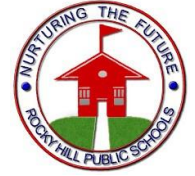


Enrichment Activity Matrix - Mid Grade 5

Please visit the [Curriculum & Instruction](#) page of the district website for more Information.



Reading & Writing	Mathematics	Science and Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education/ Brain Break
Choose a just-right book and read for at least 50 minutes.	Math Facts! Practice multiplication and division facts for at least 15 minutes.	What Are You Wondering? Explore at Wonderopolis .	“Try Not To Laugh” Challenge! Act like a goofy goober and make someone laugh.	Be an Artist! Think of someone who matters in your life and create a unique picture/drawing for him/her.	Healthy Moves! Check how much salt is in ketchup. Side-slide in place that number.
A hero is someone who is admired for his/her courage and achievements. Write about a hero. Describe why you admire him/her.	Choose an activity on NRICH Math .	Start a Science Sketch Book! Draw what you observe around you.	Encouraging Kindness! Write a note or draw a picture to someone you noticed was kind or helpful to you.	Draw/Paint to Music! Letting your creativity flow in response to music is a great way to let out feelings and relax.	Math in Motion! Say your math facts while doing reverse lunges.
Choose a fiction and/or nonfiction book on: <ul style="list-style-type: none"> • VocabularyA-Z • Tumble books • PebbleGo • Epic! 	Design Your Dream Home! Determine the measurements of all the rooms. Find the area and perimeter of each room.	Extend Your Learning! Select a science topic from school. Visit NSTA or Science Fun to learn more. Bonus: Research a topic of your choice.	Be a Sugar Detective! Foods like yogurts, cereals, granola bars, sauces, dressings, and condiments are sneaky sources of sugar. The American Heart Association recommends kids should have less than 25 grams or 6 teaspoons of added sugars daily for a healthy heart.	Photojournalism! With your parent’s permission, use a camera to make a digital photo journal on an interesting topic. <ul style="list-style-type: none"> • Your vision of a perfect day • Things you find beautiful • A special family moment 	WALK and DON’T Talk! As you walk (around your house or outside), listen to the sounds around you. Pay attention to natural sounds, machine sounds, and human sounds. The world is an interesting place to listen!
Design Your Dream Home! If you could build your dream house, what rooms would it have? Write a descriptive paragraph or two.	Choose one fifth grade activity on: <ul style="list-style-type: none"> • Khan Academy • Math At Home 	Explore Perspective! Write a journal or a postcard from the point of view of an explorer or scientist.	Chore Champion! Help fold the laundry, do the dishes, or another chore.	Dance! Dance! Dance! Choreograph a dance and do not be afraid to turn out your best moves.	Spelling in Motion! Practice your spelling words while doing squats.
Design a board game and write clear rules for playing the game.	Design Your Dream Home! Determine how much paint and carpet you would need.	Be an Inventor! Invent a machine or device to solve a problem.	Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.	Imagine It! Draw yourself as a warrior. Think about how strong and capable you would be.	Healthy Moves! Check how many calories in a piece of candy. Flap your arms that number.

◆ For more resources visit Cora J Belden’s [Children Department](#)