

MRSD Distance Learning Activities: Grade 4



MRSD Remote Learning Activities for Grades 4

Distance Learning means that the learner and teacher are physically separated and therefore can't meet in a traditional classroom setting. In the event that school could remain closed for some lengthier period, the district has provided resources and guidance to continue learning at home.

It is vital that parents partner with teachers and children to complete these activities. Some will include learning with devices and technology, while others do not - similar to the student experience during a typical school day.

Although some of these resources are already being used in school, we hope that students have the opportunity to try something new, or show their learning in a new way.

[Translate this Document](#)

Reading	Math
<p>"Time spent reading books is the best predictor of a child's growth as a reader. Students who read more, read better." —Anderson, R. et al. Reading Research Quarterly. 1988.</p>	<p>"What books are you reading, games are to math." Dan Finkel - Mathematician</p>
<p>K-5 Students have been using Clever badges this year to sign into all online products. This tool will give access to the ARC Bookshelf.</p>  <p>You may also read from: Unite for Literacy provides free digital access to picture books, narrated in many languages. CommonLit- articles to read at a variety of reading levels ReadWorks- Improve your students' reading comprehension with ReadWorks. Access thousands of high-quality, free K-12 articles, and create online assignments with them.</p>  <p>More books and reading resources found here.</p>	<p>Math/Strategy Games - Suggested simple low-tech games Games with Playing Cards Math Games Math/Strategy Games and Activities Math Before Bed</p> <p>Math Games in Spanish/Juegos matemáticos en español Juegos matemáticos Eureka Tarjetas con problemas matemáticos</p>

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✓	Day 1
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p> <div data-bbox="274 415 837 810"></div> <div data-bbox="950 415 1495 1314"></div> <p>Look at these images and choose one to use as an inspiration for your own writing on a separate sheet of paper or a google docs. It could be an imaginative story, a poem, a how-to, fantasy, graphic novel, or a persuasive piece. Be creative and have fun!</p> <p>If you end up with a good story, type it on a google doc and share with a family member! If your story becomes a longer piece of writing, you can continue to work on it over the next few days.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none">• Little Sports YouTube• ELA Brain Boost- Blazer Fresh- "I Use a Comma"• Play some music and have a dance party in your living room!
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none">• Log into Clever with your students QR code.• Click on the Typing Pal icon.

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	<p>Math: Choose 2 activities that are fun and challenging to you.</p> <ul style="list-style-type: none">● IXL 4th grade modules A,B,C for 20 min● Khan Academy math for 20 minutes:<ul style="list-style-type: none">○ Grade 3 Math○ Grade 4 Math○ Grade 5 Math● Practice counting/writing skip count by 2, 3, 4, 6, 7, 8, 9. You can even create a multiplication table to use later as a math tool.
	<p>Science:</p> <ul style="list-style-type: none">● Energy Skate Park● Explore the Energy Skate Park simulation. Choose a way to record the following: What do you notice? What do you wonder?● OR Choose a Mystery Science lesson at your grade level
	<p>Social Studies/Art:</p> <ul style="list-style-type: none">● Draw a map of your home including all rooms and features. Label and color your map. Add interesting details about each room.● OR visit Scholastic Learn at Home: Grades 3-5 (Day 1)
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none">● Do an act of kindness by saying something positive to someone else.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">● <u>Take one minute to list three things you are grateful for.</u> - You can be grateful for big things, like having supportive parents, or small things, like being able to say "hi" to your friend before class started.● Gratitude is the ability to recognize and acknowledge the good things, people, and places in our lives.
	<p>Music:</p> <ul style="list-style-type: none">● Listen to a song - During the song think about how the song makes you feel or think about - when the song is done: Please write a short paragraph or poem to express your feelings or what you pictured.

