



Goleta Union School District

Distance Learning K-6 Menu Packets

for March 18th - April 3rd

Objective: To provide activities that students could complete independently over the next couple weeks, to maintain skills learned in school.

Important Information

- Students benefit from engaging with academic skills daily.
- Students do not need to complete all of the activities, and we recognize that not every activity is appropriate for every child. Do what feels right for your child and for your current situation.
- Teachers will be available via email or Parent Square during regular school hours. Please reach out with any questions.
- Should school closures extend beyond April 3rd, we will be moving toward more comprehensive remote learning opportunities.

4th Grade Social-Emotional Menu

*orally tell someone or write these in a journal or draw them

Tell about a time that you felt happy.	Act out 3 different emotions and see if someone can guess them.	Challenge yourself to close your eyes, sit in silence, and listen to your own breathing for 1 whole minute.	What are 3 things you can do when you are feeling upset or frustrated?
Practice belly breathing.	List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.	Take 5 deep, slow breaths. Each time, pretend you are smelling a flower and then blowing out a candle.	Name all of the emotions you can think of.
Talk about 5 things you are grateful for.	Read a book and discuss moments of caring or emotions of the character.	What does it take to be a good listener?	Write or draw what it means to be a good friend.
Practice sitting still for 1 minute- Notice the sounds you hear.	Tell someone about a time you felt sad.	Talk, draw, or write about a time you showed or received empathy.	Share a yoga pose or your favorite stretch, or dance move with someone.

4th Grade Language Menu

*orally tell someone or write these in a journal or draw them (reference a recent book/story you've read)

<p>What was your favorite part of a book you read recently?</p> <p>My favorite part was...because...</p>	<p>Think about the main character in a story. What are six words to describe that character.</p> <p>The main character was...</p>	<p>Write about your favorite holiday, birthday party, or favorite activity.</p>	<p>Pick a character in a story or movie to write a letter to. Give the character advice or ask them questions.</p> <p>Dear...</p>
<p>Write a "How To Book" teaching someone how to do something you know how to do very well.</p>	<p>Write a different ending to a story or write what might happen next.</p>	<p>What are the 4 main events of the story? How does the story begin and end? First... Next... Then... Last...</p>	<p>What lesson does the character learn during the story or at the end? Why is this lesson important?</p>
<p>Write a summary of the story or movie. Follow this pattern: Somebody, Wanted, But, So, Then</p>	<p>Does the story or movie remind you of something that has happened to you before? Tell about your experience.</p>	<p>What questions did you have while reading the story or watching the movie? What unanswered questions did you have after?</p>	<p>Write and draw a comic strip or graphic story.</p>
<p>Write a thank you note to somebody and send it to them.</p>	<p>Compare a character to yourself. How are you similar? How are you different?</p>	<p>Write a poem about the weather. It doesn't have to rhyme.</p>	<p>Think of a problem in a story and how it was solved. The main problem in the story was...it was solved...</p>

4th Grade Math Menu

<p>Practice your multiplication math facts.</p> <p>(Challenge: see if you can solve them automatically and with increasing speed)</p>	<p>Create and solve word problems that involve money.</p> <p>(Challenge: include coins and bills up to \$50.00)</p>	<p>Find several different containers to pour 2 cups of water into. Notice the shapes of the containers and the volumes they hold. Line them up and make an observation.</p>	<p>Measure 5-10 objects around your house to the nearest half inch and whole centimeter.</p> <p>(Challenge: include equivalent fractions for those measurements)</p>
<p>Find several items with different weights and put them in order from lightest to heaviest.</p>	<p>Help someone in your family in the kitchen. You could measure ingredients for the recipe.</p>	<p>Make fraction strips out of scrap paper labeling fractions $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{3}{4}$, $\frac{1}{8}$</p>	<p>Create your own multiplication word problems and solve them.</p>
<p>Create a table or chart that includes the time of your daily activities.</p> <p>(Challenge: draw analog and digital clocks next to the times)</p>	<p>Draw a picture that has symmetry. Draw one that does not have symmetry. Explain the difference.</p> <p>(Challenge: see if your symmetry design can tessellate)</p>	<p>Find the perimeter of something rectangular in your house. Use a ruler to measure to the nearest inch.</p>	<p>Make a 2 or 3 digit addition quiz with at least 10 questions. Include an answer key.</p> <p>(Challenge: try to make all of your answers odd sums)</p>
<p>Create your own set of math fact flashcards for different operations.</p>	<p>Play a familiar card game or board game.</p>	<p>Name and categorize geometric shapes around your house.</p>	<p>Create and solve your own division word problems.</p>