

Middle School ELA Continuous Learning Plan

Reading/Writing/Research/Vocabulary

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p style="text-align: center;"><u>Movie/TV Review</u></p> <p>Watch a movie or television show. On a piece of paper or device, write at least one paragraph that answers the following questions:</p> <ol style="list-style-type: none"> 1. What is the most interesting part of this show or movie? Why? 2. If you could change anything about the movie or show, what would it be? Why? 3. Would you recommend this movie or show to a friend? Why or why not? 	<p style="text-align: center;"><u>Nonfiction Activity</u></p> <p>If you have a Scholastic News with you, read it and answer the questions. If not, use a newspaper, online article, or television show to read about a current event. Write a brief summary.</p> <p>Also, either write this down or discuss this with a family member: What does credible mean? If you don't know, it means "able to be believed." Why is it so important to read nonfiction that is credible, especially during this time?</p>	<p style="text-align: center;"><u>Vocabulary</u></p> <p>Spend some time going through newspapers, books, or online materials in your home. Watch a news report. What new vocabulary words did you hear or see that you do not know? Write down a prediction of the word using context clues. If you have access to a device, look up the words to see if your guesses were correct. https://www.dictionary.com/</p>
<p style="text-align: center;"><u>Comparison</u></p> <p>Select a book from the list below. Read a summary on Goodreads https://www.goodreads.com/. Write a response comparing the events in the book to our current events. If you don't have access to internet, compare what is going on in our society to a book you have read.</p> <p><i>The Giver, The Maze Runner, The Hunger Games (Trilogy), Ready Player One, Divergent, The Testing, Fever 1793, Red Queen</i></p>	<p style="text-align: center;"><u>News Comparisons</u></p> <p>Watch CNN 10 and then do a compare and contrast with your nightly news. Or find two different news articles or television news reports on the same topic and compare and contrast what they say. Write this down on paper or a device.</p>	<p style="text-align: center;"><u>Create a Diary</u></p> <p>Write down your daily feelings about what is going on in our community/nation in regards to social distancing and the coronavirus. You may want to use one of your diary entries to write about what you could do to be helpful during this time.</p>
<p style="text-align: center;"><u>Creative Writing</u></p> <p>You are probably familiar with the popular <i>I Survived</i> book series. These books include stories about the sinking of the Titanic, the Chicago fire, and other important historical events. Write a chapter of your own version of <i>I Survived: The COVID-19 Pandemic 2020</i>.</p>	<p style="text-align: center;"><u>Interview</u></p> <p>Contact a grandparent or relative by phone or video chat. Interview them and write down a summary of their response. Some questions you may want to ask are: Do you remember anything being shut down when you were my age? What were some of the historical events you remember as a child? FaceTime is a good option for your interview.</p>	<p style="text-align: center;"><u>Create it!</u></p> <p>Please try to <u>read at least 20 minutes a day!</u> Independent reading is so important! Here are some activities you can do to go along with whatever you're reading:</p> <ul style="list-style-type: none"> - Design a book jacket for a book you are reading. - Create a preview/video summarizing the book. - Create a new character for the book and explain how this character would change the story. - Write a letter to someone you admire - real or fictitious (politician, community member, teacher, character from book, etc.)

*There are printed ELA resources available for students at SDMS if you want to go to SDMS and pick them up.