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✓	Day 2
	<p>Literacy:</p> <ul style="list-style-type: none"> Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p> <p>How well do you handle losing? Describe a time when you lost a board game or sporting event and how you handled it.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none"> Is there a park nearby? Take a walk and go slide, swing and jump! Little Sports YouTube ELA Brain Boost- Blazer Fresh- "Don't Read Like a Robot"
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none"> Log into Clever with your students QR code. Click on the Typing Pal icon.
	<p>Math: Choose 2 activities that are fun and challenging to you.</p> <ul style="list-style-type: none"> IXL 4th grade modules A,B,C for 20 min Khan Academy math for 20 minutes: <ul style="list-style-type: none"> Grade 3 Math Grade 4 Math Grade 5 Math Play a math or strategy game or do a puzzle for 15-20 mins Count a collection of objects in your house, draw the objects on a piece of paper and record numbers that match the picture. Try this math brain teaser!
	<p>Science:</p> <ul style="list-style-type: none"> Explore this interactive site about Fireflies! Do we have fireflies in Oregon? Are there other insects or animals who use the same type of communication? OR Choose a Mystery Science lesson at your grade level OR Grab 10 items from your house (non-electronic, and make sure your parents are ok with you using these items in water) and make predictions if they'll float or not. Get a bowl or container, fill it with water, and test your items. Did they sink or did they float?
	<p>Social Studies/Art:</p> <ul style="list-style-type: none"> Create a tri-fold brochure for a park, state park, or landmark in Oregon. This will be done over 3 days. See sample brochure here. OR visit Scholastic Learn at Home: Grades 3-5 (Day 2)
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none"> Listen to the news. Write a summary to share with your family.

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Wellness/Self Care


- Drink a large cool glass of water after you wake.
- It fires up your metabolism by 24% for ninety minutes and increases mental and physical performance during the day. When you're dehydrated, you can feel tired and drained, and you may experience headaches and mood fluctuations.

Music:

- Practice rhythm patterns using body percussion (clapping, snapping, patting lap, toe-tapping). If a sibling or other family member would like to join you, you can practice it as an echo exercise, taking turns with who leads and who follows. If you can write down or remember your patterns, you can present a short percussion concert for family members, or for your stuffed animals.

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✓	Day 3
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p>  <p>Use this picture as an inspiration for your own writing. It could be an imaginative story, a poem, a how-to, fantasy, graphic novel, or a persuasive piece. Or you can watch the video here and follow the same prompt!</p> <p>If you end up with a good story, type it on a google doc and share with a family member! If your story becomes a longer piece of writing, you can continue to work on it over the next few days.</p>
	<p>Brain Boost: Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none">• Little Sports YouTube• Science Brain Boost- Blazer Fresh- "The Water Cycle"• Go on a nature walk! What is happening around you in the natural world? What did you see? What did you find?
	<p>Math: <u>Choose 2 activities that are fun and challenging to you.</u></p> <ul style="list-style-type: none">• IXL 4th grade modules A,B,C for 20 min• Khan Academy math for 20 minutes:<ul style="list-style-type: none">○ Grade 3 Math○ Grade 4 Math○ Grade 5 Math• Solve this problem: Mrs. White has collected many books over the years. She is very proud of her classroom library. Altogether, she has _____ books. She decided to organize her books onto shelves. 10 books can fit on each shelf. How many shelves will Mrs. White need for her books? (120) (870) (1,360) (12,455)• Play multiplication "war" with a deck of cards

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	<p>Science:</p> <ul style="list-style-type: none">● Get a piece of aluminum foil (about 1 foot) and some pennies. Design a boat (be sure the sides are folded up somehow so water doesn't get in!) or make a couple of boats to compare which boat design holds the most pennies. Start adding pennies into your boat and see how many your boat can hold! (If the boat is sinking too quickly, think about where you're placing the pennies. Is there a way you could balance them better to keep the boat afloat? Is there a different boat design you could make to hold more pennies?) STEM Boat Float with Pennies● OR Watch this video: The Science of Static Electricity● Explore static electricity with one or both of these activities:<ul style="list-style-type: none">○ Holding Charge○ Remote Control Roller (if you are allergic to latex, skip this one)● Balloons and Static Electricity Simulator● OR Choose a Mystery Science lesson at your grade level
	<p>Social Studies/Art:</p> <ul style="list-style-type: none">● Continue working on your brochure for a park, state park, or landmark in Oregon.● OR visit Scholastic Learn at Home: Grades 3-5 (Day 3)
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none">● Pretend to interview the author of your favorite book.● What questions would you like to ask?● Predict the possible answers.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">● Smile in the mirror for 10 seconds.● Smiling slows the heart and relaxes the body, and it releases endorphins that counteract and diminish stress hormones. It also has been shown to increase productivity while a person performs tasks.
	<p>Music:</p> <ul style="list-style-type: none">● What do you have at home that can be used as a musical instrument? (pot and spoon, a box, a whistle, a bell) Find something you can use to play rhythm patterns. If a sibling or other family member would like to join you, you can work on this together. Try to find more than one item you can use. Present a short concert for household members or for your stuffed animals.

