

Enrichment Activity Matrix - Mid Grade 4

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>Choose a fiction and/or nonfiction book on:</p> <ul style="list-style-type: none"> • VocabularyA-Z • Tumble books • PebbleGo • Epic! 	<p>Choose one fourth grade activity on:</p> <ul style="list-style-type: none"> • Khan Academy • Math At Home 	<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>Imagine It! Draw yourself as a warrior. Think about how strong and capable you would be.</p>	<p>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!</p>
<p>Design a board game and write clear rules for playing the game.</p>	<p>Choose an activity on NRICH Math.</p>	<p>Good Citizenship! Honesty Think about how you can be honest with yourself and others. Write/draw about it.</p>	<p>Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.</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>Math in Motion! Say your math facts while doing reverse lunges.</p>
<p>Choose a just-right book and read for at least 40 minutes.</p>	<p>Create origami animals.</p>	<p>What Are You Wondering? Explore at Wonderopolis.</p>	<p>“Try Not To Laugh” Challenge! Act like a goofy goober and make someone laugh.</p>	<p>Appreciate Nature! Go outside and notice nature around you. Draw a picture of what you see.</p>	<p>Healthy Moves! Check how much salt is in ketchup. Side-slide in place that number.</p>
<p>Write to the following: If you could have lunch with anyone in the world, who would it be and why?</p>	<p>Cook and/or bake together to work on fractions. Click here for recipes!</p>	<p>Start a Science Sketch Book! Draw what you observe around you.</p>	<p>Chore Champion! Help fold the laundry, do the dishes, or another chore.</p>	<p>Dance! Dance! Dance! Do not be afraid to turn out your best moves.</p>	<p>Spelling in Motion! Practice your spelling words while doing squats.</p>
<p>Write about going on an adventure with your best friend.</p>	<p>Math Facts! Practice multiplication and division facts for at least 15 minutes.</p>	<p>Did You Know... Create a “Did You Know...” book or blog for science or social studies. (You can do this for many content areas!)</p>	<p>Encouraging Kindness! Write a note or draw a picture to someone you noticed was kind or helpful to you.</p>	<p>Be an Artist! Think of someone who matters in your life and create a unique picture/drawing for him/her.</p>	<p>Healthy Moves! Check how much fat is in your salad dressing. Flap your arms that number.</p>

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