

# Grade 8, Week 6: April 27- May 1

[Parent Survey Phase 2](#) - Please complete by Tuesday, April 28th

[Student Survey Phase 2](#) - Please complete by Tuesday, April 28th

[RAMS Virtual Spirit Week](#)

## Main Course: Core Classes - Essential Work



[Core Classes - Live Sessions and Office Hours](#)  
[World Language](#)

English	Math	Science	Social Studies	World Languages
<p><b>Ongoing:</b> Read your independent book 10-20 minutes per day.</p> <p><b>Task 1:</b> Attend a <b>Zoom meeting with your English teacher</b>. The link will be posted on Google Classroom and a recording will be there if you can't make it!</p> <p><b>Task 2: Independent reading one-pager.</b> Use any book you finished in April to complete ONE of the following options:</p> <ol style="list-style-type: none"> <li>1. Plot diagram</li> <li>2. Character analysis</li> <li>3. Response paragraph</li> </ol> <p><b>Task 3: Dialogue Practice:</b> Watch <a href="#">this video</a> on how to format dialogue, or check <a href="#">Khan Academy</a> or <a href="#">WikiHow</a> for a list of rules. After watching, <b>take a mini-quiz</b> to demonstrate your understanding of dialogue formatting.</p> <p><b>Task 4: Free-write:</b> Write a 2-3 paragraph ending to "<a href="#">The Lady, or the Tiger?</a>" Include dialogue! Which door did the princess choose? What happens next?</p> <p><b>All assignments should be completed in the documents provided on Google Classroom.</b></p>	<p><b>Small group:</b> <a href="#">Week 6 - Small Group Assignments Parts 1, 2, &amp; 3</a></p> <p><b>Math 8:</b> <a href="#">Week 6-Math 8 Assignments (Parts 1, 2, &amp; 3)</a></p> <p><b>Accelerated:</b> <a href="#">Week 6- Accelerated Assignments (Parts 1, 2, &amp; 3)</a></p> <p><b>Algebra:</b> <a href="#">Week 6 - Algebra Assignments (Parts 1, 2, &amp; 3)</a></p>	<p><b>Task 1:</b> Choose a severe weather event and complete the graphic organizer on GC. You may use the websites provided or find your own. Submit the graphic organizer on GC. <a href="#">Week 6- Severe Weather Graphic Organizer</a></p>	<p><b>REMINDER:</b> students should access their teacher's Google Classroom to access assignment links.</p> <p><b>Task 1:</b> Play the new Icivics Game Odyssey and advance your knowledge of civics and become a Civic Boss! Save a copy of the Game Odyssey Quest Map to your files to use every week. Complete <b>Quest 1: Do I Have a Right?</b> and complete the fillable slides. Then save the badge to your map!</p> <p><b>Task 2:</b> Icivics Game Odyssey: Follow the directions in Task 1 and play <b>Quest 3: Court Quest</b> and complete the fillable slides. Then save the badge to your map!</p> <p><b>Task 3: Facing History: Why is the Coronavirus Disproportionately Impacting Black Americans?</b> Follow the directions in the slideshow and complete readings and questions.</p> <p><b>**There are no entries in our Living Journals this week!**</b></p>	<p><u><a href="#">French Traditional</a></u></p> <p><u><a href="#">Daily activities</a></u></p> <p><u><a href="#">French Immersion</a></u> <b>Ongoing:</b> 15-20 minutes of independent reading in French <u><a href="#">Daily Activities - French Immersion</a></u></p> <p><u><a href="#">Spanish</a></u> <u><a href="#">Grade 8 Activities</a></u></p>

