

May 1st through May 15th Packet

Date	This is a suggested daily schedule. Please know we are flexible if you are not able to complete the following activities in the order listed below. If you do not have online access to complete the testing piece, please do not worry. We will be sending home your child's iReady, Reach, Wordly Wise, and Cursive handwriting workbooks for additional practice. These workbooks are for you to keep, practice over the summer and not return. More information will be provided about when we will send these home.
5/1	<p>Flex Friday</p> <ul style="list-style-type: none"> • Fun - This needs no explanation! • Leisure Learning - Parents and students will have additional opportunities to spend time in nature, go on a virtual field trip, or read...whatever interests you and your child. • Emotional Time and Connections -Parents and children take time to connect! • eXtra Learning and Support - Flex Friday can be used for catching up on previous assignments and making additional connections with teachers for any needed support. <p>Optional ideas (included in packet)</p> <ul style="list-style-type: none"> • Fitness Uno • Plan for Virtual Market Day if you want to participate on May 15th <ul style="list-style-type: none"> ◦ Due to your homeroom teacher by Thursday, May 14th. ◦ Information for Virtual Market Day is included in packet
5/4	<p>STEAM- Be sure to share pictures through Class Dojo! (instructions are included in packet)</p> <ul style="list-style-type: none"> • Kaleidoscope • Can You Fit Yourself into an Index Card?
5/5	<p>Test Prep Practice Online (optional) Check Google Classroom ELA/Math</p>
5/6	<p>STEAM- Be sure to share pictures through Class Dojo! (instructions are included in packet)</p> <ul style="list-style-type: none"> • Which Paper Column Can Hold the Most Weight? • Butter Making
5/7	<p>Test Prep Practice Online (optional) Check Google Classroom ELA/Math</p>
5/8	<p>#NationalFieldDay</p>
5/11	<p>STEAM- Be sure to share pictures through Class Dojo! (instructions are included in packet)</p> <ul style="list-style-type: none"> • Paper Plate Sundial • Pencil Trick Experiment
5/12	<p>Test Prep Practice Online (optional) Check Google Classroom ELA/Math</p>
5/13	<p>STEAM- Be sure to share pictures through Class Dojo! (instructions are included in packet)</p> <ul style="list-style-type: none"> • Javelin STEM Measurement Activity • Blooming Paper Flowers
5/14	<p>COVID-19 Time Capsule</p> <p>STEAM (instructions are included in packet)</p> <ul style="list-style-type: none"> • What Can you Do with a Cereal Box? • Submit description (business plan included in packet) and picture of your product to your homeroom teacher by 5:00 p.m. on Class Dojo
5/15	<p>Virtual Market Day "Show and Tell" on WPES School Story on Class Dojo</p>

Fitness UNO Chart: Aerobic Capacity

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks
YELLOW	Stationary Sprints

- Wild cards: free—discard with no repetitions.
- Draw 2 cards: draw 2 new cards.
- Reverse cards: count 10 repetitions backward.
- Skip cards: free—discard with no repetitions.
- Wild Draw 4 cards: give to another team—they must draw 4.

WPES VIRTUAL MARKET DAY

Business Plan

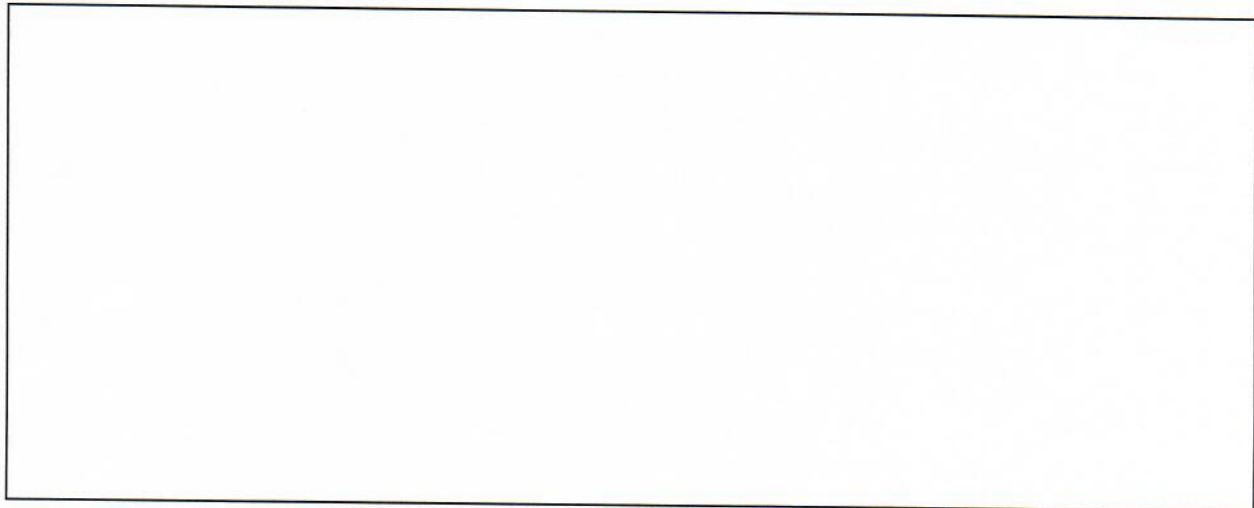
BUSINESS NAME

EXPLAIN THE PRODUCT YOU ARE CREATING: .

LIST THE MATERIALS YOU WILL NEED FOR YOUR BUSINESS:

WHO ARE YOUR TARGET CUSTOMERS? (AGE, INTEREST, GENDER, ETC.)

DRAW A PICTURE OF YOUR PROTOTYPE:



WPES VIRTUAL MARKET DAY

*Virtual Market Day "Show and Tell" will take place
Friday, May 15th

*Submit a **description** and a **picture** of your final product by Thursday, May 14th at 5:00 pm to your Homeroom teacher on Class Dojo.

*Focus on the **quality** of your product because you will not have to create more than one.

