

Suggested/Optional Midterm Activities

Good morning everyone,

We hope you are enjoying a lovely midterm break so far. It is great that we can take a little rest after all the hard work we did over the last few weeks. Remember, there might be people in your home working, so it is our job to help them this week. We could do this by completing some of the activities on this chart each day.

You could include:

- An activity that will help around the house,



- An activity that will keep you active,



- An activity to look after your well-being,



- Some padlet activities.



<p>Complete 10-15 minutes a day on your Spellings for Me account. If you are locked out of the orange and yellow boxes, practice your learning words in the blue box, and your mastered words in the green box.</p> <p>Spellings For Me</p>	<p>Check out our school website: St. Louis SPS home activities for a wide variety of <u>offline</u> activities to complete at home.</p>	<p>Check out our school website: St. Louis SPS home activities For a wide variety of <u>online</u> activities to complete at home by clicking on 'St.Louis SPS Padlet'.</p>	<p>Pick a household job to do each day:</p> <ul style="list-style-type: none"> -Empty/load the dishwasher. -Sweep the kitchen floor. -Hoover the carpet. - Clean your room. -Put away your laundry. -Put away your toys. - Think up a job you can do and don't forget to ask an adult first.
<p>Stay active!</p> <ul style="list-style-type: none"> -Complete a 'Cosmic Yoga' video. -Complete a Joe Wicks video. -Complete a Go Noodle break. -Go for a walk or a run -Play a game in your garden or nearby park. -Practice throwing/kicking a football. -Get outside for at least 30 minutes each day. -Think of something active to do and don't forget to ask an adult first. 	<p>Get creative!</p> <ul style="list-style-type: none"> -Complete a 'How to Draw' video. -Write a story, comic, poem or instruction. -Use recyclable materials to create some 3D art. Look here for ideas. -Start a project about somebody famous, like an inventor, artist or historical person. -Practice your coding skills by engaging with Lightbot or Scratch. -Learn to touch type. 	<p>Keep Reading!</p> <p>Read for at least 15 minutes each day. This can be a book you have in your house or log on to the reading app 'Epic'. When you are finished your book, you could complete a book report.</p>	<p>Have Fun!</p> <p>It is your midterm break after all!</p> <ul style="list-style-type: none"> -Make a zoom quiz for your friends or family. -Learn a new card game or board game. -Listen to some new music. Make a lego or domino maze. -Make an obstacle course (ask an adult). -Cook or bake (ask an adult). -Think up some fun things to do and ask an adult first. -Make a marble run using recyclable materials.
<p>Continue your gratitude journal.</p>	<p>Complete some breathing exercises.</p>	<p>Keep a diary.</p>	<p>Complete some meditations.</p>