

2019-2020 Annandale Elementary Grade 4 Choice Board

Students should choose at least **one** activity from each subject area column (Math, Reading, Writing, Science/Social and Specials)

Color the box of the activities you completed and have a caregiver/parent sign the top of the form.

Students please return this sheet to your teacher **within 3-5 days** upon your return to school.

Math	Reading	Writing	Science / Social Studies	Specials
<p>Log onto IXL www.ixl.com/signin</p> <p>Go to the Recommendations page OR complete tasks in the Diagnostic arena.</p>	<p>Read to yourself for 20 minutes. Write about the main idea of your reading.</p>	<p>Write a story about what might happen if you were stuck at school by yourself on a snow day.</p> <p>Be sure to include: -a beginning, middle, and end. -description using your 5 senses</p>	<p>Make a list, including time, of activities or events from your snow day. Use these events to create a timeline on paper or online.</p> <p>http://www.readwritethink.org/parent-after-school-resources/games-tools/timeline-a-30-246.html</p>	<p>Flexibility Yoga (upward and downward dog routine) Seated toe touches: stretch for 15 sec- repeat Standing toe touches: stretch for 15 sec- repeat Hurdle stretch: stretch for 15 sec- repeat</p> <p>Cardiovascular Conditioning: Pick an activity to do for three continuous minutes: Jump rope, Burpees, Elliptical Machine, Run on Treadmill, Jumping Jacks</p> <p>Strength: Pick two exercises Push ups Bench dips Pull ups</p> <p>Cardiovascular Endurance Sit ups Wall sit Planks</p>
<p>Practice multiplication and division facts.</p> <p>You can use: flashcards arcademics.com 2 dice a deck of cards</p>	<p>Read out loud for 20 minutes to a family member, pet, or stuffed animal!</p>	<p>Pick a topic to research. Find information about that topic and then write 7-10 facts that you learn.</p> <p>You can create a presentation on Google Slides if you'd like to share it with your teacher.</p>	<p>Work on your current Social Studies region hyperdoc. OR Play an online states and capitals game. https://online.seterra.com/en/vap/3063</p>	<p>Art Follow the steps on the provided sheet to create the illusion of form. Start by creating a dot in the center of your paper. Then add 4 lines across. Next, create curved lines facing toward the center in every other section. (Concave) Last, in the remaining sections make curved lines facing outward. (Convex) Color the picture using a medium you have at home. Light values should be in the middle of the section and dark values at edges.</p>
<p>Play a game with numbers. Top It Yahtzee Multiplication War</p>	<p>Read something other than a book (online article, magazine, newspaper, or recipes).</p>	<p>Practice your spelling words any way you'd like -in the snow -with colors on paper -take a practice test. -type them using the home row</p>	<p>Go outside and measure the snow in five different locations.</p> <p>Find the mean, median, mode, and range of your data.</p>	<p>Music Create and write an 8-beat phrase using known rhythms. Play your written phrase for an adult in your house using any unpitched instrument from your kitchen. For extra credit, record and send your work to Mrs. Koets.</p>
<p>With a deck of cards numbered 1-9, create five "three-digit multiplication by 1-digit multiplication problems. Solve them and return them to your teacher.</p>	<p>Read the attached passage <i>Surviving the Cold</i> Answer the questions that follow.</p>	<p>Write a letter to a neighbor, friend, or relative. Be sure to have the date, greeting, body, closing, and signature.</p>	<p>Engineer the tallest structure you can by using materials from your home or outdoors. Record the height.</p> <p>_____</p>	<p>Media/Tech Literacy Go online and type on typing.com</p>

Close Reading Passage

Surviving the Cold

Lexile: 660L
Word Count: 318

In the winter, humans can buy warm clothes from a store. However, animals can't do this. They must adapt to survive the cold. Some adapt their bodies. They might grow heavy fur or thick blubber. Others adapt their behavior. They might hibernate or migrate for the winter. Here are some amazing ways animals adapt to survive the cold.

Many Arctic animals have bodies that **conserve** heat. They might conserve heat by trapping it with their heavy fur. Some Arctic animals have many layers of thick fur. The layer closest to the body is the undercoat. The undercoat is very **dense** with many short, curly hairs. It keeps them warm and dry. The outer coat has long, coarse hair called guard hair. It blocks sunlight and sheds water. Many sea animals have blubber instead of fur to keep warm. Blubber is a thick layer of fat beneath the skin.