Middle School Math Continuous Learning Plan

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p style="text-align: center;"><u>Graph it!</u></p> <p>Alphabetize all your videos, CD, movies, books, video games, etc.. You can sort them by genre, media type, year they came out, etc. Make a bar graph to display the data. Compare and contrast each graph you create based on each category.</p>	<p style="text-align: center;"><u>Stocks</u></p> <p>Pick a stock from the Dow Jones and track stock highs and lows for the week. Did your stock rise or fall in value? Make a graph to show growth or decline.</p>	<p style="text-align: center;"><u>Making a Budget</u></p> <p>With a food budget of \$100 per week, make a grocery list accordingly. Keep in mind that you only have \$100 for the week, and you have to feed two people three meals each day. Use local newspaper ads or ads online to help support your budget.</p>
<p style="text-align: center;"><u>Dream Space</u></p> <p>Design your dream space. Use a scale factor to create it. (i.e. 1 inch = 1 foot). What is the ratio of the overall drawing to the actual space.</p>	<p style="text-align: center;"><u>Cookie Time</u></p> <p>Look at a recipe for cookies. What would the recipe look like when it is doubled? Tripled? You can use fraction multiplication or addition. If ingredients are available, bake a treat for the family.</p>	<p style="text-align: center;"><u>Let's Skip It!</u></p> <p>Skip count with a sibling using different multiples. Race to see how fast you are and how far you can get. Create a graph and track it each day. Do you get faster? Slower? What are ways you can help your sibling or yourself get faster? Can you skip count backwards?</p>
<p style="text-align: center;"><u>Exponential Growth</u></p> <p>Research the exponential growth of the virus. Ex. a 1:4 transmission ratio-every one person infected could transmit to at least 4 different people. If there are ____ documented cases in Illinois, the growth would be x^4 if left unchecked. Study containment and prevention measures the CDC takes. Follow up with practice worksheet on what exponents mean and how to square numbers on a calculator. https://www.k5learning.com/free-math-worksheets/fifth-grade-5/exponents</p>	<p style="text-align: center;"><u>Measure It!</u></p> <p>Measure your foot in inches. Walk around the room (toe to heel) and see how many steps it is. Multiply the number of steps it is by the inches in your foot. Then divide by 12 to see the square footage. Do this for multiple rooms in your home. Can you figure out the available floor space by subtracting the items in the room.</p>	<p style="text-align: center;"><u>Favorite Recipe</u></p> <p>How much would your favorite recipe cost per serving? Say you are making cookies. Ingredient Conversion Resource: https://www.thecalculatorsite.com/cooking/pounds-cups.php First, track the cost of each ingredient as you would purchase it at the store. A bag of flour costs \$2.50 at most stores. A bag of sugar is \$1.50. Then, divide the total cost of each ingredient by the amount of cups in each package to get the cost per cup. For example, if there are 8 cups in 2 lb of flour, each cup would cost about 31 cents (CPU). Next, compare the unit costs to the amount of each ingredient used in your recipe and add up the total. Last, divide the</p>

total recipe cost by the number of servings.

Middle School Science Continuous Learning Plan

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p>Science World Magazine March 16 Edition Frog Killing Fungus Digital Access: scholasticworld.scholastic.com Login as a student Class code: dps61science Directions: Read a different article each day and write a summary of the article.</p> <p>SDMS has physical copies of the magazine and activity pages for parents to pick up if they do not have online access.</p>	<p>Current Events Write a summary of the news reports for the day in regards to COVID-19. You can read articles online or watch news videos. What terms in the news report do you recognize from your science class this year?</p> <p>If you do not have access to the internet, write down a list of questions you have about what is going on in the world today.</p>	<p>Quarantine Why is quarantine used to prevent the spread of contagious disease? Provide examples of other illnesses besides Covid-19 in which quarantine prevents the spread of disease. Write down your answers on paper or a device.</p>
<p>Observations of Changes in Nature Go outside while the moon is out and sketch what the moon looks like each night. Make careful observations about what features on the moon are visible each night.</p> <p>Optional: Use this website to download an observation journal. www.jpl.nasa.gov/edu/pdfs/moonobservation_worksheet.pdf</p>	<p>Observations of Changes in Nature Go outside and observe a 3 foot by 3 foot piece of your yard at the same time every day. Try to pick an area that has a diverse makeup (grass, dirt, mulch, tree roots, and even sidewalk cracks). Observe the number of living things in this area and create a graph to track how many living things you see each day.</p> <p>Optional: You can also observe the buds growing on a tree. Measure how big the buds are becoming, or if the number of buds are increasing each day. Track these measurements on a graph.</p>	<p>Simulate a Wolf Population In this activity, you will play a game to model how random events can have a large impact on an isolated population.</p> <p>Link to Activity page: https://tinyurl.com/vgn5zgh</p> <p>If you do not have access to the internet, draw a design of a farm that would best protect its animals from spreading an illness to each other.</p>
<p>Coronavirus Informational Video Go to https://www.brainpop.com/ Search for the "Coronavirus" video. This is a free video to watch. After watching the video, create a checklist of ways that you can prevent the spread of COVID-19 (Coronavirus).</p> <p>Optional: There are multiple worksheets, activities, and games to explore along with this video. Become an expert on COVID-19 and how to help prevent the spread of the Coronavirus.</p>	<p>Create an Animal You are a zoologist who has just discovered a new animal species. As every good scientist does, you will document your exciting find. Design a fact sheet highlighting this new animal discovery. Be sure to include the following key pieces of information:</p> <ul style="list-style-type: none">• Your animal's name• Your animal's basic needs• How the ecosystem meets your animal's basic needs• Where your animal lives (biome)• A colored illustration of your animal in its natural habitat <p>Your fact sheet might have text features like labels, captions, maps, bold words, sub headings, etc.</p>	<p>STEM Project Pick one project to complete a day:</p> <ul style="list-style-type: none">• Using household supplies, create a wind-powered vehicle• Using a paper plate and straws, create a marble maze• Using a deck of cards, without folding the cards, build a house• Using a 12" by 12" square of aluminum foil, build a boat that will hold 5 pennies and float in a sink of water• Using a water bottle, measure in inches, how much water allows you to successfully flip the water bottle in one try