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✓	Day 4
	<p>Literacy:</p> <ul style="list-style-type: none"> Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p> <p>Should Plastic Bags Be Banned Everywhere? Oregon has a new law that bans most single-use plastic bags like the ones found in grocery stores, drugstores and other shops. Do you think all states should do the same?</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none"> Build some muscular strength and muscular endurance. How many ways can you use your upper body? Push ups, planks, shoulder taps and climbing are some examples. Little Sports YouTube ELA Brain Boost- Blazer Fresh- "By, Bye, Buy"
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none"> Log into Clever with your students QR code. Click on the Typing Pal icon.
	<p>Math: Choose 2 activities that are fun and challenging to you.</p> <ul style="list-style-type: none"> IXL 4th grade modules A,B,C for 20 min Khan Academy math for 20 minutes: <ul style="list-style-type: none"> Grade 3 Math Grade 4 Math Grade 5 Math Play a math or strategy game or do a puzzle for 15-20 mins There are a lot of right angles in all of our houses. Walk around your house and see if you can find any acute (less than 90) or obtuse (more than 90) angles. Where are they?
	<p>Science:</p> <ul style="list-style-type: none"> Watch the video, "Earth's Rotation & Revolution" & Gravity and Orbit Simulator OR Get an orange. Do you think it will sink or float? Get a container big enough to fit the orange in, and fill it with water. Did the orange float or sink? Next, peel the orange. <u>Make a Prediction:</u> Do you think it will sink or float? Why does this happen? <i>*The answer is in the peel! (While making the orange weigh slightly more, the peel of an orange helps displace enough water to make the unpeeled orange buoyant. The peel is also full of tiny pockets of air that make the unpeeled orange less dense than water and the orange floats.)</i> Orange Buoyancy OR Choose a Mystery Science lesson at your grade level
	<p>Social Studies/Art:</p> <ul style="list-style-type: none"> Continue working on your brochure for a park, state park, or landmark in Oregon. OR visit Scholastic Learn at Home: Grades 3-5 (Day 4)

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	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none">• Illustrate a story you have written.• Add labels to your drawing.• After that, add more details to your original story.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">• <u>Take a digital break</u>• Mindfully step away from your digital devices for short periods of time during your day today. It allows you to feel more focused and centered when you do plug back in. Try to take two or three mini-digital breaks today for about ten minutes each. Start with just one if that's all you feel comfortable doing.
	<p>Music:</p> <ul style="list-style-type: none">• musical scavenger hunt - See handout - PRINT

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✓	Day 5
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p>  <p>Look at this image from the NY Times Or you can watch the video! Use this as an inspiration for your own writing. It could be an imaginative story, a poem, a how-to, fantasy, graphic novel, or a persuasive piece.</p> <p>If you end up with a good story, type it on a google doc and share with a family member! If your story becomes a longer piece of writing, you can continue to work on it over the next few days.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none">• Little Sports YouTube• ELA Brain Boost- Blazer Fresh- "Clap it Out!"• Animal walk around your house. (crab walk, bear crawl, snake slither, frog hop, duck walk, kangaroo jump and inch worm)
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none">• Log into Clever with your students QR code.• Click on the Typing Pal icon.
	<p>Math: <u>Choose 2 activities that are fun and challenging to you.</u></p> <ul style="list-style-type: none">• IXL 4th grade modules A,B,C for 20 min• Khan Academy math for 20 minutes:<ul style="list-style-type: none">◦ Grade 3 Math◦ Grade 4 Math◦ Grade 5 Math• Solve this problem: We have ___ cookies. We put ___ cookies in each bag. How many bags do I need for all of my cookies? Choose the numbers to try in the 1st and 2nd blanks: (100, 10) (200, 10) (500, 10) (320, 10) (320, 32) (640, 32)• Play a board game that involves math or money, like Monopoly, Life, Zil, or Farkle

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	<p>Science:</p> <ul style="list-style-type: none">● Watch the video, "Activists on the Atlantic and Eel-ectrifying Festive Decorations"● OR Pour enough milk into a pie plate or a deep dish to cover the bottom. Squirt drops of different colors of food coloring into the milk. Be sure to not mix them up and let the drops sit as they are. Dip a q-tip into some dish soap and then put the dish soaked part of the q-tip into the milk and see what happens! https://sciencebob.com/a-color-symphony/● OR Choose a Mystery Science lesson at your grade level
	<p>Social Studies:</p> <ul style="list-style-type: none">● Watch the video, "Great States/Oregon History". List three things you learned from the video.● OR visit Scholastic Learn at Home: Grades 3-5 (Day 5)● OR Write the history of your family. Talk to you parents or grandparents about your family history. Where is your family from? When did they move to Oregon? Any interesting facts about your family history.
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none">● Create a drama/play.● Make sure to add dialogue.● Act it out!
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">● Take a Laughter Recess● By taking a laughter recess during your day, you give yourself a mental escape that transports you to a higher place where you can enjoy your day from a more relaxed, positive, and joyful perspective.
	<p>Music:</p> <ul style="list-style-type: none">● Put on your favorite music and work out some dance steps. Then teach your dance to another person in your household.