## Main Course: Unified Arts - Essential Work



### Unified Arts - Office Hours

[Art](#)  
Music: Mon/ Thurs 1:00-2:00

[Wellness](#)  
Comp. Sci.: Mon/Thurs 1:30 - 2:00

Art	Music	Comp. Sci.	Wellness (PE+Health)
<p><b>Task 3:</b> Complete your art piece from the <a href="#">Art Choice Board 2</a> and submit it to artsonia and complete Task 3 on google classroom. by Thursday, April 30th. Complete your artist's statement on artsonia by Friday, May 1st.</p> <p><b>(Tasks 1 &amp; 2 due last week:)</b></p> <p><b>Task 1:</b> Join your new class section google classroom. Watch Mrs. Hebert's Week 5 Instructions Video on google classroom.</p> <p><b>Task 2:</b> Make a choice from the <a href="#">Art Choice Board 2</a>. Answer the Week 5 Progress Check on google classroom by Thursday, April 23rd.</p>	<p>This week we will continue our exploration into musical style. <a href="#">Rams Music Week 6</a></p>	<p><b>Task 1: <a href="#">Vex Vr Dancing Robot Challenge</a></b></p> <ul style="list-style-type: none"> <li>-review making robot move</li> <li>-review loops</li> <li>-create screencast of dancing robot</li> </ul>	<p>Health Task: <a href="#">Food Labels</a></p> <p>PE Task: <a href="#">Exercise tic tac toe</a></p>

**Scroll to the Next Page for Optional Extension and Enrichment Activities...**

## Desserts: Extension & Enrichment - Optional

Art	English	Computer Science	Math	Music	Science	Social Studies	Wellness/ PE/Health	World Language
<p>Draw while listening to your favorite music for 15 minutes a day.: Respond to a <a href="#">different word</a> each day.</p> <p><a href="#">Practice Shading</a></p> <p><a href="#">Mo Willems Lunch Doodles</a></p> <p>Check out artist <a href="#">Glory Zaiste's</a> amazing animals made of staples.</p> <p>Get a family member to draw on your back with their index finger; on a piece of paper draw what you feel being traced, or just try to guess!</p> <p>This London couple created a <a href="#">tiny art museum</a> for their pet gerbils.</p> <p><a href="#">Faires in Natick forest help children, parents cope with coronavirus.</a></p> <p><a href="#">Holliston Family has fun at home with Getty Challenge during quarantine.</a></p>	<p><a href="#">Vocabulary.com practice.</a> Join your classmates to compete in a vocab jam on <b>Tues. April 28th &amp; Wed. April 29th at 1:30pm</b> to compete. See the entry code on your teacher's Google Classroom and/or Instagram.</p> <p><b>Sign up for <a href="#">free audiobooks for the next five months</a></b> with SYNC and the Sora app and get your first two downloads this week!</p> <p>Are you feeling stuck inside? You might relate to the protagonist of <b><i>House Arrest</i> by K.A. Holt.</b> <a href="#">Read along with the author on Youtube!</a></p>	<p><a href="#">Dance Party on Code.org</a></p> <p>Brainpop videos: → Login with Username: <b>Holliston2020</b> → Password: <b>Student2020</b> Pick one you did not watch yet and complete the quiz.</p> <p><a href="#">Robots</a></p> <p><a href="#">Loops</a></p>	<p>Watch <a href="#">Crossing the Bridge Riddle</a>.</p> <p>Watch <a href="#">The Passcode Riddle</a></p>	<p>This week we will continue our exploration into musical style.</p> <p><a href="#">Rams Music Week 6</a></p>	<p><a href="#">BOSTON AREA CITY NATURE CHALLENGE</a></p>	<p><a href="#">CNN10</a> - watch today's news!</p> <p><a href="#">News For Kids</a> - Read the latest headlines and news from the US and around the world!</p> <p>Vocabulary Jam</p> <p>The Bill of Rights - Wed. April 29th 1PM The Declaration of Independence - Thurs. April 30th 1PM (This is a repost from last week.)</p>	<p>Create a workout in your yard or driveway. Include Jumping rope, running, skipping hopping, high knees, or any other exercise.</p> <p>Play basketball, street hockey, badminton, throw a baseball (if you have a baseball glove) or wiffle ball in the air as high as you can and try and catch it</p> <p>Work on your soccer skills.</p> <p>Get outside for at least <b>1 hour</b> each day.</p> <p>Exercise <b>vigorously</b> (heart rate is in the target zone or LPE is at least 7), 3 to 4 times this week, for 20 to 30 minutes.</p>	<p><b>Spanish</b></p> <p>Voces Game Center: Practice the interactive games for chapter 6</p> <p>Also, practice Quizlets attached to the activities/resource map.</p> <p><b>French Immersion</b> <a href="#">Passé Composé practice 1</a></p> <p><a href="#">Passé composé practice 2</a></p> <p><a href="#">Langue des signes - Vidéo</a></p> <p><b>French traditional:</b> Voces Game Center. Practice the interactive games for chapter 7</p>

