

Kindergarten Grade Choice Board

Students are asked to complete at least 1 item from each category.
 For additional experiences, your student is encourage to complete as many as they are able.
 If additional e-learning days occur, students are asked to repeat activities with a different topic/choice.



North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Writing	Math	Social Studies/Science	Specilaist
Find a special place to read your favorite book!	Draw a picture of your favorite place. Label it and write about why you like that place.	Practice counting from 1 to 31. Then count by 5s. Then count by 10s.	Social Studies: Draw and label a picture of community helpers.	P.E. Use a stopwatch or timer and see how many of each of these you can do in 1 minute. Jumping jacks _____ Sit ups _____ Push ups _____ Frog jumps _____ Balancing on 1 leg _____
Re-Tell a story to a family member.	Draw a picture of you helping someone else. Label it and write about how you helped them.	Find these shapes around your house: Circle Square Triangle Rectangle Hexagon	Social Studies: Draw or write a list of things you <i>need</i> and things you want.	Music Read a book using a signing voice. Change your voice for each character OR Sing three songs you remember from music class or concert or pick 3 songs people in your home like to sing together.
Practice writing our uppercase and lowercase letters. Say each sound.	Draw a picture of your favorite toy. Label it and write about why you like that toy.	Make a pattern using objects around your house.	Science: Draw the havitat of your favorite animal.	Art Draw something you can see outside your window or close to home. You can use markers, pencils, crayons, or colored pencils for your artistic creation.
Find 5 objects in your home and identify the beginning and ending sounds.	Draw a picture of your favorite animal. Label it and write about why you like that animal.	Count collections of objects around your house. Example: coins, toys, socks, spoons.	Science: Build a tower using toys or other objects. How could you make it taller?	Health List ways you can be healthy with anothe person. Pick something you can do right now to try (exercise, eat a vegetable, etc).

1st Grade Choice Board

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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Writing	Math	Social Studies/Science	Specilaist
Read in your room for 20 minutes.	Write about your favorite animal and draw the picture to go with the story.	Write down and solve 10 addition problems.	Social Studies: Draw a picture of who helps you each day. Share with your family.	P.E. Use a stopwatch or timer and see how many of each of these you can do in 1 minute. Jumping jacks _____ Sit ups _____ Push ups _____ Frog jumps _____ Balancing on 1 leg _____
Read a story to yourself and then re-tell it to a family member.	Write 3 sentences about your favorite winter activity.	Find some coins and separate and add the values together.	Social Studies: Write down a list of rules you use each day.	Music Read a book using a signing voice. Change your voice for each character OR Sing three songs you remember from music class or concert or pick 3 songs people in your home like to sing together.
Read your favorite story. Then draw a picture that shows what the story was about.	Write 3 sentences and draw a picture about what you are doing during E-Learning.	Look around the house and draw pictures of objects you see that are shapes.	Science: Build a tower of objects and think about how you could make it stronger.	Art Draw something you can see outside your window or close to home. You can use markers, pencils, crayons, or colored pencils for your artistic creation.
Read a nonfiction story. Write 3 facts from the story.	Write what you know about your favorite food. Use facts and opinions.	Using a string or other object, measure 3 things around the house and write them down.	Science: Think of your favorite animal. Draw pictures of what it needs to survive.	Health List ways you can be healthy with another person. Pick something you can do right now to try (exercise, eat a vegetable, etc).

2nd Grade Choice Board

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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Writing	Math	Social Studies/Science	Specilaist
Build a fort with blankets and read inside it with a flashlight!	Write a letter to a friend or family member. Ask them to write you back.	Practice addition and subtraction facts for at least 10 minutes.	Draw a family tree. Ask your parent sto help you fill in your family members.	P.E. Use a stopwatch or timer and see how many of each of these you can do in 1 minute. Jumping jacks _____ Sit ups _____ Push ups _____ Frog jumps _____ Balancing on 1 leg _____
Create a puppet show for your family using toys and act out your favorite book.	Draw a picture of a creature and write a few sentences describing it.	Play the card game War with someone. Variations are Hi/Lo, addition, subtraction, double digit.	Plan a family dinner. make a list, help show, help cook, set the table, and clean up.	Music Read a book using a signing voice. Change your voice for each character OR Sing three songs you remember from music class or concert or pick 3 songs people in your home like to sing together.
Read a book to your stuffed animals or dolls.	Make a comic strip or cartoon story.	Hlep an adult bake something where you need to measure ingredients.	Create a weather report about today's weather. Act it out for your family. What is tomorrow's forecast?	Art Draw something you can see outside your window or close to home. You can use markers, pencils, crayons, or colored pencils for your artistic creation.
Write a review of a book you read. What is it aobut? Did you enjoy it? Should others read it?	Choose an animal you like and write what you know about it. Describe it, where it lives, and what it needs to survive.	Use a ruler or tape measure to measure things around your house.	Choose an animal you want to learn more about. Find information about this animal. Write down 3 things you learned.	Health List ways you can be healthy with anothe person. Pick something you can do right now to try (exercise, eat a vegetable, etc).

