

## No Technology? No Problem!

Choose from any of these activities to keep yourself busy throughout the day.  
Complete at least one (or more) a day!

<p><b>Nature Walk</b> Take a notebook with you to write or draw what you see in nature.</p>	<p><b>D.E.A.R.</b> Find a quiet space to read a book for at least 20 minutes.</p>	<p><b>Journaling</b> Write about what you have done with your time away from school. Have you missed anything from school?</p>	<p><b>Become an Artist</b> Paint a picture with something that is NOT paint. Be creative!</p>
<p><b>S.T.E.M.</b> Build something with common household items. (toothpicks, paper, q-tips, etc.). Start with a design plan.</p>	<p><b>Write a Letter</b> Write a letter to someone you have been thinking about lately.</p>	<p><b>Play a Game</b> Play a board/card game or complete a puzzle with a family member.</p>	<p><b>History Dig!</b> Ask a family member to show you old pictures of your family. What can they tell you about your family history?</p>
<p><b>Jumping Jack Facts</b> List your math facts for factors 1-12 while doing jumping jacks. Try not to pause!</p>	<p><b>Free Draw</b> Draw whatever you would like! Look out your window for inspiration.</p>	<p><b>Summit</b> Write an instructional manual for an upcoming 5th grader on how to manage their time in SUMMIT. Think about what makes a SUMMIT student successful.</p>	<p><b>Keep or Toss?</b> Go through items in your room. What should you keep and what could you donate?</p>
<p><b>I Survived the Coronavirus 2020</b> Document your "adventures" during this time. Write it in an "I Survived" format.</p>	<p><b>Become a Scientist!</b> Can you use the scientific method to design an experiment? Think about what you could test in your home.</p>	<p><b>Meditate</b> Stretch, take deep breaths and close your eyes to relax your mind and body.</p>	<p><b>Write a Parody</b> Change the words to one of your favorite songs to something educational or having to do with the Coronavirus. Then perform it for your family.</p>