



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

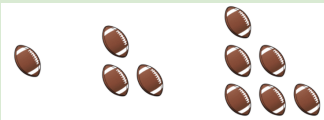
1. You should aim for at least 15 total choices per week, choosing every content area at least once. You can also revisit choices from previous weeks.
2. Review the [offline](#) and [online](#) options on the following pages to help your planning.
3. Create a SMART Goal in a table like the one below 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	• 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 work fit with my life at home? • How does this work 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 15 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	Library
Offline Options 	The Governor has set the “Stay at Home” rules to keep people safe. Write your opinion on the rules and their impact on your life. Use facts and details from the information you gathered from the news programs, newspaper and people you talk to that supports your opinion. Remember to link your opinion and reasons using words and phrases such as “in order to, in addition, for instance”. Write a concluding statement for your opinion. Share your opinion with someone else and listen to their opinion.	Composite Numbers Use the digits 1 to 9, at most one time each, to make 5 composite numbers. (Adapted from Open Middle) Prime Numbers Use the digits 1 to 9, at most one time each, to make 5 prime numbers. (Adapted from Open Middle) <u>Connect to Science!</u> Visual Pattern Below is a pattern of footballs in stages 1-3. Draw what you think stage 4 might look like. Label how many footballs are in each stage. What is the numeric pattern? Is the numeric pattern good enough to describe the 5th stage?  (Adapted from Visual Patterns)	<u>Connect to Mathematics!</u> In science, a pattern is something that happens in a regular or repeated way. You can see patterns in many different places in nature. Over the week, look at home or outside for patterns in: • plant and animal parts • how people and animals use their senses • landscapes and land formations • where and how energy is transferred • music, speech, lights, or writing Draw pictures of the patterns you see. Describe the different patterns you noticed by telling someone or drawing pictures. What other patterns do you notice in nature or engineered objects?	1. The Makahiki season is the ancient Hawaiian New Year festival in honor of the god Lono (the god of peace). Among the activities were competitions in games. Plan some outdoor games that you and your friends could play in friendly competition. Then, hold your own Makahiki.  2. The chiefs of ancient Hawaii had absolute authority over the people, but they also had the responsibility (<i>kuleana</i>) to use this authority in the right (<i>pono</i>) way. Pretend you are a Hawaiian chief. Look at the sample kuleana. How would you take action that is <i>pono</i>? Explain your decisions to someone. Sample kuleana: Settle disputes, enforce kapu, protect the people from harm, etc.	Read with an adult for 20 minutes.  Record your minutes on the #808Reads Reading Challenge 

Online options on the next page →



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	English Language Arts	Mathematics	Science	Social Studies	Library
Online  Options	Listen to the story, “Thank you, Mr. Faulkner”. Think about the main character and what her struggle was in the story. Then explain how she overcame the problem. Think of the details from the story to back up your response. Make a timeline from Kindergarten to grade 4. Write down the names of your teachers and list what you learned at each grade level. Write a letter to your teachers explaining what you learned from them and what your best memory is during that year. Remember to thank them for what they did for you.	Go to Khan Academy 4th Grade Math. Select a category you’ve already studied (left-hand menu). Choose a Topic of interest. Watch the Video Tutorials. Complete the questions under the Practice section. ----- Explore prime and composite numbers with Hand 2 Mind Prime or Composite Numbers worksheet. ----- Read Can You Really Eat a Cactus? The do the Sky’s the Limit activity.	COVID-19! With a grown-up, complete some or all of the tasks in COVID-19! How Can I Protect Myself and Others? <u>Connect to Social Studies!</u> - Look at the area that Papahānaumokuākea Marine National Monument covers. - Take a virtual visit to part of Papahānaumokuākea. - Journey through Papahānaumokuākea with Makani the albatross. Discuss with a partner or write down your answers to these questions: - How do the plants and animals of Papahānaumokuākea use internal and external structures to survive? - How have water and time affected the sizes and shapes of islands in the Hawaiian island chain? - How do humans impact the environment?	<u>Connect to Science!</u> The Hawaiian Islands extend to the northwest of the islands that we live on. Much of that area is now preserved as Papahānaumokuākea.  Watch this video and learn why it is an important place. Share what you have learned with someone else.	Play this animal memory game! Then see if you can beat your first time! Bonus: There are lots of puzzle/activity books available in the Shared eBook Collection Explore this page from Wonderopolis about how fireworks are made!  Then, with an adult, watch this incredible fireworks show that won a world record! What records do you think it set? Bonus: There are lots of world record books available in the Shared eBook Collection