Middle School Social Studies Continuous Learning Plan

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p><u>What's Happening in This Photo?</u> Look at a photo in a newspaper or current event-type magazine that you have access to. (See the activity about Junior Scholastic below.) Can you guess what the photo is about without reading the caption? Make a list of 3 things you can touch with your finger. Then guess (infer) what each thing might tell you about the photo. You may want to view a photo here and participate in the discussion.</p>	<p><u>Current Event</u> Find a current event. You can use a newspaper, the news on TV, or CNN10: https://www.cnn.com/cnn10 Write a paragraph about what you learned. How does this event affect you?</p>	<p><u>Watch a Movie</u> Watch a historical fiction movie. Tell an adult what happened in the movie. Do you think these things could happen today? Why or why not? You can choose one of these movies or one of your own: <i>The Patriot</i>, <i>Glory</i>, <i>The Boy in the Striped Pajamas</i>, <i>The Devil's Arithmetic</i></p>
<p><u>History of a Pandemic</u> What do you know about a "pandemic"? Has it ever happened before? When? Create a chart with three columns. Label the first one "Know" and write what you already know under it. Label the middle column "Learned" and write what you learn under it. Label the last column "Want to Know" and list questions you may still have. You may use www.worldbookonline.com. Log in with the username: dps61. The password is decatur (all lower case.)</p>	<p><u>Journal</u> Create a journal about what you are experiencing at home. You are creating a historical document about a worldwide event!. There are people who became famous for keeping a diary - like Laura Ingalls Wilder and Anne Frank. You could use anything you have to document your experience: a notebook, photos, videos, blogs. If you have access, you may want to view these photos documenting the 1930s in the United States.</p>	<p><u>Songs and Poems</u> Write a rap about what you are passionate about. If you have access to Youtube, you can watch this video of a 6th grade girl who has wowed New York City with her slam poetry: She is able to write poems about things she has not experienced by imagining what they would be like.</p>
<p><u>Interview</u> Ask an older person (on the phone) about a significant event that happened in their life. How did the event affect them? Does it still affect their life? OR Look through old photos you may have. Draw what you picture in your head when you think about the lives of people from another time.</p>	<p><u>Read a Magazine</u> https://junior.scholastic.com/ - student access is DSP61SOCSTUDIES Students can choose an article to read from any of the magazines listed and then do the activities with the article. If they do not have internet access, copies of Junior Scholastic magazines are available in the SDMS office for students to keep.</p>	<p><u>Create a Bill of Rights</u> If you were going to write your own Bill of Rights, what would it include? What rights do you believe that citizens of the United States should have? Are there any that you would eliminate? Why or why not?</p>

[Edhelpers](#): SDMS 7th grade social studies has left a packet of documents that go with the Constitution. There are 10 pages (dbl sided) of articles to read, questions to answer about the article, and crossword puzzles about to go with it. 8th grade could do this as well.