Scroll to the Next Page for MORE OPTIONAL CHOICES...

# Mindfulness, Kindness, & Social Connectedness - Optional

## Mindfulness

We have been talking about mindfulness, this week we are going to add self-compassion

- ❑ Lesson and activity: Mindful Self-Compassion, what is it?

[What is mindful self-compassion?](#)

- ❑ Video:

[A teenager talks about self-compassion](#)

Meditation:

- ❑ [A little something](#)

- ❑ [self-compassion meditation](#)

Resources you can look into:

The self-compassion workbook for teens by Karen Bluth, PhD

The mindful teen by Dzung X. Vo, MD, FAAP

Self-Compassion & Mindfulness for Teens Card Deck by

Lee-Anne Gray, PsyD

## WHAT DOES SELF-COMPASSION SOUND LIKE?

→  
mindfulness

I feel like such an idiot. I can't believe I asked that stupid question in class-- now everyone, including my teacher, thinks I'm a total moron... (Wow, I'm being really hard on myself right now...)

→  
common humanity

Ok, I'm definitely not the only person who has ever felt this way. Everyone asks obvious questions sometimes, and I know that my friends have had similar thoughts and feelings at one time or another. I'm not perfect, but neither is anyone else.

→  
self-kindness

I'm sure no one else noticed, and even if they did, they've probably forgotten by now. At least I was brave enough to ask the question in the first place! Next time I'll try to think it through a little more instead of being so impulsive.

## Acts of Self-Kindness

The focus has been on acts of kindness toward others, this week the focus is on self-kindness, because you deserve kindness too!

- ❑ Make yourself a cozy "happy" place in your house, a place you can go to feel comforted
- ❑ Notice when you are "should-ing" too much. Telling yourself that you "should" be doing this or that or that you "should" be like this or that. Try saying "I am doing the best I can right now."
- ❑ Try to forgive yourself for something you get mad at yourself about, you can do this by using words with yourself like those you would say to a good friend
- ❑ Plan to take at least one hour each day to do something that brings you joy or makes you feel relaxed like listening to music, shooting hoops, drawing, baking, etc.
- ❑ Do some things each day that are good for you like drinking enough water, getting enough sleep, moving your body, eating meals instead of just snacks, and getting fresh air. Part of self-kindness is taking good care of yourself



## Social Connection

Sometimes we have to go inside ourselves to be able to connect to others. Let's explore common humanity

- ❑ When you find yourself struggling with something this week remember that you are not alone, you can even say to yourself, "others are feeling this way too."
- ❑ If you notice someone in your house seems irritable or their mood seems down you can "connect" to them without saying anything by recognizing that they too are probably going through difficulty with the situation. Think to yourself "This might be a hard time for them." If you want to say something you can try "You don't seem like yourself today is there anything I can do to help?"
- ❑ When you go on social media what you see might make you feel like others are handling this time in quarantine better than you and you might start comparing. This causes separation and isolation and can make you feel worse. Try "connection" instead by remembering that every human is imperfect and has flaws and everyone struggles. Other teens are feeling the way you do too, even if they aren't talking about it.
- ❑ By recognizing we all have flaws we can connect with others. Your flaws don't make you less than others, they make you human like everyone else. Our culture tends to make us think we need to do things "perfectly" or that we should try and hide our flaws. Please watch this video to listen to a song about a Japanese art form called Kintsugi that embraces flaws, makes broken pots beautiful by filling them with gold. [Japanese Bowl by Peter Mayer](#)

stop comparing yourself to others.