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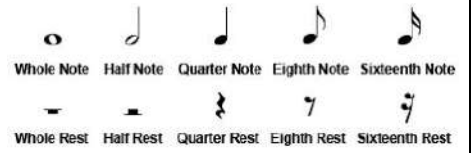
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✓	Day 6
	<p>Literacy:</p> <ul style="list-style-type: none"> Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.) <p>Writing</p> <p>Writing Prompt: What habits do you wish you had? Why? Is there one single habit you would most like to make, or break?</p>
	<p>Brain Boost: Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none"> Little Sports YouTube Math Brain Boost- Blazer Fresh- "Hollabaloo" Find an adult to take you outside to play!
	<p>Math: Choose 2 activities that are fun and challenging to you.</p> <ul style="list-style-type: none"> IXL 4th grade module D for 20 min Khan Academy math for 20 minutes: <ul style="list-style-type: none"> Grade 3 Math Grade 4 Math Grade 5 Math Play a math or strategy game or do a puzzle for 15-20 mins Create a story using multiplication or division, solve it showing proof of your answer and then have someone else solve it, if possible.
	<p>Science:</p> <ul style="list-style-type: none"> Watch the video, "Climate change (according to a kid)" OR Place an egg into a cup and fill the cup with vinegar, leaving ½ inch space at the top. Make a Prediction - What will happen? Let the egg sit for 2 days, and then check and see what has happened to the egg! Egg Shell Experiment OR Choose a Mystery Science lesson at your grade level
	<p>Social Studies:</p> <ul style="list-style-type: none"> Thinking back to the video you watched on Day 5, Create a timeline that shows relationships among people, events, and movements in Oregon history. OR Create a timeline about your family.
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none"> Write a news article about your school closure for students in another state. Include at least one illustration.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none"> Color Coloring is an easy way to practice mindfulness. It takes full focus and requires you to slow down and think about what you are working on, getting other things out of your mind. Coloring also gives us some relief from tension, anxiety, and stress. This makes it the perfect thing to add to an end of the day routine.

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Music:

- Get a piece of paper and draw some music notes and Rests:



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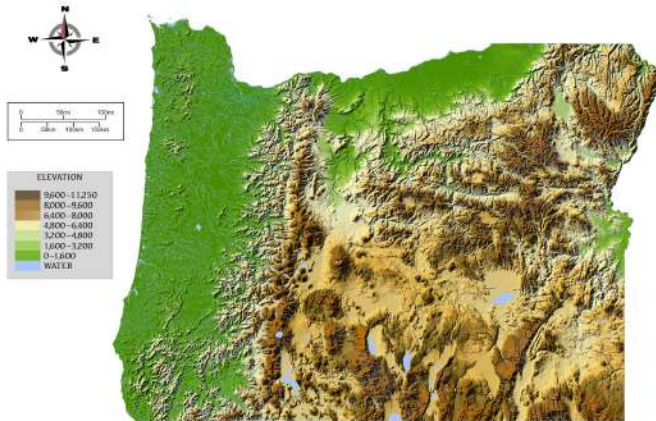
✓	Day 7
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p>  <p>Look at this image from the NY Times and use this as an inspiration for your own writing. It could be an imaginative story, a poem, a how-to, fantasy, graphic novel, or a persuasive piece.</p> <p>If you end up with a good story, type it on a google doc and share with a family member! If your story becomes a longer piece of writing, you can continue to work on it over the next few days.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none">• Little Sports YouTube• Social Studies Brain Boost- Blazer Fresh- "Vote"• Count how many jumping jacks you can do in one minute. Try to beat that number!
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none">• Log into Clever with your students QR code.• Click on the Typing Pal icon.
	<p>Math: <u>Choose 2 activities that are fun and challenging to you.</u></p> <ul style="list-style-type: none">• IXL 4th grade module D for 20 min• Khan Academy math for 20 minutes:<ul style="list-style-type: none">○ Grade 3 Math○ Grade 4 Math○ Grade 5 Math• Solve this problem: Mrs. Dustman is going to have (12, 24, and/or 72) people over to her house for Addison's first birthday. If she wants to give each person $\frac{1}{4}$ of a sandwich, how many sandwiches does she need to make?• Measure objects around your house in inches, feet, and yards. Record your measurements on a piece of paper.

