

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