Some land animals can't find food during the winter. They hibernate to conserve energy. During hibernation, animals slow their breathing and heart rate. A polar bear's heart rate can drop to eight beats per minute. It's usually 40 to 50 beats per minute. Arctic animals also lose much of their body weight. These changes help the animal survive without food.

Some animals migrate to warmer areas to survive winter. Migrate means to move or travel to a different area. It's a common behavior among birds and many land animals. When winter comes to the Arctic, food **diminishes**, or disappears. In order to find food, many animals have to travel long distances. One type of bird, for example, travels over 50,000 miles.

There are several ways Arctic animals survive the cold weather. Some have fur or blubber to keep them warm. Others hibernate for the winter or migrate somewhere else. The temperatures in the Arctic make it very difficult for life to exist. However, these animals continue to survive by adapting.



Unlike most other arctic sea animals, the sea otter has no blubber and relies on its incredibly thick fur to keep warm. With nearly one million hairs per square inch, its fur is the thickest in the world.

Name: _____

Surviving the Cold

Key Ideas and Details Questions

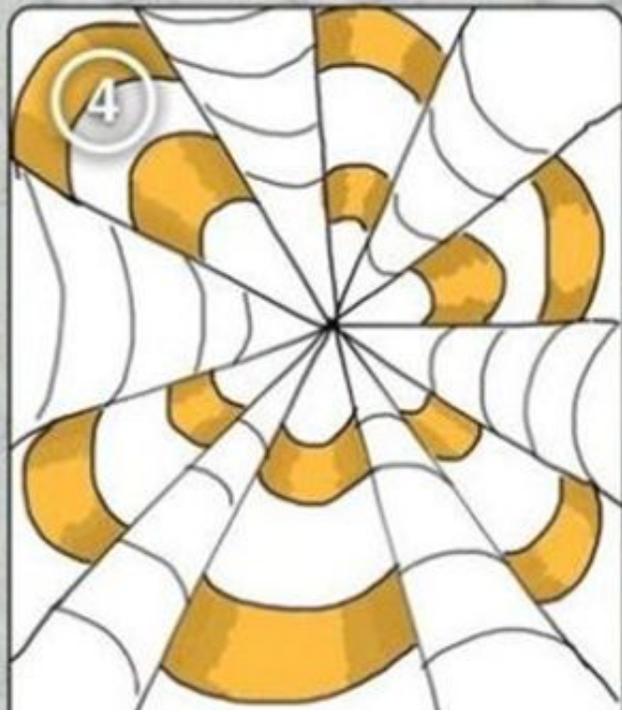
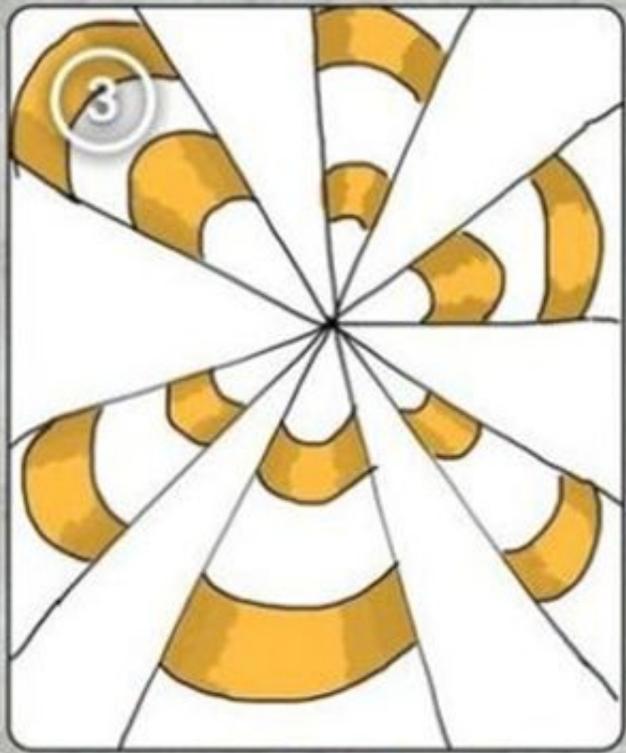
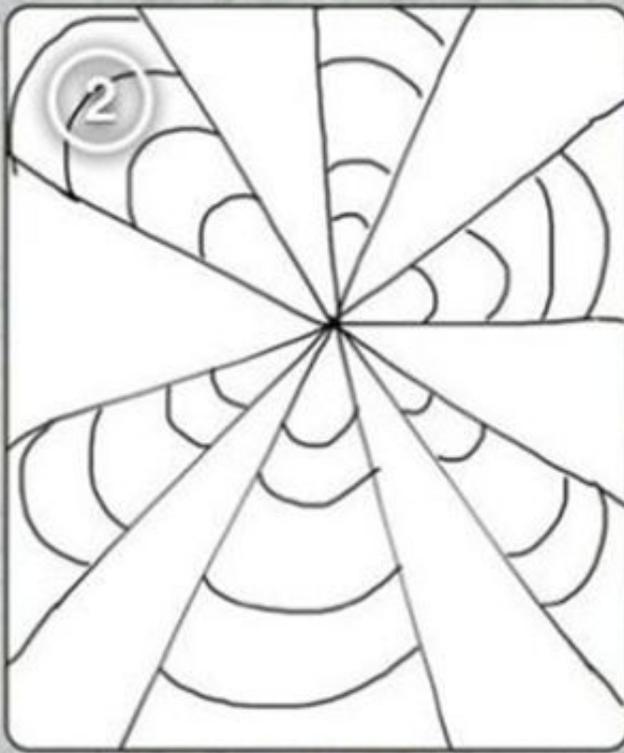
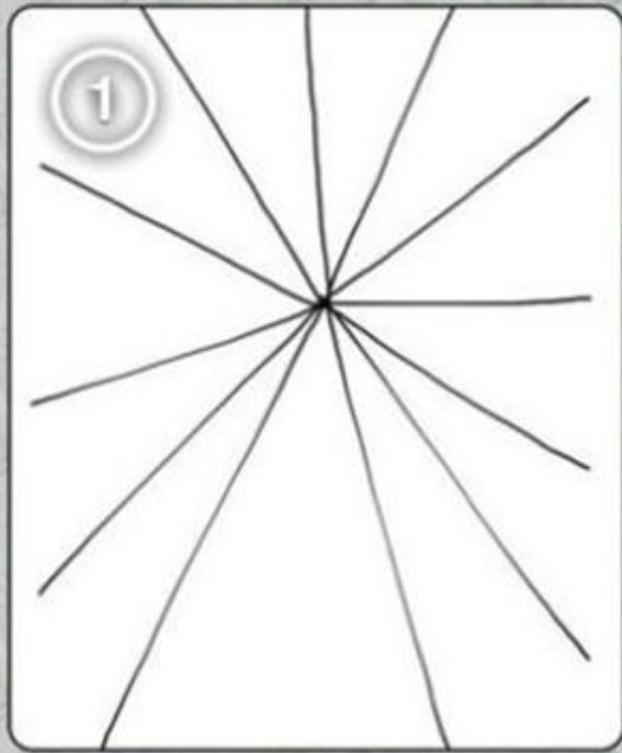
Complete these questions after your first read. Use evidence from the text to support your answers.

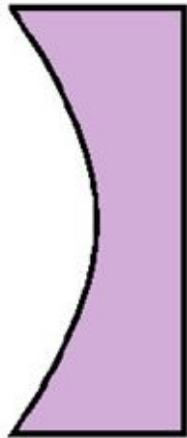
1.) What is the difference between physical adaptations and behavioral adaptations? Use evidence from the text to support your answer. **RI.1**

2.) How does the fur of many Arctic land animals protect against cold temperatures? Use evidence from the text to support your answer. **RI.1**

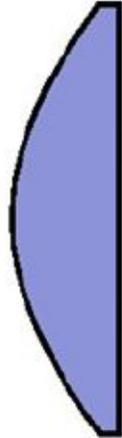
3.) What is the main idea of the text? **RI.2**

4.) How is blubber similar to thick fur? Use evidence from the text to support your answer. **RI.3**





concave



convex