* **Think about ideas beyond stress balls and slime.**
Maybe a piece of **original** artwork? A new type of game? Can you sew or crochet? What can you build or design?

*Your teacher will share your picture on the **WPES School Story** on Class Dojo for everyone to see.
(Please let your teacher know if your student's picture can't be shared.)

We can't wait to see your creations come to life!

May 4th STEAM Activity

Can You Fit Yourself into an Index Card?

Supplies:

3x5 index card (included in packet) scissors

Step by Step Instructions/Pictures:

1. Fold the notecard in half the long way.



2. Use the scissors to make a cut about 1 cm from one end of the notecard. The cut should start at the fold and end just before the edge of the notecard. Be careful not to cut all the way through!



3. Repeat step 2 on the other end of the notecard.
4. Unfold the notecard. Use the scissors to cut along the crease of the large middle section. Do NOT cut through the slits on each end that you created in the previous steps.



5. Fold the notecard once again.



6. Start on one end of the notecard. Make a cut about 1 cm away from your first cut. Start on one side and go almost to the edge on the other side but do not go all the way through.

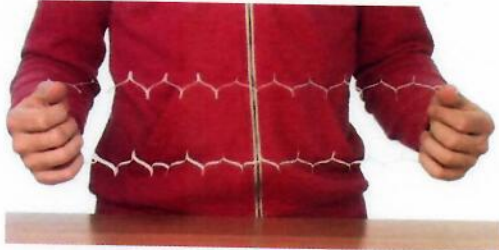
7. Make another cut about 1 cm away from your cut in step 6. This time, however, start your cut from the opposite side of the card. Again, go almost to the edge on the opposite side.



8. Continue moving along the card making cuts about 1 cm apart. Each time, alternate which side you start the cut from and do not cut all the way to the other side.



9. Once you have cut to the other end of the card, carefully unfold the notecard and gently pull it open.



10. You should have a giant ring which you can step through and maybe even squeeze your entire body through!

May 4th STEAM Activity

How to Make a Kaleidoscope

Supplies:

- Empty toilet paper roll
- Tin Foil
- cardboard
- Scissors
- Tape
- White cardstock
- Bendy straw
- Markers, stickers, or other materials for decorating your spinning circle
- Optional: Paint for decorating your cardboard tube

Step by Step Instructions/Links/Pictures:

<https://buggyandbuddy.com/science-for-kids-how-to-make-a-kaleidoscope/>

1. If you are planning on painting your toilet paper roll, do that first and let it dry.

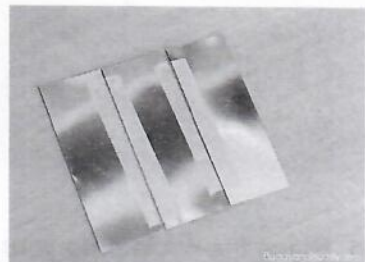
2. You will be making a triangle to fit inside of the roll like this:

Cut your cardboard into 3 strips. We used cardboard tubes from an empty Cottonelle toilet paper roll. You might need to adjust yours depending on the size of your tube. We cut ours into strips that measured 9.7cm x 3.5 cm. You want the size to be just right so the finished kaleidoscope insert fits snugly in your cardboard tube and won't fall out.



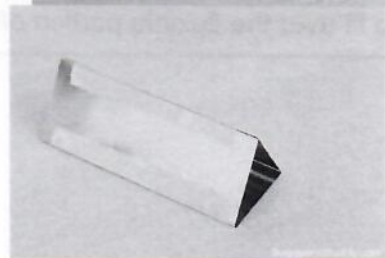
3. Glue tin foil to your cardboard strips on both sides.

4. Line up your strips, leave a tiny space between each one. Tape them together over the spaces.

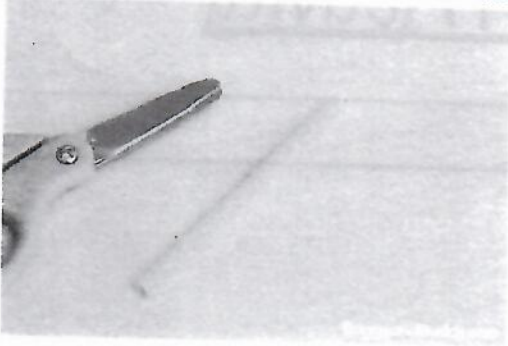


4. Fold the taped strips into a triangular prism and tape along the top to hold in place.

5. This should fit snugly inside your cardboard tube.



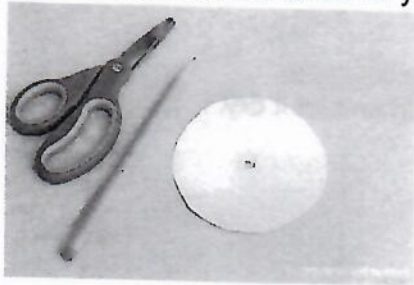
6. Cut off the bendy end of a flexible straw.



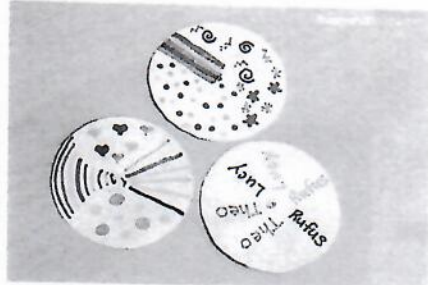
7. Tape it along the top of your tube with the flexible part of the straw hanging over the edge.

8. Cut out 3 the circles from cardstock.

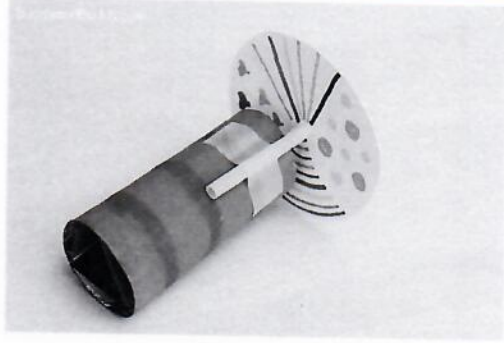
9. Poke a hole in the center of your circle. (I used a sharp pencil.)