Middle School Technology Continuous Learning Plan

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p><u>Video Creation</u> Create a movie using Clips (or any other movie creation app) depicting how the coronavirus has impacted your everyday life. Share with someone via email or social media.</p>	<p><u>Photography</u> Take a series of pictures that tells a story.</p>	<p><u>Research</u> Find a media form about your favorite artist or athlete, and identify three things that you didn't know about them.</p> <p>If you want, you can access our online encyclopedia: www.worldbookonline.com Username: dps61 Password: decatur</p>
<p><u>Community</u> Reflect on how the internet impacts how you interact with people your age. What are the positives? What are the negatives?</p>	<p><u>Sketch/ Drawing</u> Using your iPad, sketch a self portrait.</p>	<p><u>How-To</u> Create a step-by-step process on how to do something that most people don't know how to do. Teach it to a family member.</p>
<p><u>Music Creation</u> Create a song using Garageband (or any other method for creating digital music). Share it with a friend.</p>	<p><u>Music Discovery</u> Listen to one complete song in each of the following genres:</p> <ol style="list-style-type: none">1. Country2. Jazz3. R&B4. Chamber <p>Which one do you like better? Why?</p>	<p><u>App Design</u> If you could design any app that could benefit students or the world, what would it be? How would it be used? Do you have a design for what the app would look like?</p>

Middle School PE Continuous Learning Plan

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p style="text-align: center;"><u>Building Your Self-Esteem</u></p> <p>Building your self-esteem isn't that easy, but you can do it by learning to work through issues and accept yourself. If you do not see yourself in a positive way, or even if you do, here are some ways you can build or improve your self-esteem:</p> <ul style="list-style-type: none"> -Take good care of yourself physically. Eat healthy foods, get plenty of sleep and be active. -Make a list of activities you really enjoy doing and then pick something from the list to do. -Do something nice for someone else; be someone who makes others feel good. -Make a list of your skills and abilities. If you cannot think of something, ask your friends or relatives for ideas. -Finally, focus on what your strengths are, not your weaknesses. If you do focus on your weaknesses, figure out what you can do to try to improve them. 	<p style="text-align: center;"><u>Health</u></p> <p>Record the number of hours, to the nearest quarter-hour, you spend with each type of screen during the first week (Ex. Computer, mobile devices, TV, video games). Add up the total hours at the end of each day, then add up the total hours for the first week. Repeat this process for the second week. Compare each week and explain why your screen-time hours might have increased or decreased. Also, list some screen-free alternatives you can use to reduce unnecessary screen time.</p>	<p style="text-align: center;"><u>Create Your Own Dance Party</u></p> <p>Create and perform a new dance to your favorite song or click on the following link for e-instructions.</p> <p>https://openphysed.org/wp-content/uploads/2018/09/OPEN-At-Home-05-TheDanceParty.pdf</p>
<p style="text-align: center;"><u>Circuit Training Workout:</u></p> <p>https://www.darebee.com/programs/full-circuit.html?showall=&start=1.</p> <p>If you don't have access to the internet, complete the following circuits:</p> <p><u>Push Ups</u> 30 sec, 20 sec, 10 sec <u>Sit Ups</u> 30 sec, 20 sec, 10 sec <u>Mountain Climbers</u> 30 sec 20 sec 10 sec <u>Air Squats</u> 30 sec, 20 sec, 10 sec <u>Plank</u> 30 sec, 20 sec, 10 sec</p> <p>Do each exercise for 30 seconds, rest 20 seconds in between. After all 5 are done, move to 20 seconds for each exercise and so on down to 10 seconds</p>	<p style="text-align: center;"><u>HIIT Workout:</u></p> <p>https://www.youtube.com/watch?v=xj7TO6xTjnU</p> <p>If you don't have access to the internet, take a walk, run in place, or do some jumping jacks. Don't forget to work up a sweat!</p>	<p style="text-align: center;"><u>Circuit Training Workout:</u></p> <p>https://www.darebee.com/programs/full-circuit.html?showall=&start=3</p> <p>If you don't have access to the internet, complete the other circuit training workout.</p>
<p style="text-align: center;"><u>Balance</u></p> <p>Practice balancing during TV commercials. Can you balance for the entire ad?</p>	<p style="text-align: center;"><u>Tabata Workout:</u></p> <p>https://www.youtube.com/watch?v=kTvHJe6_h1c</p> <p>If you don't have access to the internet, take a walk, run in place, or do some jumping jacks. Don't forget to work up a sweat!</p>	<p style="text-align: center;"><u>Invent a Game and Try It Out!</u></p> <p>Invent a game that involves movement. Write down the directions and share with a friend when you return back to school.</p>

