



ENRICHMENT ACTIVITIES FOR STUDENTS & FAMILIES

As the district's Teaching and Learning Subcommittee continues to build out a wide range of educational resources, please explore the activities below.

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| <p>Read a book or magazine. Summarize what you read to someone else.</p> | <p>Write in a journal about your daily activities and the feelings you are having.</p> | <p>Draw a floor plan of your room. Use your self-management skills to organize your room.</p> | <p>Use your self-awareness skills to think about how you are using math throughout the day? Make a list!</p> |
| <p>Play a game (board game, card game, Tic-Tac-Toe, etc)</p> | <p>Get some exercise (go for a walk, do some yoga, do some push-ups, sit-ups, planks, etc)</p> | <p>Listen to music (explore a new type of music, band, singer, etc)</p> | <p>Clean and organize (your room, a space in your home, etc)</p> |
| <p>Use your problem-solving skills to create something for a family member (use recycling materials, legos, blocks, etc)</p> | <p>Build your self-confidence by learning new tasks at home, such as cooking or baking.</p> | <p>Perform an act of kindness or help out in your home</p> | <p>Participate in a virtual zoo tour. (YouTube has many options available)</p> |
| <p>Set up a scavenger hunt in or around where you live</p> | <p>Participate in a virtual museum tour. (YouTube has many options available)</p> | <p>While outside, look for signs of spring (Mass Audubon Nature Bingo)</p> | <p>Practice social distancing. Social distancing does not mean social isolation: call a grandparent, neighbor, or friend. Ask them how they are feeling.</p> |