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Science:

- [Strange Sounds in Antarctica, a Flying Man, and Beaver Benefits](#)
- **OR** Fill up 5 different cups of water and gather a few items from your kitchen to test if they will dissolve in the water (you could use flour, oatmeal, sugar, brown sugar, cornmeal, sprinkles). Make a prediction, then put an item in each cup, stir, and see if your prediction was right and if your item dissolved!
- **OR** Choose a [Mystery Science lesson](#) at your grade level

Oregon's Terrain



Social Studies:

- Look at the map, [Oregon's Terrain](#). What region of the state appears to be most conducive to human settlement. Why? Record your thinking.
- **OR:** Design thinking challenge, build the state of Oregon using only 3 supplies this will be done over the next 4 days.
 - example of supplies, toothpicks, straws, tin foil, legos, etc...
 - Include rivers, mountains, lakes, and natural landmarks.

Language Acquisition/ELD: (These activities can be done in English or the language spoken at home.)

- Design the perfect backpack.
- Create an ad to persuade someone to buy the backpack. Include illustrations & labels!

Wellness/Self Care

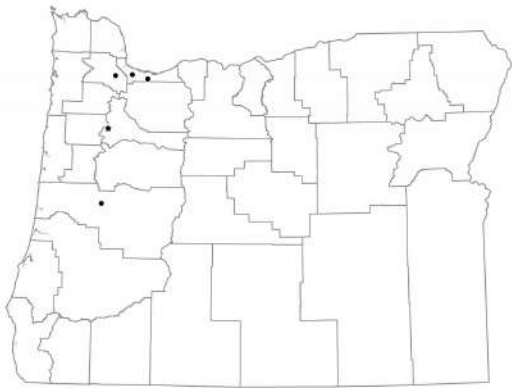
- [Show Appreciation](#)
- Take time to show appreciation to someone. The emotion of gratitude has consistently been one of the strongest happiness boosters known in scientific literature.

Music:

- Go play online at the [Chrome Music Lab](#)
- **OR** Sing a song to a family member or stuff animal or pet, can you sing more than one? Can you add hand motions or actions?

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✓	Day 8
	<p>Literacy:</p> <ul style="list-style-type: none"> Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p> <p>List at least 6 traits you believe are essential to being a good student. Justify at least 3.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none"> Little Sports YouTube Math Brain Boost- Blazer Fresh- "Getcha Money Right" Tabata (high intensity exercise)time! Exercise for 20 seconds rest for 10 seconds. Repeat 8 times and you will have done a 4 minute tabata. Examples: Squats, jumping jacks, lunges, curl ups, push ups, ski jumps, burpees, jumprope.
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none"> Log into Clever with your students QR code. Click on the Typing Pal icon.
	<p>Math: Choose 2 activities that are fun and challenging to you.</p> <ul style="list-style-type: none"> IXL 4th grade module D for 20 min Khan Academy math for 20 minutes: <ul style="list-style-type: none"> Grade 3 Math Grade 4 Math Grade 5 Math Play a math or strategy game or do a puzzle for 15-20 mins Practice counting/writing: skip count by 2, 3, 4, 6, 7, 8, 9; challenge: bounce a ball and count how many times it bounces by 2, 3, 4, 6, 7, 8, 9
	<p>Science:</p> <ul style="list-style-type: none"> Find some items around your house and see what you can create with them. Get parent permission before using. https://pbskids.org/designsquad/build/spinner/ Choose a Mystery Science lesson at your grade level
	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;"> <p style="font-size: small;">Label Portland, Salem, Eugene, Gresham, and Hillsboro.</p>  </div> <div style="flex: 2; padding-left: 20px;"> <p>Social Studies:</p> <ul style="list-style-type: none"> Look at the Oregon County map handout and label the cities Portland, Salem (should have a star), Eugene, Gresham, and Hillsboro (the five most populous cities in Oregon). What are some things you notice? Bonus add as many cities as you can to this map. OR Continue design thinking challenges to build the state of Oregon. </div> </div>

