



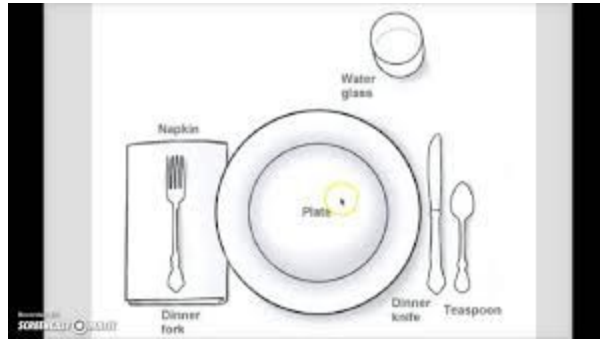
**Week 3: Optional Home Learning Guide - 7th Grade**  
[Accessing School Technology from Home](#)

<p><b>Reading and Writing</b></p>	<p><b>Mindful Writing Monday</b> -- Go Outside! Write in your journal for 15 minutes about what you are observing outside with your five senses, then create a poem about what you experienced.</p> <p><b>Terrific Reading Tuesday</b> -- Read a chapter from a book of your choosing; write a paragraph describing your favorite scene so far.</p> <p><b>World News Wednesday</b> -- Wednesday -- Watch 15 minutes of news or read a news article from a web site of your choosing; write 5 facts from the news story, in complete sentences; write a paragraph (5-8 sentences) stating your opinion about the news story.</p> <p><b>Thoughtful Reading Thursday</b> -- Read a chapter from a book of your choosing; write a paragraph describing the antagonist(opposing force).</p> <p><b>Fun Exploring Friday</b> -- Go to National Geographic Kids - Countries and read about <a href="#">South Korea</a>.</p> <ul style="list-style-type: none"> <li>● Write 5 new things you learned from the reading.</li> <li>● Using information from the article, write a paragraph about what you would like or not like about living in South Korea.</li> </ul> <p><b>Additional Resources</b>          Complete days 11-15 on <a href="#">Scholastic Learn at Home</a>          ○ username: <b>Learning20</b>   password: <b>Clifford</b>          Virtually visit the <a href="#">Sno-Isle Library</a></p>
<p style="text-align: center;"><b>Math</b></p> <p>Monday: <a href="#">Big Ideas Textbook</a></p> <ul style="list-style-type: none"> <li>● Section 3.1 Algebraic Expressions</li> <li>● Section 3.2 Adding and Subtracting Linear Expressions</li> </ul> <p>Tuesday: <a href="#">Big Ideas Textbook</a></p> <ul style="list-style-type: none"> <li>● Section 3.3 Distributive Property</li> </ul> <p>Wednesday: <a href="#">Big Ideas Textbook</a></p> <ul style="list-style-type: none"> <li>● Section 3.4 Factoring Expressions</li> </ul>	<ul style="list-style-type: none"> <li>● Monday -- <a href="#">Combining Like Terms with Khan Academy</a> <ul style="list-style-type: none"> <li>○ <a href="#">Worksheet ... Combining Like Terms</a></li> </ul> </li> <li>● Tuesday -- <a href="#">The distributive property with variables with Khan Academy</a> <ul style="list-style-type: none"> <li>○ <a href="#">Worksheet ... Distributive Property</a></li> </ul> </li> <li>● Wednesday -- <a href="#">Factoring with the distributive property Khan Academy</a> <ul style="list-style-type: none"> <li>○ <a href="#">Worksheet ... Factoring</a></li> </ul> </li> <li>● Thursday -- <a href="#">Scholastic Math Article and Activity</a>; Read the linked article on the recent Star Wars Film saga and the different sets they filmed on around the world, then click on Jump to Teaching Resources (at the bottom of the page) link to watch two videos related to the article and answer the questions on the skill sheet on graphing on the coordinate plane; <a href="#">Teaching Resources</a></li> <li>● Friday -- <a href="#">Create your own game and then play it</a> <ul style="list-style-type: none"> <li>○ 7th Grade Big Ideas Puzzles</li> <li>○ Play Speed with a deck of cards</li> <li>○ <a href="#">Non Computer</a></li> </ul> </li> </ul>