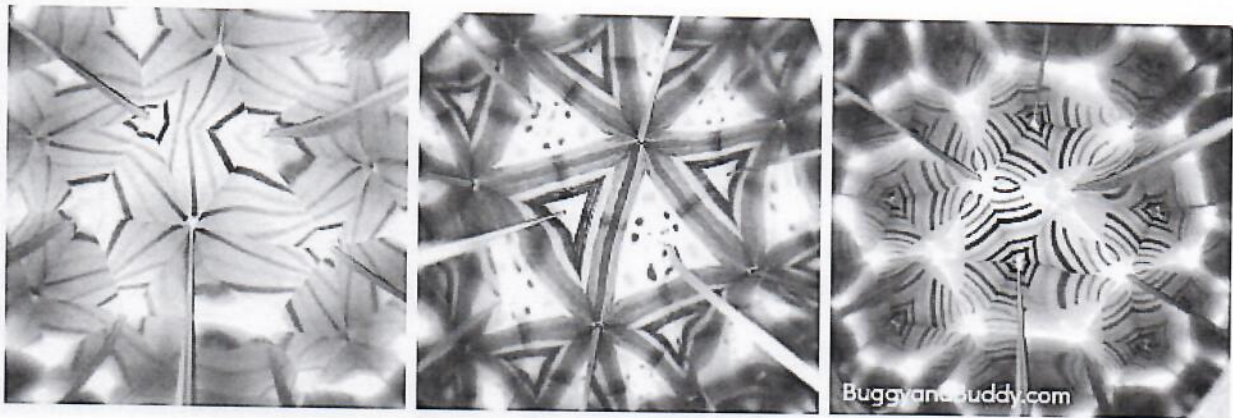
10. Decorate the circle using markers, stickers, crayons etc. Try out different designs, shapes, and letters.



11. Place the circle onto your straw with the design facing the kaleidoscope. You want the hole to fit over the flexible portion of the straw so it will turn easily.



12. Look into your kaleidoscope and explore all the reflections created by your design!



Tips:

- If you have trouble getting your triangular prism to fit snugly into your cardboard tube, it will work on its own. Simply tape the straw directly on top of the prism rather than using a tube.
- Make as many cardstock circles as you want and try them all out!

May 6th STEAM Activity

Paper Shape Challenge: Which shape can support the most weight?

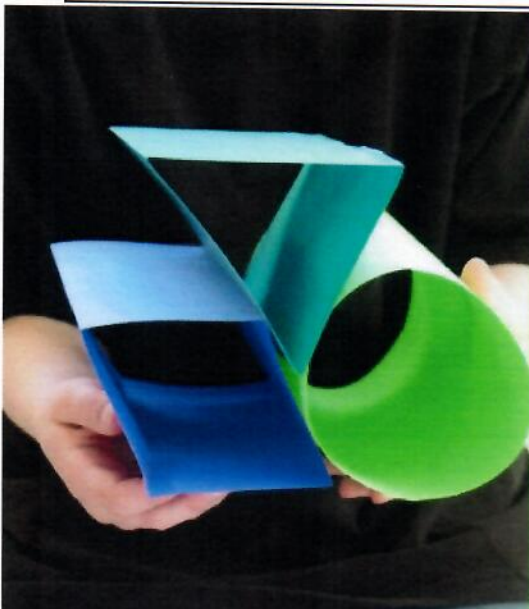
Supplies:

- 3 sheets of printer paper
- Tape
- Books or some things you can use to stack on top of the shapes

Step by Step Instructions/Links/Pictures:

1. Fold each sheet of paper into a different shape.
Cylinder, triangle, square.
2. Use some tape to hold the shapes together
3. Using one shape at a time, begin stacking books on top of the shape until it falls over.
4. Repeat with each shape to see which shape can hold the most weight
5. When stacking the books, stack the same book in the same order on each shape

http://creeksidelearning.com/stem-activities-for-kids-how-strong-is-a-piece-of-paper/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes



**Which paper
column can hold
the most books?**



S.T.E.M. CHALLENGE

May 6th STEAM Activity

Making Butter

Supplies:

- Mason Jar or other bottle with a top
- Heavy Whipping Cream

Step by Step Instructions/Pictures:

- Fill the mason jar halfway with heavy whipping cream
- Shake jar until you see fat from the cream beginning to clump
- Shake more!
- Just a little more!
- Don't give up!
- When most of your cream has clumped together you can remove it from the jar.
- Discard the remainder of the liquid...unless you are brave and want to taste!
- Add a little salt to your butter and enjoy!



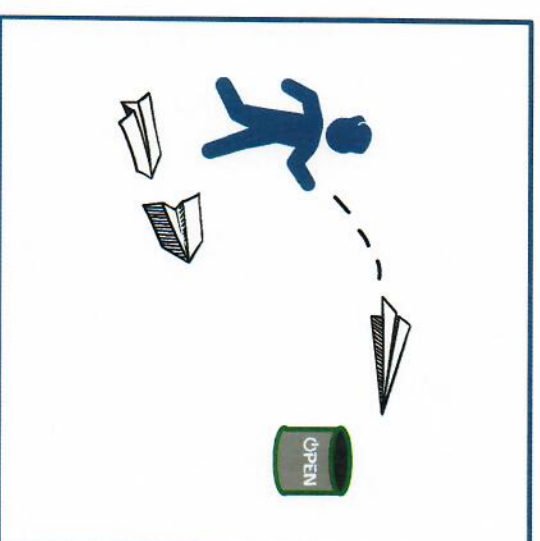
PAPER PLANE CORN HOLE

Get Ready: You'll need 3 paper sheets per player, a bucket or laundry basket.

Get Set: Create 3 paper airplanes using a design of your choice. Place your bucket 5-10 feet away from your throwing line.

