



# Grade 4 Suggested Activities

## Week of March 23rd

### Reading:

- ❖ Read a book of choice (20 mins)
- ❖ Partner read with a parent or sibling
- ❖ You can find books on-line at Tumblebooks ([Click Here!](#)) - or access by going to the school website and click on Quick Links
- ❖ You can find books on-line at Epic (class codes and instructions below)
  - Baril- drn3209
  - Kilmartin- nnx8138
  - Checheta- myn8015
  - Quinn- zeu9574
  - O'Brien- jva4838



## Class Sign In Instructions

### Laptop or Chromebook

Have your students open their web browser and

1. Go to [www.getepic.com/students](http://www.getepic.com/students)

2. Sign in with your class code

3. Select their name and they're in!

### iOS/Android

Have your students open the Epic! app and

1. Click on **"Have an account? Sign In"** then click on **"Students & Educators"**

2. Sign in with your class code

3. Select their name and they're in!

## Writing:

- ❖ Daily journal entry about what you have done, either in letter form or narrative
- ❖ Use Quizlet to practice your Wordly Wise words

❖ Writing prompt choices:

- Call a grandparent or older relative and ask them to tell you about an experience they had when they were a kid.
- Pick an object in your house and write a paragraph that describes it without saying what it is. Hide the object and then see if someone in your house can guess what object you are describing!
- Imagine you get a magical sweater for your birthday. What happens when you wear the sweater? What do you do with these new found magical powers?
- You decide to grow a sunflower, but the sunflower grows so tall it reaches up to the sky! Write about what happens when you decide to climb to the top. What do you discover?

**Math:**

- ❖ Practice math facts with flashcards, dice, or any other resource
- ❖ IXL Diagnostic Math or Teacher Suggestions
- ❖ Practice your fractions by cooking/baking from a recipe or Create your own recipe! Write it down and share it with your family/friends

**Social Studies:**

- ❖ Start practicing your states and capitals. You can use:

- [http://www.sheppardsoftware.com/web\\_games.htm](http://www.sheppardsoftware.com/web_games.htm)
- <https://www.youtube.com/watch?v=E2CNZIIVlg>
- [https://www.abcya.com/games/wordtoss\\_capitals](https://www.abcya.com/games/wordtoss_capitals)
- IXL Social Studies

❖ Create a virtual tour of your state using Google Earth.

### **Science:**

- ❖ [Mystery Science](#) - watch weekly mysteries at home
  - How is a rainbow made? [Click Here!](#)
- ❖ Create your own Rube Goldberg machine at home. Practice using Screencastify to explain where energy is stored throughout your machine.
- ❖ Visit IXL and check out the new Science activities available to us

### **Specials**

#### **Technology:**

- ❖ Option 1: Log onto your Google Classroom account. I have left lessons for you to finish up your Virtual Field Trip Using Google Earth
- ❖ Option 2: Try fun offline STEM activities at <https://sites.google.com/awrsd.org/wes-technology-class/steam-websites?authuser=0>

## **Music:**

1. If you do not have internet access, consider starting a weekly music journal/diary to keep at home.
2. Watch You Tube clip of music from the classical musician Giachino Rossini. Find “William Tell Overture Final” by the Tokyo Philharmonic Orchestra 100th Anniversary. The length is 3:26. Think about how this is the first thing you hear at the opera before the curtain opens and the story starts, and if it would get you excited for the upcoming opera you would watch.
3. Watch the You Tube Clip of music from the classical musician Giachino Rossini. Find “A New Song|Cat Duet” from opera is you. The length is 4:37. Think about how you would make something ordinary like a grocery list, and turn it into a funny song like Rossini would do.

## **Art:**

- ❖ Option 1: Trace a shoe onto paper or cardboard. Cut it out and make a silly puppet out of it. Used recycled objects, markers and/or craft items to decorate it. (plastic bottle caps, scrap pieces of paper, acorn caps, buttons, yarn, etc.) We will display the puppets when we get back to school!
- ❖ Option 2: Make a cereal box “robot” out of recycled cardboard boxes and whatever other recycled objects you can find. Paint it or color it if you like.

## **PE:**

- ❖ Let’s stay active, healthy and fit! :)

# workout for beginners what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



- ❖ Option 2: Create a tower using plastic cups, see how many cups you can knock over by rolling or throwing a soft ball or sock ball.

**Websites of the week:**

- ❖ [Pen Pal Schools](#)- Connect with friends around the world!
- ❖ [Go Noodle](#)- Get your move on!