<p><b>Algebra</b></p>	<ul style="list-style-type: none"> <li>● Monday through Friday -- Computer Work <ul style="list-style-type: none"> <li>○ Check your teacher's google classroom page</li> <li>○ Online access can be found on Google Classroom</li> <li>○ Class code: <b>gmqlodh</b></li> </ul> </li> <li>● Monday -- Student Journal; <a href="#">5.7 Practice: Page 165-166, #1-12</a></li> <li>● Tuesday -- Student Journal; <a href="#">5.4 Practice: Page 150, #1-19 odd</a></li> <li>● Wednesday -- Student Journal; <a href="#">5.3 Practice: Page 145-146, #1-19 odd</a></li> <li>● Thursday -- Student Journal; <a href="#">5.2 Practice: Page 138, #3.4; Page 141, #14, 19</a></li> <li>● Friday -- Student Journal; <a href="#">5.1 Practice: Page 135-136, #1-15 odd</a></li> </ul>
<p><b>Social-Emotional Learning</b></p>	<p>15-30 minutes, daily  <a href="#">Family conversation prompts</a></p>
<p><b>Science</b></p>	<p>With internet access, go to your Science teacher's Google Classroom and look for the CK-12 assignments under the topic, <i>Science Engagement March-April 2020: Flow of Matter in Ecosystems; Nitrogen Cycle in Ecosystems; Freshwater Ecosystems.</i></p> <p>If you do not have internet access, read the article in the packet of handouts (available at lunch pick-up sites) and answer the questions.</p>
<p><b>Social Studies</b></p>	<p>Please check your Social Studies Google Classroom for more activities! Ms. Grotzke, Mr. Jenkins, and Mr. Lucero will be adding activities each week, so go check it out! The Class Code is <b>qjhaqf6</b>.</p> <p>Learn some geography with a couple of map exercises and coloring sheets.</p> <ul style="list-style-type: none"> <li>● <a href="#">Geography of Europe</a></li> <li>● <a href="#">Geography of South America</a></li> <li>● <a href="#">Saguaro Nat'l Park Coloring</a></li> <li>● <a href="#">Sequoia Nat'l Park Coloring</a></li> </ul>
<p><b>Technology</b></p>	<p>15-30 minutes daily</p> <ul style="list-style-type: none"> <li>● <a href="#">code.org/</a> - Students have accounts in Clever</li> <li>● <a href="#">Google Applied Digital Skills</a></li> <li>● Take a trip on <a href="#">Google Earth</a></li> </ul>
<p><b>Family &amp; Consumer Science</b></p>	<p>This week's independent living focuses on <i>Food</i> Dig in!</p> <ul style="list-style-type: none"> <li>● Sanitize your cooking and cleaning utensils! No dishwasher? No problem! <a href="https://www.youtube.com/watch?v=HAQHnZWYyXk">https://www.youtube.com/watch?v=HAQHnZWYyXk</a></li> <li>● Learn a little bit about how to avoid common kitchen injuries. I show this video every semester. Longer, but great way to learn! <a href="https://www.youtube.com/watch?v=Y7D90UJbCg0">https://www.youtube.com/watch?v=Y7D90UJbCg0</a></li> <li>● Create a meal plan for you or your family for breakfast this week! Remember, Keep it Simple! Try to get in fruit, dairy and/or protein</li> <li>● Here's a recipe to try for scrambled eggs, add fruit and TA-DAH!!!! <a href="https://toriavey.com/how-to/how-to-make-scrambled-eggs/">https://toriavey.com/how-to/how-to-make-scrambled-eggs/</a></li> <li>● Snacking is something we are doing a lot of these days. Take a look at some healthy options! Schedule snacks about 2 hours after a meal. Add snacks into your meal plan! Yogurt, celery with peanut butter, popcorn, cheese, trail mix. <a href="https://www.healthline.com/nutrition/healthy-snacks-for-kids#TOC_TITL">https://www.healthline.com/nutrition/healthy-snacks-for-kids#TOC_TITL</a></li> </ul>

[E\\_HDR\\_2](#)

Wherever your family gathers to eat, set the “table.”



**PE & Health**

- 15-30 minutes daily
- Monday -- Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
- Tuesday -- Play with a friend.
- Wednesday -- Do as many curl-ups as you can.
- Thursday -- March Madness: take 60 imaginary jump shots.
- Friday -- Say your math facts while doing reverse lunges.

Health

- Check out this link about [Healthy Relationships](#). Answer these questions:
  - In a healthy relationship which two qualities are most important to you?, which two are least important to you?
  - Of the warning signs which two do you think are most likely to happen in a middle school relationship? What about a high school relationship?
- Look at the [Equity Wheel for Teens](#) and give an example of a situation for 2 of the Teen Equity characteristics.

[Other Resources](#)

**Art**

Hello, again! Following are another 5 drawing exercises. I hope you like them!

- Monday: Draw a logo for a new brand of action sports products, like skateboards, motocross jerseys, snowboards, etc. Your logo should be simple and clean, descriptive of the type of sport, and original. Take inspiration from other designs you are familiar with.
- Tuesday: Draw a simple t-shirt design that goes along with your logo design. Perhaps the shirt design incorporates the logo somehow, into one image.
- Wednesday: Draw a new type of animal that has never been seen before. Perhaps it is not from this planet? Write a short description of the animal, please.
- Thursday: Draw a picture of your favorite food. Maybe a source image off of the internet or from your camera would help with this one. Write why this is your favorite food, please.
- Friday: Today, again, is an open-choice drawing. Challenge yourself to try something difficult, perhaps. Write about your discovery.

**Music**

**CREATE A “STOMP” RHYTHM PERFORMANCE**  
Supplies Needed

	<ul style="list-style-type: none"> <li>● Pots and Pans</li> <li>● Boxes</li> <li>● Buckets</li> <li>● Utensils</li> <li>● Sticks</li> </ul> <p>What to Do: Create your own instruments and make a performance using them.</p> <p>Search for Stomp Live on <a href="#">YouTube</a>. Listen and watch the wonderful percussive performances by this group. The Stomp ensemble uses items such as brooms and dustbin lids, playing them as musical instruments to create performances. You will be amazed by their rhythmic and captivating show.</p> <p><a href="#">Stomp Live 2009</a></p> <ol style="list-style-type: none"> <li>1. Find objects that can be used as percussion instruments. Objects can be found inside or outside your house.</li> <li>2. Take 15 minutes to collect objects.</li> <li>3. Create a percussive composition, inspired by Stomp. This should take about 20 minutes.</li> <li>4. When finished, perform the composition for your parents or take a video of it and send it to friends.</li> </ol>
<p><b>Other Family Resources</b></p>	<ul style="list-style-type: none"> <li>● Story Time from Space - <a href="#">Ada Twist, Scientist</a></li> </ul>