GO!

- This event is called Paper Plane Corn Hole.
- The object of the game is to score points by throwing your paper airplane into your bucket. You have 1 minute to score as many as possible.
- Design and create 3 paper airplanes.
- On the start signal, fly your airplanes as many times as you can toward your bucket.
- Score 1 point for every plane that hits the outside of the bucket and 2 points for every plane that lands in the bucket.
- Write your score down on the official Field Day Score Card.



OPEN



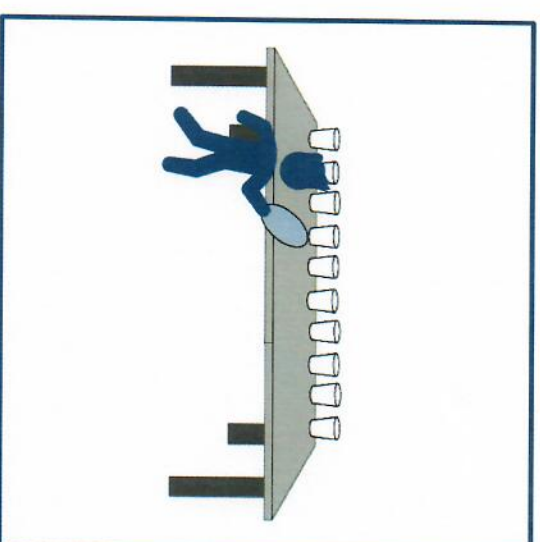
WIND BOWLING

Get Ready: 1 Balloon (or Paper Plate), 10 Plastic Cups

Get Set: Set 10 empty plastic cups at the edge of a table in single file along the edge.

GO!

- This event is called Wind Bowling. The object of the game is to knock all the cups off a table edge using only the air from the balloon or paper-plate fan.
- You'll do that by blowing the balloon up and aiming the escaping air towards the empty plastic cups. If you don't have a balloon you can wave the paper plate like a fan with the fan's air hitting the cups.
- Score a point for every cup that gets knocked off the table.
- You have 1 minute to knock down as many cups as you can.
- Write your score down on the official Field Day Score Card.



OPEN



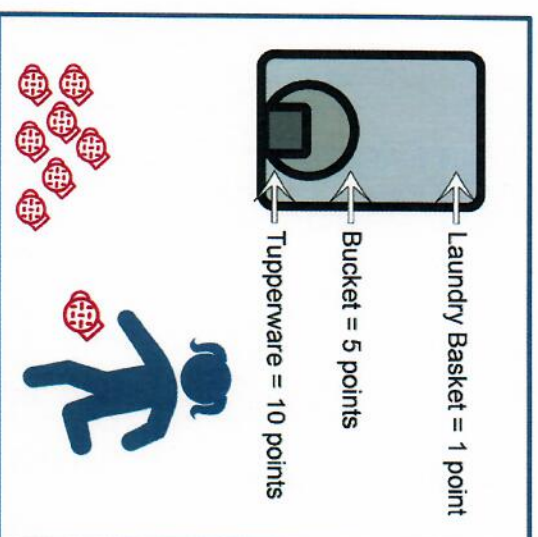
SOCK-ER SKEE-BALL

Get Ready: 10 sock balls, 1 Laundry Basket, 1 Bucket, 1 Tupperware container

Get Set: Roll up the socks to make sock-balls. Stack the targets into skee-ball formation with the Tupperware inside the bucket and the bucket inside the laundry basket.

GO!

- This event is called Sock-er Skee-ball. The object of this game is to score points by kicking the sock ball into the skee-ball targets.
- You'll do that by using your feet to kick the sock ball into the target.
- Score 1 point for every sock ball that lands in the laundry basket.
- Score 5 points for sock balls in the bucket.
- Score 10 points for sock balls in the Tupperware container.
- You get 10 chances to score as many points as you can.
- Write your score down on the official Field Day Score Card.



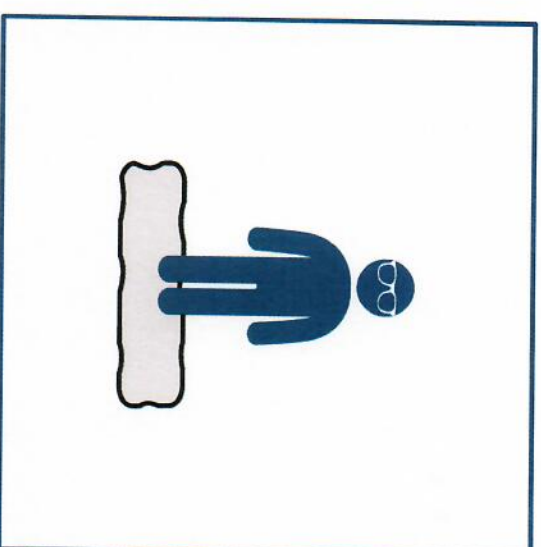
TOWEL FLIP CHALLENGE

Get Ready: 1 large beach or bath towel

Get Set: Lay your towel out flat on your floor and stand on it.

GO!

- This event is the Towel Flip Challenge. The object of this game is to flip the towel as fast as you can without stepping off of it.
- You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel.
- The towel must be flat at the start and flat at the finish.
- You have 1 minute to complete the challenge.



