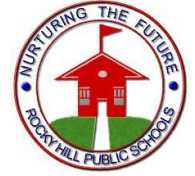


Enrichment Activity Matrix - Mid Grade 1

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
<p>Read a fiction and/or nonfiction book on:</p> <ul style="list-style-type: none"> • LearningA-Z • Tumble books • PebbleGo • Epic! 	<p>Pretty Polygon! Create a drawing with only polygons.</p> <p>Note: Polygons are shapes made of straight lines. All the lines connect.</p>	<p>Extend Your Learning! Select a science topic from school. Visit NSTA or Science Fun to learn more.</p> <p>Bonus: Research a topic of your choice.</p>	<p>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.</p>	<p>Make Your Own Drum!</p> <ol style="list-style-type: none"> 1. Gather an empty carton, jar, or can. 2. Use a plastic bag or fabric to cover the top and secure it with an elastic. The tighter you pull the fabric, the better the sound. 3. Grab pencils as drumsticks and make some music! 	<p>Dance Party! Start the music. Dance in the following ways:</p> <ul style="list-style-type: none"> • Robot • Basketball player • Super hero • Grasshopper • Soccer player • On tiptoes
<p>Imagine you are stuck inside a T.V. What would you do? What shows would you visit? Write about it.</p>	<p>Play Guess My Number! Provide a few clues to your child and have them guess your number. Challenge: Reverse the roles and guess your child's number.</p>	<p>Good Citizenship! Honesty Tell a story about when you told the truth, even though it was difficult.</p>	<p>Encouraging Kindness! Write a note or draw a picture to someone you noticed was kind or helpful to you.</p>	<p>Musical Statues!</p> <ol style="list-style-type: none"> 1. Play music and dance. 2. Stop the music and freeze like a statue. Turn the music back on and continue dancing. 	<p>Crazy 8s! Choose an exercise and perform it eight times.</p> <ul style="list-style-type: none"> • Jumping jacks • Silly shakes • High knees • Lunges
<p>Play hangman.</p>	<p>Math Facts! Practice addition and subtraction facts for at least 15 minutes.</p>	<p>What Could happen? You find money on the street. What could happen next?</p>	<p>Think and Act! What does it mean to be a friend? How could you show friendship?</p>	<p>Draw/Paint to Music! Letting your creativity flow in response to music is a great way to let out feelings and relax.</p>	<p>Mix It Up! Touch your elbow to your opposite knee 10 times on each side.</p>
<p>Choose a just-right book and read for at least 15 minutes.</p>	<p>Choose one first grade activity on:</p> <ul style="list-style-type: none"> • Khan Academy • Math At Home 	<p>Safety Skills! Be sure you know your address and phone number.</p>	<p>Think and Act! What does it mean to be grateful? How could you show gratitude?</p>	<p>Imagine It! Draw a picture of your favorite day.</p>	<p>Reading In Motion! Read a book while doing a wall sit up.</p>
<p>Think of a book you have read. Who is your favorite character? Why? Write about it.</p>	<p>Build jigsaw puzzles and/or play a board game such as Monopoly Jr., Battleship, Bingo, Othello, Perfection</p>	<p>What Are You Wondering? Explore at Wonderopolis.</p>	<p>Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.</p>	<p>Design a new cover for a book. What would you include? Why?</p>	<p>Math In Motion! Count to 10 while doing jumping jacks.</p>

- ◆ For more resources visit Cora J Belden's [Children Department](#)
- ◆ Need a new book to enjoy? Visit the [CT State Library](#). For books read aloud see the [Story time tab](#).