Middle School Encore Continuous Learning Plan

Directions: Select 1-2 options per day to complete. You can repeat activities.

<p style="text-align: center;"><u>Musical Terms</u></p> <p>Think of some musical terms (forte, allegro, legato, etc...) that you see frequently, or have heard frequently in music. Find an artistic way to represent this term. For example, you might draw a really fast car driving on a road that says "Allegro", or a sailboat with the word "Legato" written on the sail on a very smooth, calm body of water. Be creative!</p>	<p style="text-align: center;"><u>Family Concert</u></p> <p>Play/sing your band, choir, orchestra music for your family members. Put on a concert. Get creative. You could make programs, get dressed up, arrange seating like a concert hall. Encourage your family members to take part! Learn a song all together and perform as a family!</p>	<p style="text-align: center;"><u>Practice Your Instrument with a Friend</u></p> <p>Call or video call a friend. Play a piece of music, scales, rhythm exercise, etc. for them. Have the other person critique the performance and provide feedback.</p>
<p style="text-align: center;"><u>Do a "Safety Walk" Around Your House or Apartment</u></p> <p>Look for:</p> <ul style="list-style-type: none">-Trip hazards such as electric cords, chairs, toys, etc. Put things where they reduce the risk of tripping or slipping.-Light bulbs needing replaced.-Clutter in rooms, make sure everything has a place and throw out unused items.-Working smoke detectors – be sure all smoke detectors have new or working batteries.-Potential fire or shock hazards (extension cords that have bare wire, curling irons left plugged in, etc.).	<p style="text-align: center;"><u>Sanitation & Organization</u></p> <p>-Use the sanitation skills learned in class and look through the fridge, paying attention to the "use-by" dates. Talk to your parents about whether or not you should discard those items.</p> <p>-Choose a kitchen cabinet, pantry, or closet at home to organize. Take everything out of the cabinet and clean the inside. After it is clean, organize the cabinet.</p>	<p style="text-align: center;"><u>Create a Simple Snack</u></p> <p>When tending to children, be mindful of their nutritional needs and plan and prepare a healthy snack item. If you are babysitting, make sure you ask children if they are allergic to certain foods.</p>
<p style="text-align: center;"><u>Art</u></p> <p>Draw an image or create a painting that includes shading or perspective.</p>	<p style="text-align: center;"><u>Spanish/Foreign Language</u></p> <p>Check out these free websites to improve your Spanish or even learn another language: https://studyspanish.com/ https://www.babbel.com/learn-spanish https://www.duolingo.com/learn https://www.123teachme.com/ https://www.quia.com/web (includes other subjects as well!) https://www.spanishplayground.net/ Some of these also have apps such as Babbel and Duolingo.</p>	<p style="text-align: center;"><u>Careers</u></p> <p>-Are there any careers that will not be affected by the Caronavirus? If so, which ones and why? -Which occupations will be the most needed for our society/economy to recover from the virus and why?</p>