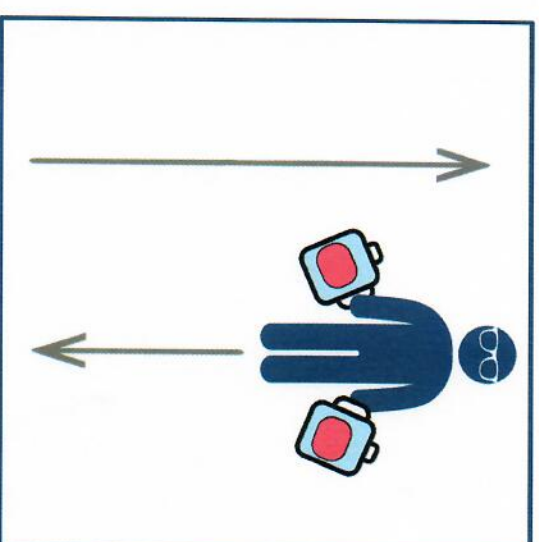
MILK JUG RELAY

Get Ready: Two 1-Gallon Milk Jugs, Items to Mark Start/End Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

Get Set: Set up an area to move in by making a starting point and ending point. Distance can be 15 to 30 walking steps from beginning to end. Fill two used 1-gallon milk jugs with water ($\frac{1}{4}$, $\frac{1}{2}$, or full) and place at a start spot.

GO!

- This event is called the Milk Jug Relay. The object of this game is to carry the milk jug across the room as many times as you can.
- You get 1 point for each full length you travel.
- Add extra challenge by carrying two milk jugs at once.
- You have 1 minute to complete the challenge.
- Write your score down on the official Field Day Score Card.



May 11th STEAM Activity

Title of Activity: Plastic Bag Pencil Challenge

Supplies:

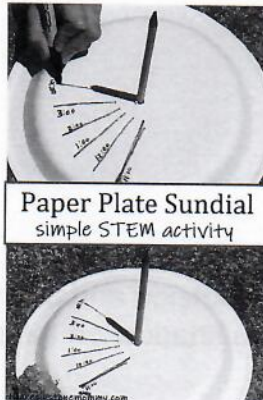
- Ziploc Bag
- Sharpened Pencil
- Water
- An assistant

Step by Step Instructions/Links/Pictures:

1. Fill the ziplock back $\frac{3}{4}$ full with water and close the bag
2. Have you assistant hold the top of the bag with two hands
3. While your assistant holds the bag, put the sharpened pencil through one side of the bag, through the water, and then through the other side of the bag. Push with force, if you go too slowly the challenge may not work.
4. Leave the pencil in place, do not pull it out.
5. If you have more than one sharpened pencil, repeat the challenge again.
6. If you leave the pencil in place the water will not leak out of the bag.

https://www.scienceisforkids.com/cool-pencil-trick-baggie/?utm_campaign=tailwind_tribes&utm_term=891119024_38605304_333111&utm_medium=social&utm_source=pinterest&utm_content=tribes

May 11th STEAM Activity



Paper Plate Sundial

Supplies:

- 1- Sturdy paper plate
- 1 - sharpened pencil
- 1- permanent marker
- 1- watch
- 1 - tape

Step by Step Instructions/Links/Pictures:

<https://theresjustonemommy.com/paper-plate-sundial-stem-activity/>

1. Use the point of your pencil to poke a hole in the center of your paper plate. Try not to make the hole any bigger than it needs to be. Having a snug fit will help keep the pencil stable. The plate should be upside down, with the pencil poking through so the eraser end can rest flat on the ground beneath the plate.
2. Use a bit of tape to secure the pencil with the pointed end standing up. For best results you want your pencil to be straight up and down (perpendicular to the paper plate).
3. Check the clock. A few minutes before the clock strikes the next hour, take your materials outside and place your plate in a flat area that gets plenty of sunshine. (This will allow you to start marking the hours on your sundial right away.)
4. Either tape the rim of the plate to the ground, or use a few small rocks to help weigh it down so it doesn't blow away.



5. Each hour on the hour go outside and use your permanent marker to draw a line along the pencil's shadow on the plate. Write the time next to the line you draw.

6. Try to do this several hours in a row if possible. Do you notice any patterns?

If weather permits, leave your sundial outside overnight and check its accuracy the next day.

How a Sundial Works:

People can use sundials to keep track of time by observing where the shadow falls on the surface of the sundial.

During the day the sun seems to move across the sky because the Earth is slowly spinning on its axis. The different position of the sun in the sky during the day causes the shadow on the sundial to change.

Each day the sun is close to the same position in the sky as it was the day before at that same time. This allows your homemade sundial to be fairly accurate.

You will also notice that when the sun's position changes, the length of the shadow on the sundial also changes.

In the morning the shadow continues to get shorter and shorter and noon approaches. Then, in the afternoon, the shadow gets longer and longer.

May 13th STEAM Activity

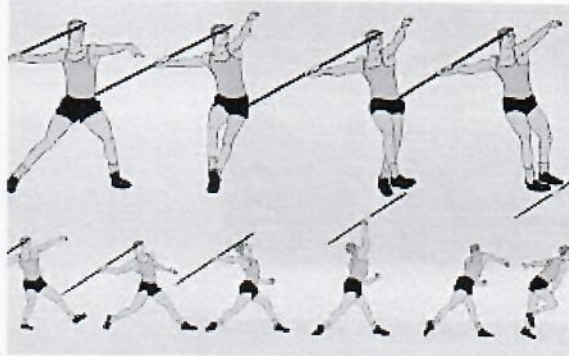
Title of Activity: Javelin STEM Measurement Activity

Supplies:

- Empty paper towel roll
- Scissors
- Tape
- Tape measure or yard stick

Step by Step Instructions/Links/Pictures:

1. Watch the video "2015 Top 5! Men's Javelin" learn what a Javelin is if you have internet
https://www.youtube.com/watch?v=_opcbTsicKk



2. Get a flat sheet of paper and a crumpled sheet of paper. Throw them to see which goes further.
3. Throw an empty paper towel roll. How could you make it go farther?
4. Use the materials to design a javelin from the empty paper towel roll. Your goal is to make your javelin fly the furthest. Be creative!



