

# At-Home Education Resources

## Upper Elementary (3 - 5)

Dear Families,

When children are out of school, they are missing out on important academic activities as well as losing their daily routines and social interactions. To help support both your child's academic learning and mental health, a structured daily schedule is recommended. A schedule should include: academics, physical activity, free play, arts, reading, enrichment activities, and limited screen time. The following are resources for hands-on enrichment activities to keep students excited and motivated about learning. Challenge your students to complete the daily enrichment activity checklist below. Students with limited internet access can substitute the online activities with art, free play, reading, or a physical activity.

### Daily Enrichment Activities

- Physical Activity (walk, ride a bike, play a sport, etc.)
- Read for 30 minutes
- Offline Enrichment Activity: See Activity Chart
- Online Enrichment Activity: See Activity Chart (Requires internet access)

## Free Online Learning Resources

### Websites

- [Code.org](https://code.org), [Hourofcode.com](https://hourofcode.com)
- [PBSkids.org](https://pbskids.org)
- [Breakoutedu.com](https://breakoutedu.com)
- [Smoremagazine.com](https://smoremagazine.com)
- [Sciencejournalforkids.org](https://sciencejournalforkids.org)
- [Tinkercad.com](https://tinkercad.com)
- [Funology.com](https://funology.com)
- [Kids.nationalgeographic.com](https://kids.nationalgeographic.com)
- [Vivifsystem.com](https://vivifsystem.com)
- [Experiments.withgoogle.com](https://experiments.withgoogle.com)
- [Scratch.mit.edu](https://scratch.mit.edu)
- [EGFI-k12.org](https://egfi-k12.org)
- [NASA.gov/kidsclub](https://nasa.gov/kidsclub)

### Apps

- Hopscotch Programming
- JigSpace
- Stop Motion Animation Studio
- SkyView
- Cargo-Bot
- Tynker Junior
- iNaturalist
- Flight Pilot Simulator 3D
- Bridge Constructor FREE

### Podcasts




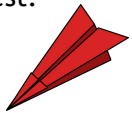

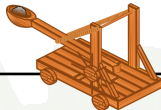





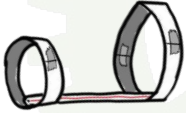

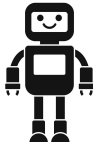

- Fun Kids Science Weekly
- Stories Podcast
- But Why
- KiDNuZ
- What If World
- Wow in the World
- BrainsOn
- Tumble



# Enrichment Activity Chart: *Offline Learning*

## Upper Elementary (3-5)



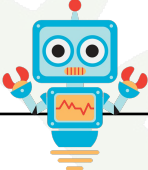


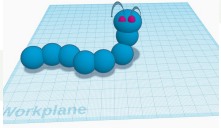






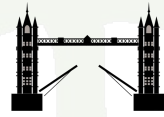





Create Monday	Science Tuesday	Active Wednesday	Engineering Thursday	Fun Friday
<p>Create your personal mission patch! In a large circle, draw (or use clippings) to represent things you are passionate about.</p>	<p>Scientists want to understand the world around us. Write 5 WHY or WHAT questions to learn more about something in nature.</p>	<p>Create an obstacle course. Get a family member to try! What is the shortest amount of time it takes to get through the course?</p>	<p>Engineers solve problems to improve our lives. Brainstorm an invention that can improve your life. Draw how it will work.</p>	<p>Make leaf art! Place a leaf under a sheet of paper and rub a crayon over the leaf to reveal its print.</p> 
<p>Create a skit or poster on the importance of hand washing and how to do it properly.</p> 	<p>Which is the best invisible ink? Write 3 messages using milk, lemon juice, and vinegar. Allow to dry. Heat up the paper with a blow dryer to see message appear.</p>	<p>Play some basketball (or trash can ball)! Measure how many baskets you make out of 10.</p> 	<p>Design and build a table using only newspaper or paper and tape. How much weight can it hold? How can you make it stronger?</p>	<p>Host a paper airplane contest.</p> 
<p>With the help of an adult, cook lunch or dinner. Measure out the ingredients. How would you double or halve the recipe?</p>	<p>Place a small ball on top of a large ball and drop them together. Watch how energy is transferred!</p>	<p>Find a quiet place in nature. Bring a journal and record everything you see.</p> 	<p>Design and build a catapult with household item to knock over a tower of cups.</p> 	<p>Use a small bag of candies like M&amp;Ms, find the ratio of each color to the total candies in the bag.</p> 
<p>Make a greeting card using 3D pop up art.</p> 	<p>Find a leaf on a plant, wrap it in a plastic bag and secure it with a rubber band. After a few hours water will appear! This is the plants version of sweating.</p>	<p>Go outside and record as many different insects and mammals as possible.</p> 	<p>Design and build a roller coaster from paper, paper plates, and tape. How long can you keep a ping pong ball moving?</p> 	<p>Draw or write a story about your ideal vacation.</p> 
<p>Create a hoop glider using a straw and paper. How far can you make it go?</p> 	<p>Take a pencil and scribble in a square to create a graphite "ink pad". Press your finger in the graphite and then on a sheet of paper to look at your fingerprint!</p>	<p>Measure your heart beat for 10 seconds. Do jumping jacks and then measure again. What is the difference?</p>	<p>Create a zip line for a small action figure to travel down from at least your shoulder height.</p> 	<p>Survey your family for these genetic traits: dimples, attached earlobes, ability to roll tongue, and right thumb goes on top when clapping hands.</p>
<p>Draw a robot invention. What would it do?</p> 	<p>Go outside and write down your weather observations. What do the clouds look like? Can you tell what direction they are moving?</p>	<p>Create your own dance workout routine. Teach to a family member.</p> 	<p>Imagine you only have one leg. Design a prosthetic leg using household items. Test it out! How do you make it comfortable? How would it attach to your body?</p>	<p>With a family member, discuss a significant historical event that happened to them. How did this event impact their life? What did they learn?</p>