3rd Grade Choice Board

Students are asked to complete at least 1 item from each category.
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 If additional e-learning days occur, students are asked to repeat activities with a different topic/choice.



North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Writing	Math	Social Studies/Science	Specilaist
Read a book in bed or in a special spot for 20-30 minutes.	Journal your day's activities.	Take a ruler and measure 10 things around your house.	Social Studies: Look at a map of our country and learn about our states.	P.E. Do the following exercises in a row without resting... 10 jumping jacks 10 sit ups 10 push ups 10 frog jumps Now rest for 2-3 min. and do again. Repeat this for a total of 3 times.
Read aloud to a family member or favorite toy.	Write a story.	Practice multiplication facts for 20 minutes.	Science: With adult permission! Conduct a melting experiement. Put snow in two or more cups. What could you do to one cup to prevent it from melting indoors.	Music Listen to music and find the steady beat. Use a music word to describe the temp. Allegro= fast, Moderato= medium, Andante= walking, Largo= slow OR Write a rap or song about how you are feeling or what you are thinking about today. You could start by making a list of rhyming words.
Find your favorite fictional character. make a venn diagram of how you and that character are smiliar and different.	Write a letter to a friend.	Try to figure out the square area of your bedroom.	Science: Write or draw observations about somthing outside that interests you. Make at least 1 page (weather, trees, bugs, the sun, clouds).	Art Draw something you can see outside your window or close to home. You can use markers, pencils, crayons, or colored pencils for your creation. OR Using a mirror, draw a self portrait. Try to make your expression match how you feel today.
Watch a commerical, write about what the author wants you to believe and evidence for it.	Write step by step instructions on your favorite activity.	_____, _____ Fill in the number. Then write it in expanded form.	Social Studies: Become a producer, draw or make a new objects others could purchahse. What kind of object could you make?	Health List ways you can be healthy. Pick one thing and make a plan for how you can make this an everyday habit.

4th Grade Choice Board

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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Writing	Math	Social Studies/Science	Specilaist
Turn off the lights, grab a flashlight or small lamp, and read in the dark for 30 minutes.	Write a how-to on your favorite activity (cooking, sport, a chore, art project, etc.)	Multiply the following equations. You may use any strategy or method to solve. 4 x 28, 8 x 38, 5 x 30	Social Studies: Draw a map of the place you are today. Can you find which way is north to make the top of the map?	P.E. Do the following exercises in a row without resting... 10 jumping jacks 10 sit ups 10 push ups 10 frog jumps Now rest for 2-3 min. and do again. Repeat this for a total of 3 times.
Find your favorite fictional character. make a venn diagram of how you nad that character are smiliar and different.	Write a commerical for your favorite toy or game.	_____, _____ Fill in the number. Then write it in expanded form.	Social Studies: List goods and services that are in demand because of today's weather. How could a person meet the demand by providing a service?	Music Listen to music and find the steady beat. Use a music word to describe the temp. Allegro= fast, Moderato= medium, Andante= walking, Largo= slow OR Write a rap or song about how you are feeling or what you are thinking about today. You could start by making a list of rhyming words.
Make a t-chart of each person living with you. Give them a character train on one side. Give 2 peices of evidence on the other side.	Write a persuasive letter to your teacher. What kind of learning is best for you? Give examples of why.	Complete this word problem. Then solve it. _____ has _____ boxes of _____. There are _____ in each box. How many _____ does _____ have altogether?	Science: With adult permission! Conduct a melting experiement. Put snow in two or more cups. What could you do to one cup t oprevent it from melting indoors.	Art Draw something you can see outside your window or close to home. You can use markers, pencils, crayons, or colored pencils for your creation. OR Using a mirror, draw a self portrait. Try to make your expression match how you feel today.
Find a book, magazine or newspaper. Read to a family member or stuffed animal.	Journal for 20 minutes about something you are thinking about.	Walk around your space and identify objects that have an acute, obtuse or right angle. Write your list on a piece of paper.	Science: Make a list of everything using various types of energy (heat, electrical, chemical, light). Find a way electricity is transferred.	Health List ways you can be healthy. Pick one thing and make a plan for how you can make this an everyday habit.