More content areas on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
Offline  Options	Puzzles are a fun way to develop computational thinking skills. Invent your own rules & algorithms for solving the puzzle below. Bit ladder Convert the binary word 000 into the binary word 100 in 7 steps or less. You must only change one bit of the word on each step. You may only use 1s and 0s. 0 0 0 - - - - - - - - - - - - - - - - - - 1 0 0	Share how you feel when you see warm colors (red, orange and yellow) and cool colors (green, blue, and purple). Why do you think these colors make you feel this way? Warm colors make you think of warm things, such as sunlight and heat. Cool colors remind us of water and sky, even ice and snow. Dress yourself in warm or cool colors to express how you feel. Take photographs or draw yourself wearing warm or cool colors in your favorite place in/around home, then choose your favorite Share your photographs or drawing with others and ask them to respond to how the image makes them feel. What did you learn from this? What did you like about this? What didn't you like about this?	Connect - Talk with someone at home about activities you enjoy doing. Schedule some time to do an enjoyable and meaningful activity. Personal Care - Getting 9-11 hours of sleep every night is an important part of taking care of your health. Use a journal to keep track of how much sleep you get each night and how you feel the next day. At the end of the week, talk with a trusted adult about what you learned and one thing you want to do to improve your sleep. 	Physical Activity - Try to do 60 minutes of physical activity every day. Examples of physical activity you could do at home are: • Go for a walk or jog • Walk or jog up stairs • Bike riding • Skateboarding • Exergaming • Dance/hula • Play outdoor games with siblings or parents. Remember you do not have to do 60 minutes of physical activity all at once. For example, you may take a 10-15 minute dance break between assignments or you may go for a 10-20 minute walk or bike ride with a parent or older sibling at the end of the day. Do not be discouraged if you are unable to do 60 minutes every day. The important thing is that you find some time to move and take care of your physical health!	Watch "Japanese for Kids" episodes #1 and #2 on HIDOE channel 356 on 05/20/2020 at 9 a.m. Choose two or more animals: • inu (dog) • neko (cat) • nezumi (mouse) • buta (pig) • tsuru (crane); • tanuki (raccoon dog) Create your picture book showing the animals: • greeting each other at different time of the day • introducing themselves in Japanese ○ ohaiyougozaimasu (good morning) ○ konnichiwa (good afternoon) ○ konbanwa (good evening) ○ watashi wa ___ desu (my name is ___) ○ onamae wa nan desu ka? (what is your name?) ○ dozo yoroshiku (it's nice to meet you); ○ sayonara (goodbye). Share your book with a family member.

Online options on the next page →



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	Computer Science	Fine Arts	Health	Physical Education	World Languages
Online  Options	Watch this video to learn coding while making your own Binary Beads Bracelet. If you don't have beads, be creative and find a substitute such as flowers, colored paper, etc... 	Share how you feel when you see warm colors (red, orange and yellow) and cool colors (green, blue, and purple). Why do you think these colors make you feel this way? Learn more about color symbolism HERE. Dress yourself in warm or cool colors to express how you feel. Take photographs or draw yourself wearing warm or cool colors in your favorite place in/around home, then choose your favorite Share your photographs or drawing with others and ask them to respond to how the image makes them feel. What did you learn from this? What did you like about this? What didn't you like about this?	Nourish & Move - Water is the best beverage for hydration and your health. Drink water when you are thirsty, especially if you are hot or physically active. Take a break and drink a cup of water. Try infusing fruit and herbs if you want to try something different Refresh - How can music and sounds help you to relax and calm down? Listen to calm music and sounds. What words describe the sounds that you hear and the feelings that you have? (Parent/guardian article)	Mindfulness and Relaxation It is important to take some time to relax and refocus throughout the day. If you are stressed out, frustrated or if you just need to relax and refocus, try to find a quiet space, calm down and follow along with one or more of the following videos: • Go With The Flow • Chin Up • Weather the Storm • Mindless to Mindful Fitness - Work on your agility, a skill-related component of fitness, during this Sworakit Agility for Kids 15 minute workout. Then work on your flexibility, a health-related component of fitness, as you cool-down with this Sworakit Cool-down for Kids 10 minute workout. Pause the video whenever you feel like you need to take a break, catch your breath, or drink some water.	Learn French or Spanish on PBS Learning Media! After each episode, draw pictures of what you have learned in the language. Show your pictures to an adult and teach the adult how to say the words.  Image source  Image source