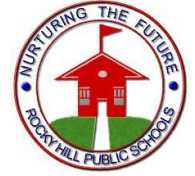


Enrichment Activity Matrix - Mid Grade 2

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 20 minutes.	Math Facts! Practice addition and subtraction facts for at least 10 minutes.	Create A Good Citizen Poster! How might you show respect at home, in school, or in the community?	Think of a movie or book where the character experienced a challenge. Write or draw how he/she overcame the challenge.	Draw/Paint to Music! Letting your creativity flow in response to music is a great way to let out feelings and relax.	Take a 15 Minutes WOG! A WOG is a combination of walk and jog. Begin walking. Then, lean forward and pick up the speed a little. It's okay to take short, quick steps.
Write your own version of a fairy tale, folk tale, or fable. Remember to include appropriate story elements.	Time to Shop! Create a grocery list with prices and determine how much money you will need.	Map the Room! <ul style="list-style-type: none"> Draw a rough outline of any room in the house Mark the entrance Make a list of items in the room and draw them in the same position on the map. 	Encouraging Kindness! Write a note or draw a picture to someone you noticed was kind or helpful to you.	Appreciate Nature! Go outside and notice nature around you. Draw a picture of what you see.	Crazy 8s! Choose an exercise and perform it eight times: <ul style="list-style-type: none"> Jumping jacks Silly shakes High knees Lunges
Read a fiction and/or nonfiction book on: <ul style="list-style-type: none"> LearningA-Z Tumble books PebbleGo Epic! 	Cook Together! Cooking together as a family helps children learn early math skills. Click here for recipes!	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.	Make Your Own Drum! <ol style="list-style-type: none"> Gather an empty carton, jar, or can. 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. Grab pencils as drumsticks and make some music! 	Dance Party! Start the music. Dance in the following ways: <ul style="list-style-type: none"> robot basketball player super hero grasshopper soccer player on your tiptoes
Write to the Prompt: If you could change your name, what would it be and why?	Choose one second grade activity on: <ul style="list-style-type: none"> Khan Academy Math At Home 	Start a Science Sketch Book! Draw what you observe around you.	Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.	Imagine It! Draw yourself as an animal. Imagine you were an animal. Which one would you be?	Mix It Up! Touch your elbow to your opposite knee 15 times on each side.
Write about who has the best job in the world and why?	Play Card Games	What Are You Wondering? Explore at Wonderopolis .	Chore Champion! Help fold the laundry, do the dishes, or another chore.	Design It! Design a new cover for a book. What would you include? Why?	Math In Motion! Count to 100 by 10s while doing jumping jacks.

- ◆ 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](#).