5. Go outside and throw your javelin.



6. Measure the distance your javelin went. Do this four times and add up your total distance.



7. Share your results with your teacher!

May 13th STEAM Activity

Blooming Paper Flowers

Supplies:

Flower printable (included in packet)
Crayons or markers
Container with 1-2 inches water

Step by Step Instructions/Links/Pictures:

<https://thematernalhobbyist.com/blooming-puddle-paper-flowers/>

- Color flower
- Cut out flower
- Fold flower petals to the center of the flower



1. Place flower in dish containing 1-2 inches of water
2. Watch flower "bloom"

May 14th STEAM Activity

Cereal Box Challenge

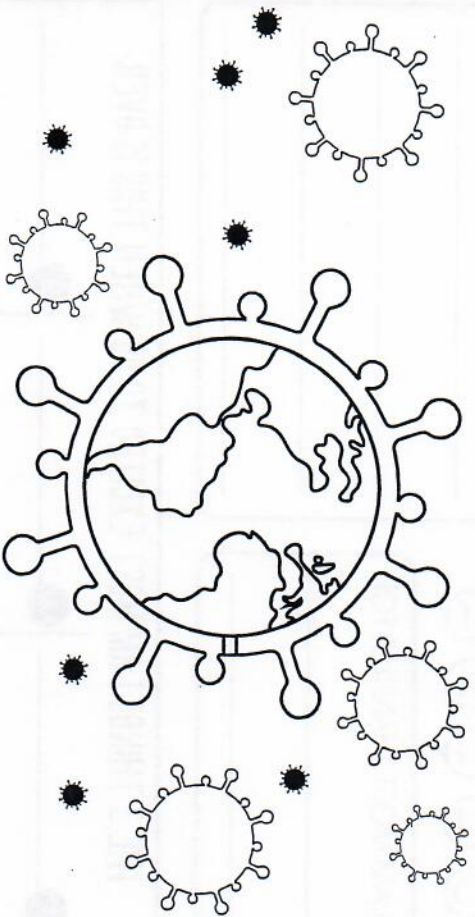
Materials:

- Cereal Box, or any type of box if you don't have a cereal box
- Any other cool stuff you have at home that you want to use, be creative
- Look outside for things you can incorporate

Step by Step Instructions/Links/Pictures:

1. Think about something you could create using your box. This is a good way to reuse something old to create something new
2. Gather materials from around your house and yard you can use to make your creation. Make sure you ask a grown up if it's ok to use all the materials you chose.
3. Create! Use the materials you gathered to build your creation
4. Share a picture or short video of your creation with your teacher on Class Dojo so it can be shared.

MY 2020 GOVVID-19 TIME CAPSULE



BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |

 DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥

I AM

YEARS OLD

STAND

INCHES TALL

WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

MY BEST FRIEND/S: _____

WHEN I GROW UP I WANT TO BE: _____

DATE: _____

HOW I'M FEELING

WORDS TO DESCRIBE HOW I FEEL: _____

HOW MY FACE LOOKS

I AM MOST THANKFUL FOR _____

WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE: _____

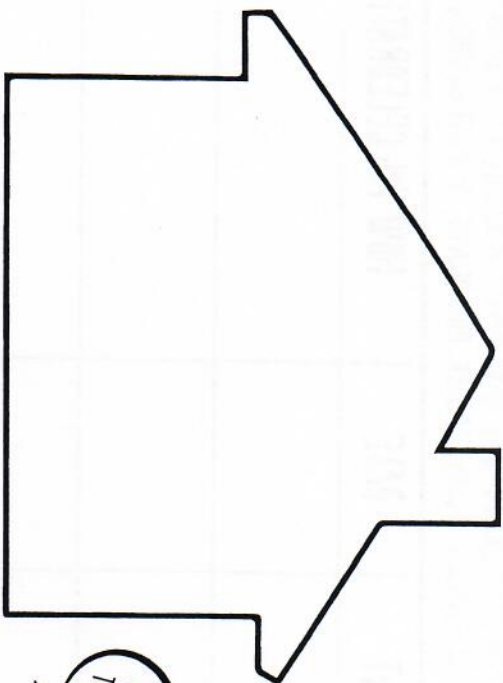
THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1 _____

2 _____

3 _____

MY COMMUNITY



COLOR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



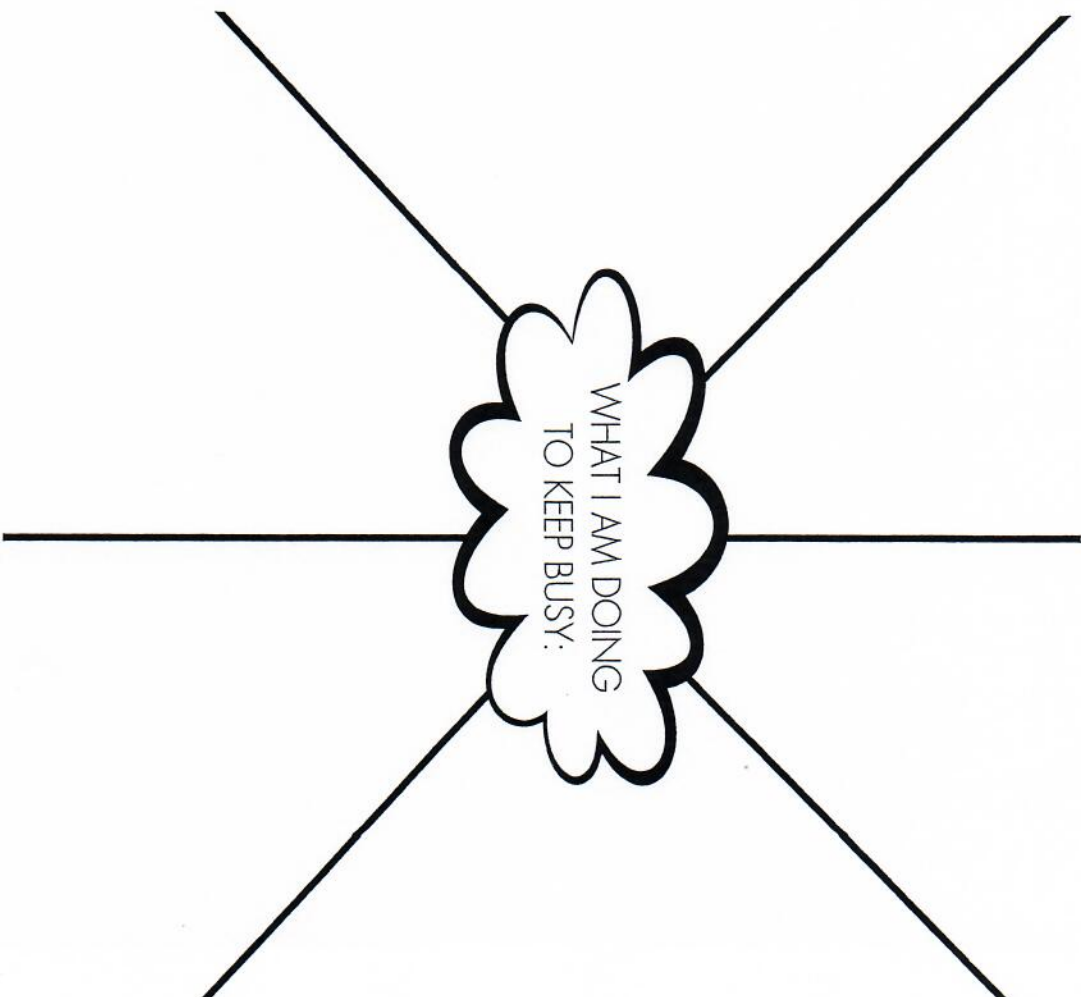
WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g. hearts in windows, chalk notes on sidewalk, etc)