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	<p>Language Acquisition/ELD: (These activities can be done in English or the language spoken at home.)</p> <ul style="list-style-type: none">• Read a chapter of a fiction book or a picture book.• Choose 2 of the characters.• Tell someone in your family how the two characters are similar and different.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">• <u>Clear your space (desk, room, binder, backpack)</u>• Visual clutter is distracting. Clearing and organizing your space allows you a few minutes of focused mindfulness, as you decide where to put your stuff and what to keep and throw away. Once your space is clear, you have set the stage for more mental and emotional energy to focus and begin your work.
	<p>Music:</p> <ul style="list-style-type: none">• Find 3 glasses or bowls. Fill each glass with 3 different amounts of water. Use a utensil to gently tap each glass / bowl. Then place them in order from low to high. Try to make a little song and share with someone.

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✓	Day 9
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p>  <p>Look at this image from the NY Times and use this as an inspiration for your own writing. It could be an imaginative story, a poem, a how-to, fantasy, graphic novel, or a persuasive piece.</p> <p>If you end up with a good story, type it on a google doc and share with a family member! If your story becomes a longer piece of writing, you can continue to work on it over the next few days.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none">• Little Sports YouTube• Science Brain Boost- Blazer Fresh- "Think like a Scientist"• Set up an obstacle course in your house or outside.
	<p>Math: <u>Choose 2 activities that are fun and challenging to you.</u></p> <ul style="list-style-type: none">• IXL 4th grade module D for 20 min• Khan Academy math for 20 minutes:<ul style="list-style-type: none">◦ Grade 3 Math◦ Grade 4 Math◦ Grade 5 Math• Solve this problem: Mrs. Pierce collected ___ rocks to share equally with ___ students. If each student got the same amount of rocks, how many would each student receive? (84, 6) (384, 8) (4,563, 4)• Find your favorite recipe and figure out how you could double or half the measurements of each ingredient.
	<p>Science:</p> <ul style="list-style-type: none">• Orange Fizz Activity- Get an Orange or a clementine (any sliced citrus fruit would work *with parent assistance*) and a ½ teaspoon of baking soda. Dip your citrus slice into the baking soda. Take a bite of your fruit. What happens??• OR Head Harp Activity• OR Choose a Mystery Science lesson at your grade level

MUSD Distance Learning Activities: Grade 4

	<p>Social Studies:</p> <ul style="list-style-type: none">• Think about the contributions made by people from other countries who have come and made their homes here. These include traditional foods, language and celebrations that are now part of the American experience. Discuss with someone in your home. Do you know anyone that immigrated here from another country?• OR Continue design thinking challenges to build the state of Oregon.
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none">• Think about something you know how to do or make. (It can be ANYTHING!)• Create a how-to guide to teach someone how to do or make it.• Include illustrations, diagrams & labels.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">• <u>Take a Music Break</u>• Listening to music is a powerful mindfulness habit that can reduce stress, elevate your mood, raise your IQ, and offer many other mental and physical health benefits. Taking a break to actively listen to music for a few minutes during your day can help you return to your work in a more positive, peaceful, and productive frame of mind. In fact, listening to music—especially classical music—can change your brain in ways that improve memory and learning.
	<p>Music:</p> <ul style="list-style-type: none">• Find 4 spoons and 4 forks. Place the 4 spoons in order on a table. Clap and say “walk” 4 times, “walk, walk, walk, walk”. Now place the 4 forks in order on the table. Clap twice as fast for each fork, and say “running, running, running, running”. Then make a pattern with the utensils and say and clap the pattern out loud using the words “walk” and “running.” Can you move your body to the pattern?