# Enrichment Activity Chart: *Online Learning*

## Upper Elementary (3-5)



Create Monday	Science Tuesday	Coding Wednesday	Engineering Thursday	Fun Friday
<p>Create beats using sounds from the everyday world. <a href="https://experiments.withgoogle.com/drum-machine">experiments.withgoogle.com/drum-machine</a></p>	<p>Read the latest issue of Smore Magazine: <a href="https://smoremagazine.com">smoremagazine.com</a></p>	<p>Play a coding game at <a href="https://hourofcode.com/us/learn">hourofcode.com/us/learn</a></p> 	<p>Explore engineering careers at <a href="https://EGFI-k12.org">EGFI-k12.org</a></p> 	<p>Time to explore the night sky! Download the SkyView app. Can you find a planet or constellations?</p> 
<p>Create your own 3D design on <a href="https://www.tinkercad.com">www.tinkercad.com</a></p> 	<p>Build a window greenhouse and watch your plants grow. Learn more here: <a href="https://bit.ly/vivifylifescience">bit.ly/vivifylifescience</a></p> 	<p>Download the Cargo-Bot app and program your Bot.</p>	<p>Use the build activity spinner for an engineering challenge: <a href="https://pbskids.org/designsquad/build/spinner/">pbskids.org/designsquad/build/spinner/</a></p>	<p>Try out the Flight Pilot Simulator 3D app and conquer the skies.</p> 
<p>Conduct an orchestra from your computer. <a href="https://semiconductor.withgoogle.com">semiconductor.withgoogle.com</a></p>	<p>Listen to this science show about space <a href="https://bit.ly/supernova8">bit.ly/supernova8</a></p>	<p>Play a game at <a href="https://hourofcode.com/us/learn">hourofcode.com/us/learn</a></p>	<p>Explore the NASA website: <a href="https://nasa.gov/kidsclub/">nasa.gov/kidsclub/</a>. Find out about the Mission to the Moon.</p>	<p>Choose 1 book to read. <a href="https://funbrain.com/books">funbrain.com/books</a></p> 
<p>Create a movie using Stop Motion Animation studio app.</p> 	<p>Download the JigSpace app to learn about the solar system.</p> 	<p>Play a coding game at <a href="https://studio.code.org">studio.code.org</a></p> 	<p>Build and test bridges with the Bridge Constructor FREE app</p> 	<p>Create a song! <a href="https://creatability.withgoogle.com/keyboard/">creatability.withgoogle.com/keyboard/</a></p>
<p>Read this story and then draw your own robot creation. <a href="https://bit.ly/robotstory7">bit.ly/robotstory7</a></p>	<p>Play a science game from <a href="https://breakoutedu.com/funathome">breakoutedu.com/funathome</a></p> 	<p>Build a game on the Tynker Junior app.</p>	<p>Download the JigSpace app to learn how a quadcopter (drone) works!</p> 	<p>Can the computer guess your drawing? <a href="https://quickdraw.withgoogle.com">quickdraw.withgoogle.com</a></p> 
<p>Watch the video "Inventions from Nature" and create a poster to advertise your own animal inspired invention. <a href="https://bit.ly/animalinvention">bit.ly/animalinvention</a></p>	<p>Use the iNaturalist app to learn about a new plant or creature and share it with the scientific community.</p> 	<p>Check out the projects at <a href="https://scratch.mit.edu">scratch.mit.edu</a> then create your own game!</p>	<p>Can you cook using the heat of the sun? Learn how to build a solar oven: <a href="https://bit.ly/vivifysolaroven">bit.ly/vivifysolaroven</a></p> 	<p>Search "virtual museum tours" to explore famous exhibits from around the world.</p> 