



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.

6th 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.

6th 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>Create a book review about a recent book you finished.</p> <p>Recommend it to a friend (or not) and be specific with your reasons.</p>	<p>Write a persuasive letter to someone.</p> <p>(example: you want a later bedtime, you want to be paid for chores, you want more video game time...)</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?</p> <p>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:</p> <p>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 few different poems about topics of your choice. They don't have to rhyme.</p>	<p>Think of a problem in a story and how it was solved.</p> <p>The main problem in the story was...it was solved...</p>

6th Grade Math Menu

<p>Practice your multiplication math facts.</p> <p>(Challenge: Include 11s, 12s, and 13s and 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 \$100.00)</p>	<p>Find several different containers to pour 2 cups of water into. volumes they hold.</p>	<p>Measure 5-10 objects around your house to the nearest half inch.</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. Estimate their weights.</p>	<p>Help someone in your family in the kitchen. You could measure ingredients for the recipe or double the recipe for them.</p>	<p>Draw a picture using points, line segments, perpendicular & parallel lines, and angles. Color them different colors to color-code them.</p>	<p>Create your own 2-step word problems involving several different operations and solve them.</p>
<p>Create a table or chart that includes the time of your daily activities. Draw analog clocks next to the times.</p> <p>(Challenge: calculate the elapsed time from one activity to the next)</p>	<p>Draw a picture that has symmetry. See if your symmetry design can tessellate. If not, challenge yourself to create a tessellation.</p>	<p>Find the area and perimeter of several rectangular things in your house.</p>	<p>Make a 2 or 3 digit multiplication and division quiz with at least 10 questions. Include an answer key.</p> <p>(Challenge: make some fractions)</p>
<p>Create your own set of math fact flashcards for different operations. Quiz a family member.</p>	<p>Play a familiar card game or board game. Explain the objective of the game and a winning strategy.</p>	<p>Name and categorize various regular and irregular polygons around your house and name the number of sides.</p>	<p>Create and solve your own fraction word problems.</p>