves, bandanas, socks, small towels, or plastic bags to learn how to juggle during this Scarf Exploration activity.	Visit Hello World, choose a language, 1) select "Main Concepts" and choose "Numbers" to listen to the numbers in the language; and 2) select "memory game", and choose "Numbers 1-12" to play the game.
Online  Option 2	Choose from 2 game kits that will guide you through creating a game.	Dance as fast and slow as you can to your favorite music. You can dance along to the Freeze Dance! What do you notice about fast and slow dancing? What makes you say that? What else can you share?	Personal Care - Are you getting enough sleep every night? Draw or write about your bedtime routine. If you don't have a bedtime routine, plan a relaxing activity with a trusted adult. 	Movement - Get moving with the Moana - Get Moving with Disney Family video. Your child will love canoeing with Moana, moving proudly like Maui and getting silly like Hei Hei.	Visit Unite for Literacy, click on "Narration," choose the world language, and listen to a picture book in both English and the chosen language. After reading, draw your favorite part from the book. Point to parts of your drawing and say the corresponding words in English and the world language.