HOW ARE YOU CONNECTING WITH OTHERS?



YOU ARE NOT STUCK AT HOME. YOU ARE SAFE AT HOME!

WHAT I AM DOING
TO KEEP BUSY:





OUR HANDPRINTS

PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS

WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)

EVENT	DATE	HOW YOU CELEBRATED

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



WHAT HAS BEEN THE BIGGEST CHANGE? ... HOW ARE YOU FINDING HOMESCHOOLING?

HOW ARE YOU FINDING
HOMESCHOOLING?

DAYS SPENT INSIDE

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE

- | | |
|----|--|
| 1. | |
| 2. | |
| 3. | |

HOW ARE YOU FEELING?

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED: _____

GOAL/S FOR
AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FAVOURITE TIME OF DAY: _____

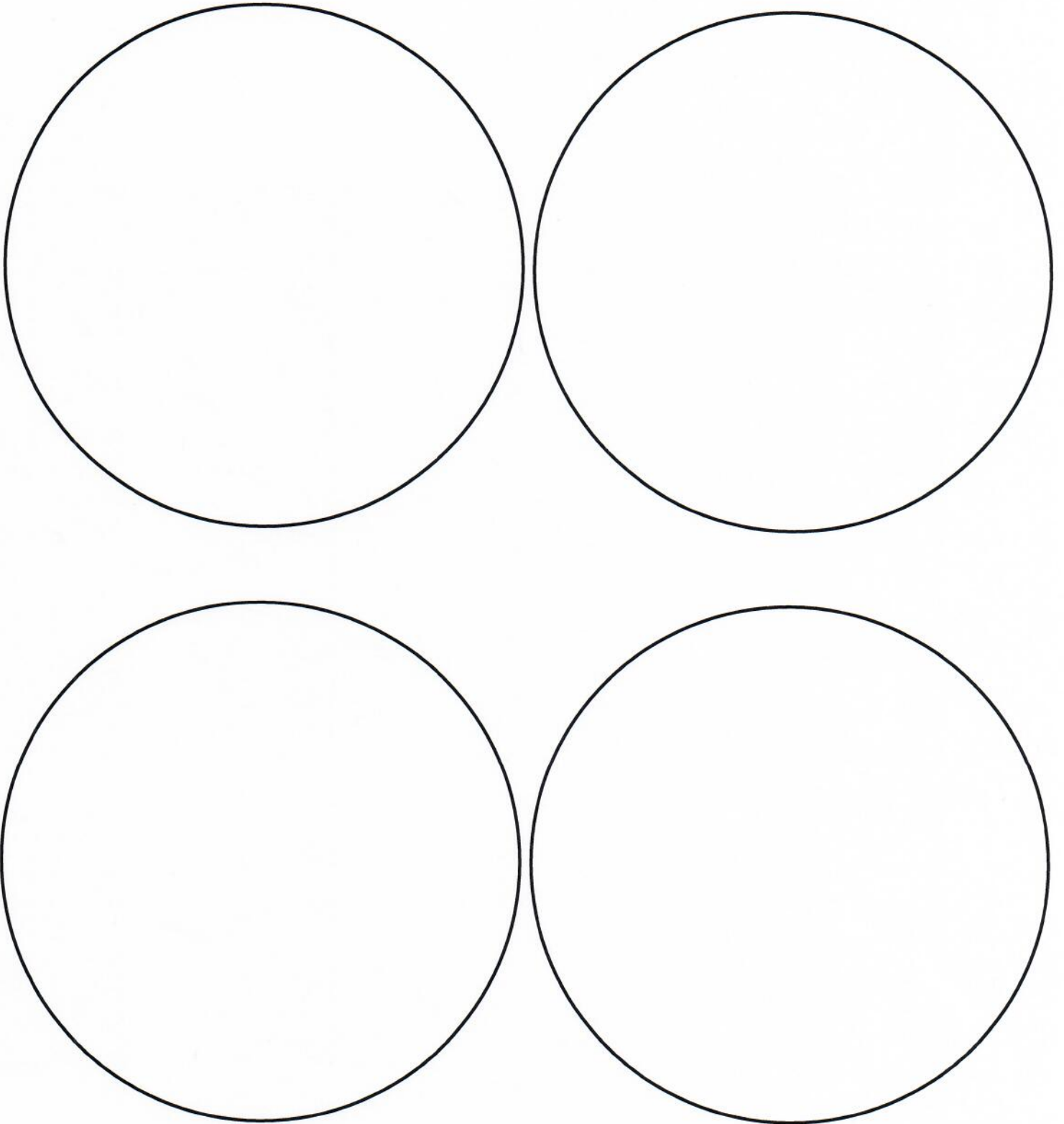
LOVE,

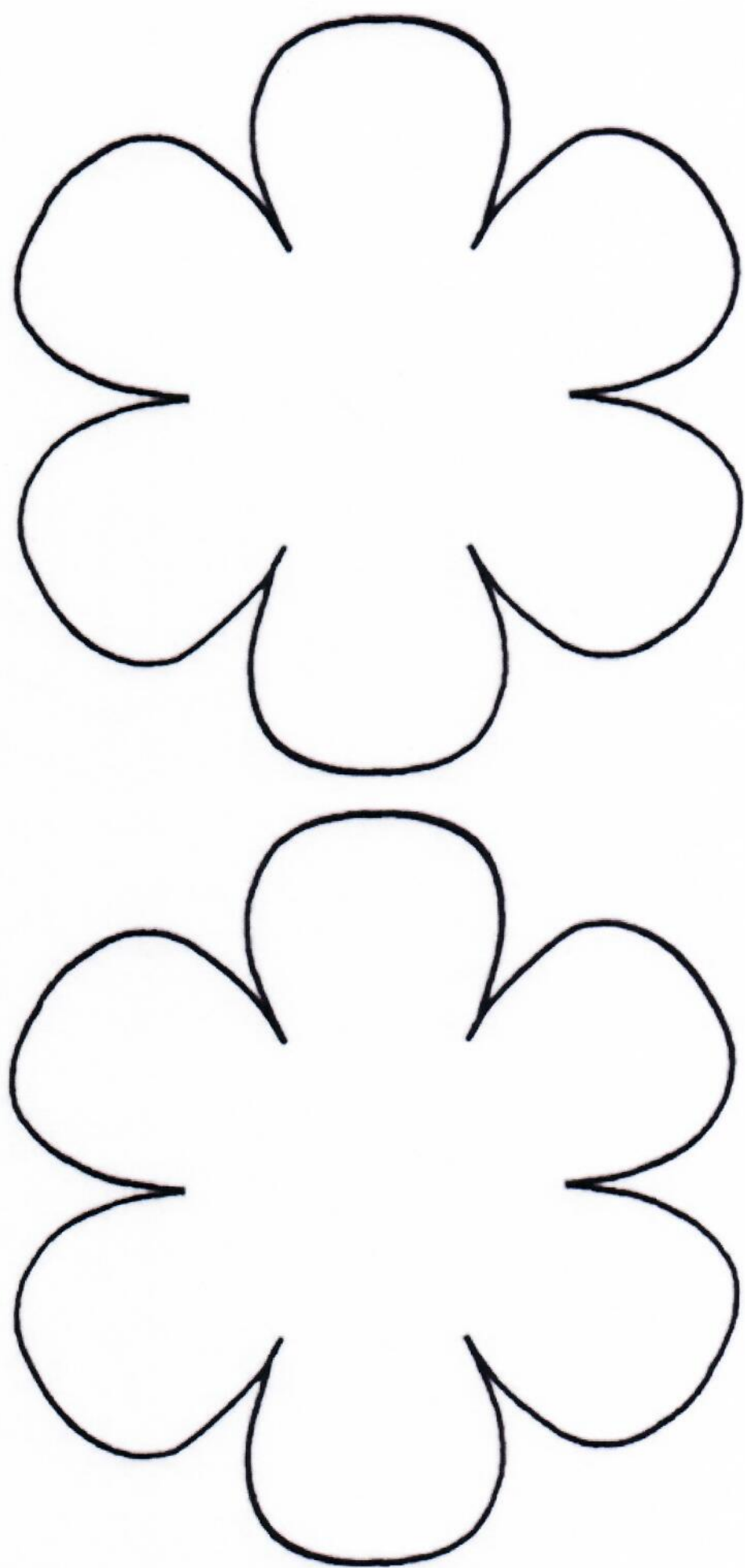
LETTER FROM YOUR PARENTS

DEAR,

LOVE,

Circle Template for Kaleidoscope





MAY

DEAM Calendar

Drop Everything And Move

MAY the 4th
be with you

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should place their initials and a check mark in the space provided. You are allowed to miss one day (activity) each week. If you do, place an "X" in the space instead of a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Take a walk.
	2	A kiwi has ~60mg of vitamin C. Do 60 air punches.
	3	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	4	Family Fun: Play your favorite physical education activity with your family.
