

Wellness Wednesday

Choice Board of Optional Activities

	K-2	3-5	6-8
Writing	Create your own Comic Strip		Create a Graphic Novel
	<p>Create a comic strip that retells the story you are reading. You can draw it by hand or if you have an Ipad, you can ask an adult to help you get the app “draw and tell” by duckduckmoose, which will let you draw your story and record your voice telling your story. http://www.duckduckmoose.com/educational-iphone-itouch-apps-for-kids/draw-and-tell/</p>	<p>Create a comic strip that retells the story you are reading in your own words. If you want, share your comic with an adult. You can draw it by hand or if you have a device, you can ask an adult to help you go to https://www.makebeliefscomix.com/</p>	<p>Create an original graphic novel/comic strip that includes frames of the important events for the current story you are reading. You can include illustrations, speech balloons, bubbles/captions to help. Make it your own. You can do this on paper and take a picture to upload or online using https://www.pixton.com/</p>
STEM	<p>3-D EGG TOWER</p> <p>Challenge:How tall a tower can you build using only the materials listed below? (One whole plastic egg must be at the top of the tower) Materials: plastic eggs, play dough,ruler or measuring tape (substitute materials if necessary)</p> <p>PEEP NEST</p>	<p>JELLY BEAN PICKER UPPER</p> <p>Problem: Oh No! There has been a spill at the candy factory. There are jelly beans everywhere! Challenge: Build a tool that can pick up jelly beans. *You can substitute dried beans, beads, or a similar candy. Constraints: You may use up to 4 different materials to make your tool. You may not touch your jelly</p>	<p>EGG DELIVERY</p> <p>Problem: Sometimes materials need to travel long distances and ground travel can be difficult and take too long. Challenge: Can you create a zipline that can safely carry an egg across the room? Materials: paper/plastic cup, string/fishing line, paper clips, pipe cleaners, tape, plastic/real egg</p>

	<p>Challenge:Your peep needs a nest to be kept safe from the ground. Construct a nest that will hold a peep. The nest must be big enough to fit one peep and to hold it from falling off the ground.</p> <p>Materials: jelly beans, toothpicks, marshmallow peep (substitute materials if necessary)</p>	<p>beans with your hands</p> <p>Success Criteria: Create a device that can pick up and deposit at least 10 jelly beans in 30 seconds.</p>	<p>Constraints: You may not touch the carrier once it starts traveling the zipline. You may not tape/tie the egg in the carrier-it must be easily removed.</p> <p>Success Criteria: The carrier can travel distance of zipline on its own, and the egg stays in the carrier and arrives intact.</p>
<p>Technology</p>	<p>Balance your Media</p> <p>Watch this video: https://www.common sense.org/education/videos/media-balance-is-important</p> <p>Complete this activity: https://docs.google.com/document/d/1hIzAHpq5kKozTWF1RHehZUCqsmWA1iwDbgy0t8GM3Jw/edit</p> <p>If you want to color: Coloring Book of Digital Citizens https://d1e2bohyu2u2w9.cloudfront.net/education/sites/default/files/digital-resource/the-digital-citizens-coloring-book.pdf</p>	<p>Earn your digital passport!</p> <p>There will be six steps!</p> <p>For the first step - Go to https://www.digitalpassport.org/password-protect.html</p> <p>Click on start a new game. Create a school appropriate username. Write your username down so you can continue next week.</p> <p>(Take a screenshot of your scorecard)</p>	<p>Earn your Digital Compass</p> <p>Go to: https://www.digitalcompass.org/</p> <p>Click on start a new game.</p> <p>Create a school appropriate username.</p> <p>There are 8 characters:</p> <ul style="list-style-type: none"> ★ Digital Heart Break (A) ★ Break it Down (N) ★ Me! Me! Meme (Y) ★ Kung Fu Fibber (W) ★ Sticky Situation (H) ★ Far-Fetched Facts (E) ★ Insta-Slammed (R) ★ Hack-A-Wrong (E) <p>Complete the game for</p> <ul style="list-style-type: none"> ★ Digital Heart Break ★ Break it Down <p>(Take a screenshot of your scorecard)</p>

<p>Library</p>	<p>Take the Stage</p> <p>Read aloud with your best expressive voice. Please read aloud to your parents, siblings, a pet, or even a stuffed animal. Before you begin reading, please make sure to share this information with your audience:</p> <p>Title Author Illustrator</p> <p>Make sure to explain the meanings of each of these words. Have someone tape you reading aloud so that you may hear how awesome you sound!</p>	<p>Readers are Leaders</p> <p>Go to the APS AR address: https://global-zone08.renaissance-go.com/welcomeportal/371813</p> <p>Login and then go to “TOP ARTICLE IDEAS FOR YOU” Choose an article that you find interesting and is at your appropriate reading level. Believe in yourself and read a challenging article. Then take the AR test. How did you do? Don’t forget that Anchorage Readers are Anchorage Leaders!</p>	<p>Road Trip!</p> <p>Explore a website that APS subscribes to: http://www.atoztheusa.com/</p> <p>Login: anchor Pasword: school</p> <p>There are so many US states and diverse territories to explore. Enjoy your individual cross country adventures. You may even want to participate in coast to coast virtual college visits!</p>
	<p align="center">Join the Choice Board Google Classroom to share your work!</p> <p align="center">Please email Loretta Shake for the join code: Loretta.Shake@anchorage.kyschools.us</p>		