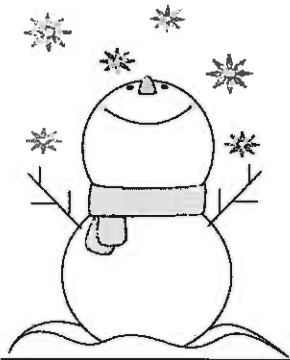


Name: \_\_\_\_\_ Date: \_\_\_\_\_ **Third Grade**

# SNOW DAY CHOICE BOARD



## DIRECTIONS:

1. COMPLETE AT LEAST *ONE* ACTIVITY FROM EACH BLUE COLUMN.
2. COMPLETE *ALL THREE* ACTIVITIES IN THE GREEN COLUMN.
3. HAVE AN ADULT INITIAL EACH BOX THAT YOU HAVE COMPLETED.
4. TURN ALL COMPLETED WORK WITHIN 3 DAYS OF RETURNING TO SCHOOL.

MATH	READING	SPELLING	WRITING	FAMILY	PHY ED MUSIC/ART
<p>Spend 30 minutes practicing math skills on IXL.</p> <p>Initials: _____</p>	<p>Read to self from a book on your plan for 30 minutes.</p> <p>Title: _____</p> <p>Initials: _____</p>	<p>Play tic tac toe with your spelling words.</p> <p>Initials: _____</p>	<p>Write a paragraph with 5-6 sentences describing your snow day.</p> <p>Initials: _____</p>	<p>Clean your bedroom.</p> <p>Initials: _____</p>	<p>Exercise for at least 20 minutes using workout routine on the back of this sheet.</p> <p>Initials: _____</p>
<p>Practice math facts for 30 minutes.</p> <p>Use flash cards, or a multiplication game on mathplayground.com</p> <p>Initials: _____</p>	<p>Read to a family member or friend for 30 minutes.</p> <p>Discuss the story. What surprised you? What was your favorite part of the story?</p> <p>Initials: _____</p>	<p>Write one complete sentence for each of the 8 skill words from this week's list.</p> <p>Initials: _____</p>	<p>Write a kind note or thank you letter to someone.</p> <p>Initials: _____</p>	<p>Help complete a family chore: dishes, make beds, vacuum, dust, etc.</p> <p>Initials: _____</p>	<p>Music- Pick One:</p> <ul style="list-style-type: none"> <li>*Sing a song about snow!</li> <li>*Write a rhythm composition and perform it for your family.</li> <li>*Log into Quaver and complete the activities in the snow day folder</li> </ul> <p>Initials: _____</p>
<p>Practice making change and counting money for 20 minutes.</p> <p>Initials: _____</p>	<p>Read in Epic for 30 minutes.</p> <p>Epic code: BGN8774</p> <p>Initials: _____</p>	<p>Write your words in ABC order. Mark the vowels with one color, and consonants another color.</p> <p>Initials: _____</p>	<p>Create a Haiku poem. Use the link or free app.</p> <p><a href="http://www.readwrite-think.org/classroom-resources/student-activities/haiku-poem-interactive-31074.html">http://www.readwrite-think.org/classroom-resources/student-activities/haiku-poem-interactive-31074.html</a></p> <p>Initials: _____</p>	<p>Play a family game. (Board game, hide &amp; seek, cards----<u>NO technology</u>)</p> <p>Initials: _____</p>	<p>Art- Pick One/ 30 min.</p> <ul style="list-style-type: none"> <li>*Color a page from a coloring book.</li> <li>*Grab a piece of food from your fridge or pantry and draw it.</li> <li>*Watch a "How to Draw" video and then complete the drawing.</li> </ul> <p>Initials: _____</p>

Questions about today's assignment? Please contact me. I will be checking Remind/Dojo app and my email throughout the day. *Insert teacher email here.*

### Morning Workout

#### Plank Workout (the one we do in pe class)

- Jog in place for 30 seconds
- Two arm plank for 30 seconds
- Jumping Jacks in place for 30 seconds
- Right arm side plank for 30 seconds
- Burpees in place for 30 seconds
- Left arm side plank for 30 seconds
- Jog in place for 30 seconds
- V-Sit and Reach for 30 seconds
- Jumping Jacks in place for 30 seconds
- Lying Leg Lifts (legs 6 inches of ground) for 30 seconds
- Burpees in place for 30 seconds
- Push-up Position Chest Touches for 30 seconds
- Run in place for 30 seconds
- Finish with 10 Perfect Push-ups

Total Time 7 Minutes

### Afternoon Workout

#### Kid Fit Workout

- Sit-ups for 30 seconds 2 sets (use couch to hold your feet)  
Set 1 total # \_\_\_\_\_ Set 2 total # \_\_\_\_\_
- Wall Squats 2 sets of 15  
(30 seconds rest between sets)
- Stride Jumps Touch Knee to Floor 30 seconds 2 sets  
(30 seconds rest between sets)
- Step-ups (use stairs step) 30 seconds 2 sets  
(30 seconds rest between sets)
- Push-up Routine  
8 Regular Pushups  
1 Close Grip  
1 Finger Pad  
Spiderman (Right + Left)  
Sky Divers (Twice)