5th Grade Choice Board

Students are asked to complete at least 1 item from each category.
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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Writing	Math	Social Studies/Science	Specilaist
Turn off the lights, grab a flashlight or small lamp, and read in the dark for 35 minutes.	Write a persuasive letter to your teacher. What kind of learning is best for you? Give examples of why?	Use any digits 0-9 to make 4 numbers from the hundred millions to the thousandths place. Then order the numbers from least to greatest. _____'_____'_____'_____'	Social Studies: Draw a map of the place you are today. Can you find which way is north to make the top of the map?	P.E. Do the following exercises in a row without resting... 10 jumping jacks 10 sit ups 10 push ups 10 frog jumps Now rest for 2-3 min. and do again. Repeat this for a total of 5 times.
Read a reipe or assembly directions and follow the sequence to create something.	Write a letter to a relative or friend. Make sur eyou put on a poastage stamp and mail it.	Write an equation. Then solve. A fifth grader had fabric that was 7.2 feet long. She used some and now has 1.55 feet. How much did she use?	Social Studies: List goods and services that are in demand because of today's weather. How could a person meet the demand by providing a service?	Music Listen to music and find the steady beat. Use a music word to describe the temp. Allegro= fast, Moderato= medium, Andante= walking, Largo= slow OR Write a rap or song about how you are feeling or what you are thinking about today. You could start by making a list of rhyming words.
Watch a commerical, write what the author wants you to believe and evidence for it.	Write a how-to on your favorite activitiy (cooking, sport, a chore, art project, etc).	Find a recipe that includes fractions. Figure out the amount of each ingredient needed if you were to double the recipe.	Science: With adult permission! Conduct a melting experiement. Put snow in two or more cups. What could you do to one cup t oprevent it from melting indoors.	Art Draw something you can see outside your window or close to home. You can use markers, pencils, crayons, or colored pencils for your creation. OR Using a mirror, draw a self portrait. Try to make your expression match how you feel today.
Make a t-chart of each person living with you. Give them a character train on one side. Give two peices of evidence on the other side. Explain the relationship between two people.	Journal for 20 minutes about something you are thinking about.	Create a survey question to gather data from your friends and family. Create a table and bar graph with your results. What is the mean, median, and mode?	Science: Make a list of everything using various types of energy (heat, electrical, chemical, light). Find a way electricity is transfered.	Health Write down everything you eat today at each meal. Then re-write each food into the correct category Fruit, Vegetable, Meat, Dairy, Grains Observe your food choices for the day. Were they healthy choices? Did you get enough food from each category? What do you need to eat more of next time?

6th Grade Choice Board

Students are asked to complete at least 1 item from each category.
 For additional experiences, your student is encourage to complete as many as they are able.
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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Science	Math	Social Studies	Specilaist
Watch a movie and write a 1 page review. Include the reasons why you feel the way you do.	Are all snowflakes the same shape? Collect snowflakes on a dark piece of construction paper or cloth. Examine them cosely with a magnifying glass if you have one. Draw and compare the shapes of the snowflakes. Note at patterns or differences.	Find 3 examples of math in the real world.	Design a travel brochure for a Minnesota region (Northwoods, Twin Cities, Prairie, etc.) showing its geography, culture, and economy.	P.E. Do the following exercises in a row without resting... 10 jumping jacks 10 sit ups 10 push ups 10 frog jumps Now rest for 2-3 min. and do again. Repeat this for a total of 5 times.
Interview someone about a specific event in their life that made an impact on them.	What animals are around your home during the winter? Go outside and look for animal tracks in the snow. Sketch or take pictures of the tracks you find. Try to identify the aniamals that left the tracks based on their size and patterns. Create a chart or poster displaying the different tracks and potential animals that made them.	Write 0.38 as a fraction. Write 0.05 as a fraction. Write 0.74 as a fraction.	Research how Minnesota's economy changed from fur trade to modern indsturies.	Music Write a rap or song about how you are feeling or what you are thinking about today. You could start by making a list of rhyming words. OR Research a musical artist you like to listen to and learn about their career and early life.
Read anything you can find for 20 minutes and then write a summary.	Design an experiment that could be conducted.	Practice making different types of change for a \$20.00 bill.	Explain how rivers and lakes have shaped Minnesota's history and communities.	Art Using a mirror, draw a self portrait. Try to make your expression match how you feel today.
Write a short story that includes all the storey components, including a conflict and resolution: Plot Character Conflict Theme Setting	Does snow melt faster on different surfaces? Collect equal amounts of snow in containers made of different materials (e.g., plastic, metal, glass, etc). Place them in the same location and observe which one melts the fastest. make predicitoinas about why some surfaces might be better at melting snow than others.	Rhianna is creating lollipop bouquets using 15 cherry lollipops and 9 orange lollipops. She wants each bouquet to be identical, with no lollipops left over. What is the greatest number of lollipop bouquets Rhianna can create?	Connect the lives of Dakota or Ojibwe people to how minnesotans use land today.	Health Write down everything you eat today at each meal. Then re-write each food into the correct category Fruit, Vegetable, Meat, Dairy, Grains Observe your food choices for the day. Were they healthy choices? Did you get enough food from each category? What do you need to eat more of next time?