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✓	Day 10
	<p>Literacy:</p> <ul style="list-style-type: none">• Read 30 minutes (you can read to yourself, to someone else, to a stuffed animal, etc.). <p>Writing</p> <p>Continue one of your previous stories <u>or</u> pick one of the following options to start a creative story:</p> <ol style="list-style-type: none">1. I'm not so sure we should go in there..." he said.2. As they ran across the lawn, it almost felt like they were moving in slow motion.3. "Eureka!" she shouted. "I finally found the solution!"4. He rounded the corner quickly—and collided head first with the new school principal.5. It was a perfect day for a baseball game, so no one expected anything to go wrong... <p>If you end up with a good story, type it on a google doc and share it with a family member! If your story becomes a longer piece of writing, you can continue to work on it over the next few days.</p>
	<p>Brain Boost:</p> <p>Get 60 minutes of physical activity a day. Break it up and make it fun.</p> <ul style="list-style-type: none">• Little Sports YouTube• Science Brain Boost- Blazer Fresh- "Yo! They got a backbone"• Get your heart rate up for 30 minutes. Examples: walk, run, bike, or dance,
	<p>Keyboarding Practice:</p> <p>Spend 15-20 minutes practicing your typing skills from your friends at Typing Pal.</p> <ul style="list-style-type: none">• Log into Clever with your students QR code.• Click on the Typing Pal icon.
	<p>Math: <u>Choose 2 activities that are fun and challenging to you.</u></p> <ul style="list-style-type: none">• IXL 4th grade module D for 20 min• Khan Academy math for 20 minutes:<ul style="list-style-type: none">○ Grade 3 Math○ Grade 4 Math○ Grade 5 Math• Play a math or strategy game or do a puzzle for 15-20 min• Create a story problem where some kids share food which includes fractions, solve the problem and have someone else solve it, if possible.
	<p>Science:</p> <ul style="list-style-type: none">• With adult support, get a white flower (or you can use a piece of celery), a cup, and some food coloring. Fill the cup with water and add enough food coloring to create a strong color in your water. Snip the bottom centimeter of the stem of your flower, or cut off a cm of your celery, and put it in the colored water. Wait and see what happens! https://sciencebob.com/color-flowers-using-science/• Your Sense of Taste Activity• OR Choose a Mystery Science lesson at your grade level

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	<p>Social Studies:</p> <ul style="list-style-type: none">● Finish the design thinking challenges to build the state of Oregon.● OR What are some ways you can become engaged in your school, community, or state to make a difference?● OR Time Capsule: If you were to place an artifact in a time capsule, what would you include? Why would you include it?<ul style="list-style-type: none">● 1. Name what you would put in the time capsule.● 2. Why would you include it?● 3. What would this object teach people in the future?
	<p>Language Acquisition/ELD (These activities can be done in English or the language spoken at home.):</p> <ul style="list-style-type: none">● Write a letter to your friend, persuading them to read one of your favorite books. Tell them all the reasons why you believe they should read it.
	<p>Wellness/Self Care</p> <ul style="list-style-type: none">● Reconnect with Your Relationships● Reach out to a friend, family member, someone you care about and let them know how much they mean to you. Nurturing relationships requires mindful daily attention. Expressing gratitude for these relationships strengthens bonds and keeps us connected with those we care about.
	<p>Music:</p> <ul style="list-style-type: none">● Find a piece of paper and pencil. Draw a line down the middle, from top to bottom. On the left side, draw a picture of a scene where there are soft sounds (ocean, seashells, birds, mother singing her baby to sleep). On the right side, draw a picture of a scene outside where there are loud sounds (fireworks) or loud music (parade). Add some notes in the pictures that have music sounds.

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Additional Activities

[Grade 3 Optional Activities](#)

[Grade 5 Optional Activities](#)

[Math Starter of the Day](#)

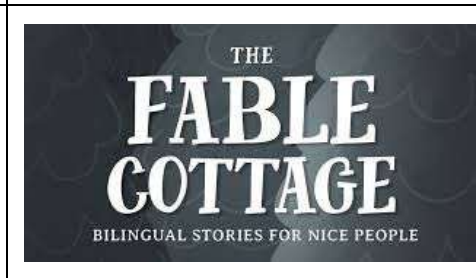
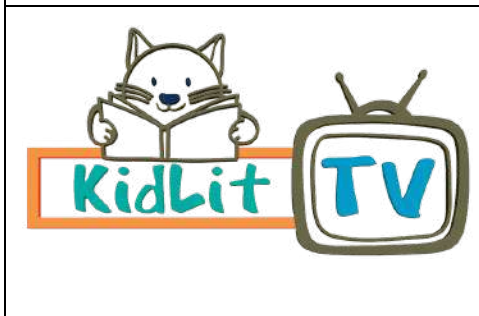
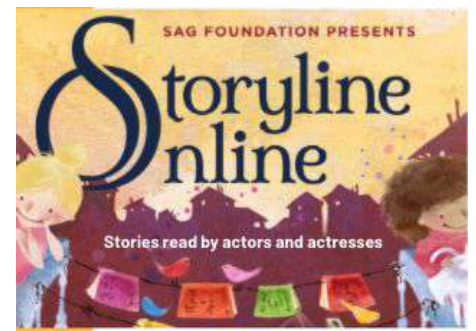
[Fitness Activities](#)



