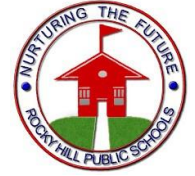


Enrichment Activity Matrix - Mid Grade 3

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
Design a board game and write clear rules for playing the game.	Math Facts! Practice multiplication 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.	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.
Write on the following prompt: What would you do if you won the lottery?	Choose an activity on NRICH Math .	Did You Know... Create a “Did You Know...” book for science or social studies. (Other topics work great too!)	Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.	Draw/Paint to Music! Letting your creativity flow in response to music is a great way to let out feelings and relax.	6 Minutes RUN-WALK HIIT! ♦ Walk (2 min.) ♦ Run (1 min.) ♦ Walk (3 min.) Repeat
Choose a fiction and/or nonfiction book on: <ul style="list-style-type: none"> • VocabularyA-Z • Tumble books • PebbleGo • Epic! 	Cook and/or Bake Together! Have your child read the recipe with you. Discuss the measurements and how the portions might be adjusted for a larger or smaller group. Parent Resource	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! 1. Gather 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!	4 Walls! Choose 4 different movements. Facing one wall of a room, do a movement for 30 seconds. Then, face another wall and do a different movement. Repeat until all 4 walls are covered. Movement examples: <ul style="list-style-type: none"> • Side shuffle • Vertical jumps • Arm circles (Forward and back) • Jump side to side • Run in place • Squat
Choose a just-right book and read for at least 30 minutes.	Choose one third 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.	Chore Champion! Help fold the laundry, do the dishes, or another chore.	Appreciate Nature! Go outside and notice nature around you. Draw a picture of what you see.	Spelling In Motion! Practice your spelling words while doing squats.
If you could read minds, whose mind would you read? Write about it.	Play card games.	Good Citizenship! Honesty Think about how you can be honest with yourself and others. Write/draw about it.	Encouraging Kindness! Write a note or draw a picture to someone you noticed was kind or helpful to you.	Imagine It! Draw yourself as a warrior. Think about how strong and capable you would be.	Math In Motion! Say your math facts while doing reverse lunges.

- ♦ 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](#).