7th Grade Choice Board

Students are asked to complete at least 1 item from each category.
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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Science	Math	Social Studies	Specilaist
Watch a movie and write a 1 page review. Include the reasons why you feel the way you do.	What are the three main states of matter? Describe the characteristics of each state.	Find 3 examples of math in the real world.	Create a new political party poster with your symbol, slogan, and key issues.	P.E. Do the following exercises in a row without resting... 10 jumping jacks 10 sit ups 10 push ups 10 frog jumps Now rest for 2-3 min. and do again. Repeat this for a total of 5 times.
Interview someone about a specific event in their life that made an impact on them.	How does photosynthesis work? Explain the process and its importance for plants and other living organisms.	A pilot counted the number of empty seats on 8 flights. 1 seat, 1 seat, 4 seats, 3 seats, 2 seats, 3 seats, 5 seats, 1 seat What was the range of empty seats?	Research a major Supreme Court case and summarize why it matters today.	Music Write a rap or song about how you are feeling or what you are thinking about today. You could start by making a list of rhyming words. OR Research a musical artist you like to listen to and learn about their career and early life.
Read anything you can find for 20 minutes and then write a summary.	Describe the structure and function of the human respiratory system. How does it enable us to breathe and exchange gases?	Practice multiplication and division facts.	Explain how checks and balances work using a real-life government example.	Art Using a mirror, draw a self portrait. Try to make your expression match how you feel today.
Write a short story that includes all the storey components, including a conflict and resolution: Plot Character Conflict Theme Setting	What is the difference between a physical change and a chemical change? Provide examples of each type of change.	With adult permission: Use measuring cups and/or a recipe to cook using fractions.	How does civic engagement (voting, protesting, volunteering) shape America?	Health Write down everything you eat today at each meal. Then re-write each food into the correct category Fruit, Vegetable, Meat, Dairy, Grains Observe your food choices for the day. Were they healthy choices? Did you get enough food from each category? What do you need to eat more of next time?

8th Grade Choice Board

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North Metro Flex Academy

Where You're Challenged...and Belong

Reading	Science	Math	Social Studies	Specilaist
Watch a movie and write a 1 page review. Include the reasons why you feel the way you do.	Build or draw a model showing how heat transfers (conduction, convection, radiation).	Find 3 examples of math in the real world.	Create a map of a fictional country with landforms, climates zones, and resources	P.E. Do the following exercises in a row without resting... 10 jumping jacks 10 sit ups 10 push ups 10 frog jumps Now rest for 2-3 min. and do again. Repeat this for a total of 5 times.
Interview someone about a specific event in their life that made an impact on them.	Research how scientists use thermal engery in technology (solar panels, engines).	With adult permission: Use measuring cups and/or a recipe to cook using fractions.	Explain how human activity changes the enviornment (deforestation, pollution, etc.)	Music Write a rap or song about how you are feeling or what you are thinking about today. You could start by making a list of rhyming words. OR Research a musical artist you like to listen to and learn about their career and early life.
Read anything you can find for 20 minutes and then write a summary.	Explain what happens to molecules when matter changes states.	How do you write 78.8 in scientific notation?	Research how geography affects life in one world region (Asia, Africa, etc.)	Art Using a mirror, draw a self portrait. Try to make your expression match how you feel today.
Write a short story that includes all the storey components, including a conflict and resolution: Plot Character Conflict Theme Setting	Which type of energy transformation do you see most often in your daily life?	Figure out the missing number in the sequence. 99 90 _____ 72 63 _____	How does where we live affect how we live?	Health Write down everything you eat today at each meal. Then re-write each food into the correct category Fruit, Vegetable, Meat, Dairy, Grains Observe your food choices for the day. Were they healthy choices? Did you get enough food from each category? What do you need to eat more of next time?