

WEEK ONE

MONDAY: Let's start the New Year off with talking about some of the things we are grateful for! Follow this link & fill in the blanks:

<https://www.therapistaid.com/worksheets/why-im-grateful.pdf>

TUESDAY: Let's get creative! Learn a simple way to draw a pig. Grab some paper and pencil, click this link, & follow the steps:

https://www.kennedy-center.org/globalassets/education/education-landing-page/mo-willems/day-03_mokc_how-to-draw_sheets_piggie_v3.pdf

WEDNESDAY: Can you crack the code? Click the link & complete the puzzle using Ancient Egyptians Hieroglyphs:

<https://kids.nationalgeographic.com/content/dam/kids/photos/articles/Explorer-Academy/downloads/explorer-academy-hieroglyphic-puzzle.pdf>

THURSDAY: Why shop at farmers markets? Fresh, nutritious, locally grown fruits and vegetables are just a few reasons. Follow this link to watch a short video & see what this Registered Dietitian has to say to shoppers & farmers:

<https://www.youtube.com/watch?v=S7ZaVZpFSMM&t=51s>

FRIDAY: What does it mean to worry? Click the link to learn more about why we worry & what we can do to cope with it:

<https://www.therapistaid.com/worksheets/what-is-worry.pdf>



WEEK TWO

MONDAY: WANTED: Fruits & Veggies! Learn more about your favorite fruits & veggies (& some you may have never seen before!) with these flashcards: https://www.myplate.gov/sites/default/files/2020-12/fruit_veggie_flash_cards.pdf

TUESDAY: Follow this link to match states, capitals, & cities: <https://www.mathworksheets4kids.com/social-studies/50-states/color/states-capitals-cities.pdf>

WEDNESDAY: What Type of Genius Are You? Follow this link & take the quiz!

<https://kids.nationalgeographic.com/games/personality-quizzes/what-kind-of-genius-are-you-/>

THURSDAY: Do acts of kindness! Think about how you might show kindness to

someone else by filling out this worksheet: <https://media.centervention.com/pdf/Journal-Acts-of-Kindness.pdf>

FRIDAY: Let's have some fun with math!

- **Grades K-3:** Click this link & connect the dots by solving B for Baseball: <https://www.scholastic.com/parents/kids-activities-and-printables/printables/math-worksheets/solve-b-baseball-math-printable.html>
- **All Grades:** Click this link & solve these matchsticks puzzles: <https://www.mathinenglish.com/puzzlevew.php?id=1090&pstid=2701>

WEEK THREE

MONDAY: Consider how Martin Luther King, Jr. wanted to change the world & then come up with your own idea or invention that would change the world & make it a better place: <https://www.jumpstart.com/common/change-the-world-view>

TUESDAY: Blast off to space! Explore the Solar System by visiting this link & clicking play: <https://www.funbrain.com/games/tinybop-schools-space>

WEDNESDAY: Click the link & do the activity for today on the Activity Calendar for this month: <https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>

THURSDAY: Can Plants Think? Click the link & play the video to find out! https://ed.ted.com/best_of_web/tYagkL7c

FRIDAY: Draw a response to these quotes (pick your favorite one!): <https://www.scholastic.com/content/dam/parents/migrated-assets/printables/pdfs/coloring-pages-pdf.pdf>

WEEK FOUR

MONDAY: Let's get moving! Click this link to create a fitness dice & give some of the exercises a try: <https://drive.google.com/file/d/15BxUeoSuQQmhHoiIh3LJL6kRlpQOWY6J/view>

TUESDAY:

- **Elementary:** Click the link & read the situations & decide what a good choice would be: <https://media.centervention.com/pdf/Melt-or-Freeze-Impulse-Control-Worksheet.pdf>
- **Middle/High:** Write goals related to the type of person you want to be or life you'd like to have, & consider other 'Choices & Benefits': <https://truthbetoldquotes.com/docs/activities/SEL-activity-choices-benefits-worksheet.pdf>

WEDNESDAY: Can you identify that name of the state each flag represents? Follow this link to see: <https://www.mathworksheets4kids.com/social-studies/united-states-flags/color/flags-states.pdf>

THURSDAY: Grow your own food from your pantry! Read about soaking & sprouting by clicking this link: <https://drive.google.com/file/d/1Di2NHrKC5TKJxEyE3dvHtXbr6pN6z3e8/view>

FRIDAY: Click the link & do the activity for today on the Activity Calendar for this month: <https://www.shapeamerica.org/publications/resources/teachingtools/teachertoolbox/activity-calendars.aspx>