	5	Do as many trunk-lifts as you can.
	6	Juggle a ball with your feet for 5 minutes.
	7	Perform jumping jacks while naming words that start with "M."
	8	Take a walk.
	9	1 cup of broccoli has ~60mg of calcium. Do 60 air kicks.
	10	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	11	Family Fun: Go to the park together.
	12	Do as many squats as you can.
	13	Spend 5 minutes tossing and catching a ball.
	14	Perform squats while someone calls out math problems for you to answer.
	15	Take a walk.
	16	Beans have ~500mg of potassium. Jog in place as you count to 500.
	17	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	18	Family Fun: Take turns selecting an exercise to do together.
	19	Do as many push-ups as you can.
	20	Spend 5 minutes volleying a balloon in the air.
	21	Hold a plank while naming all the cities that you can think of.
	22	Take a walk.
	23	Half a cup of blueberries has ~40 IUs of Vitamin A. Do 40 plank-jacks.
	24	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	25	Family Fun: Build an obstacle course together.
	26	Do any workout you want!
	27	Pick any sports skill and practice it for (you guessed it) 5 minutes!
	28	Name as many muscles in the body as you can while jumping in place.
	29	Take a walk.
	30	A serving of spinach has ~20mg of magnesium. Do 20 squat-thrusts.
	31	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.

Remember

- Get adult permission before doing activities.
- Return this calendar to your teacher when it's done.