		<p>Typing pal 3rd - 15 WPM 4th - 20 WPM 5th - 25 WPM WPM Goals</p>  <p>Logging into Typing Pal</p>
		 <p>Wonderful daily activities for students at different grade levels.</p>
	 <p>Take a virtual journey around the world!</p>	
 <p>The Cincinnati Zoo plans to live stream several animals and exhibits starting tomorrow on Facebook, March 16, every weekday at 3 p.m. Eastern time (12:00 for Oregon)</p>	 <p>Live streamed animal cameras are set up in a number of exhibits! Plus their engaging kids page too!</p>	 <p>Visit Yellowstone National Park, The Great Wall of China or even Mars in these engaging virtual field trips.</p>

MRSD Distance Learning Activities: Grade 4

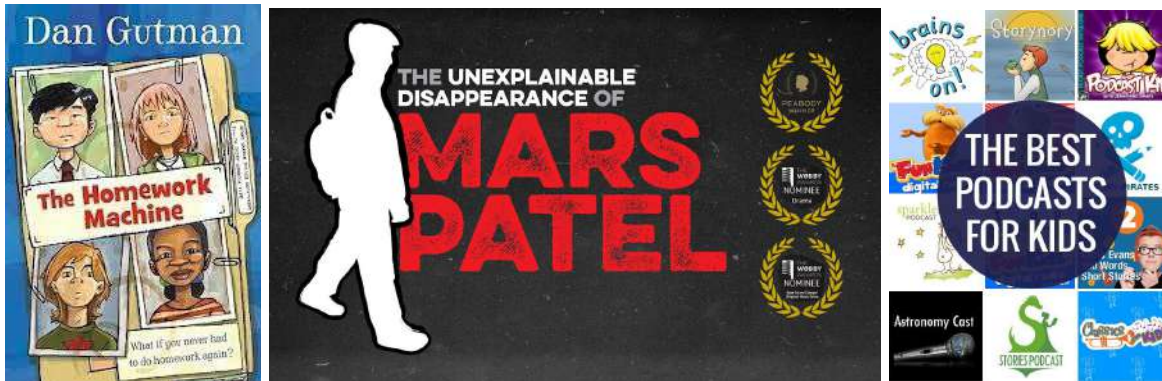
Authors & Illustrators 
Share stories and resources for remote learning



write • draw • create • community

MRSD Distance Learning Activities: Grade 4

Listening Comprehension:



Listening to audiobooks & podcasts are another great “read-aloud” activity that provides ample opportunities for building listening skills. As you listen to a story together, discuss the content, characters, setting, plot, author’s techniques, and give your opinion. Check out the [10 Best Podcasts for Kids](#) as recommended by the Today Show. Perhaps it might inspire your own story/podcast?

Outdoor Music Scavenger Hunt

Dynamics - Forte and *piano*

In music we use dynamics to describe the volume of music. Forte and piano are two basic dynamics we use in music. Forte means loud! Piano means soft.

Think of some things that are loud! Train horns. Caccums. Rock concerts. Can you name any? These things are considered forte in music.

Think of some things that are soft. Ocean waves. Sweeping. Cat purrs. Can you name any? These things are considered piano in music.

In your activity, you will find things outside from the list below. After you have found your items, you will put them in your container and find out if they make forte or piano sounds.

Gather the things you need and 5 items from the list.

What you need

- Plastic tupperware container with a lid (Can be any size.)
- Piece of paper or print out the worksheet
- Pencil
- 2 "mallets" (Can be sticks, spoons, or skewers. Anything that resembles drum sticks)

Find 5 or more of the objects below - (Around a handful of each item)

- Blades of grass
- Dirt
- Pinestraw
- Rocks
- Sweet Gum Tree Seeds
- Sand
- Leaves
- Hay
- Twigs
- Moss
- Clovers

1. On your piece of paper or worksheet write down each item you found.
2. Put a handful of each item in your tupperware container.
3. Shake your container. Then use your mallets and hit it like a drum. Answer the questions on your worksheet.

MRSD Distance Learning Activities: Grade 4

Outdoor Music Scavenger Hunt Worksheet

3rd-5th Grade - Dynamics - **Forte** and *piano*

List of Items	Is it forte or piano when you shake your container?	Is it forte or piano when you hit your container with your mallets?	Did the sound change? If yes, why do you think it changed between shaking and hitting?
1.			
2.			
3.			
4.			
5.			