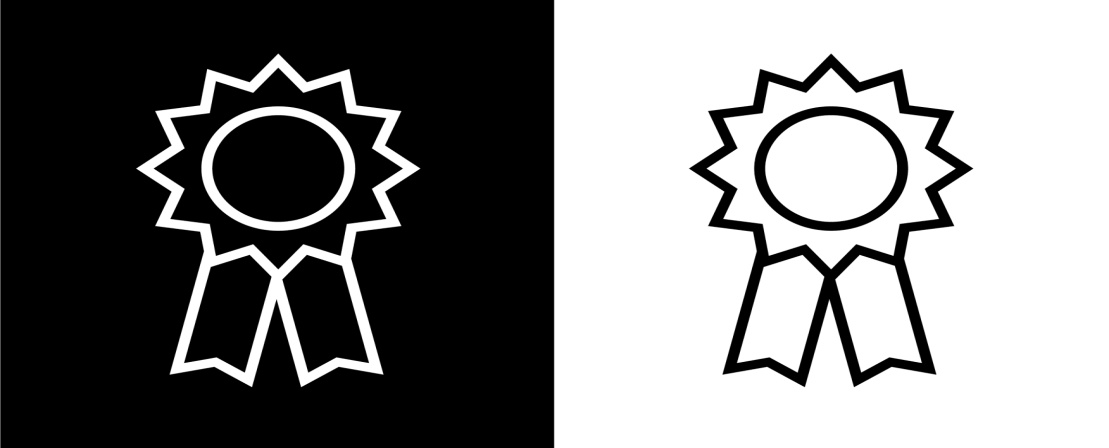
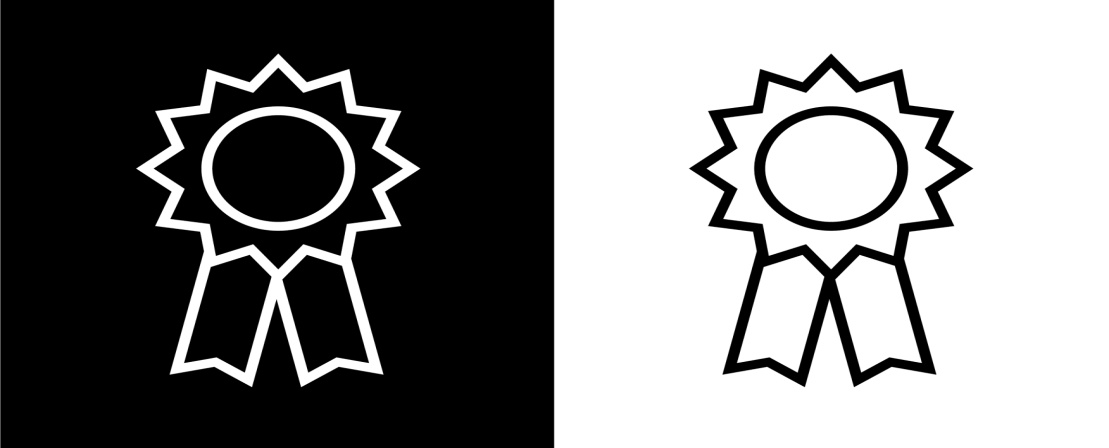
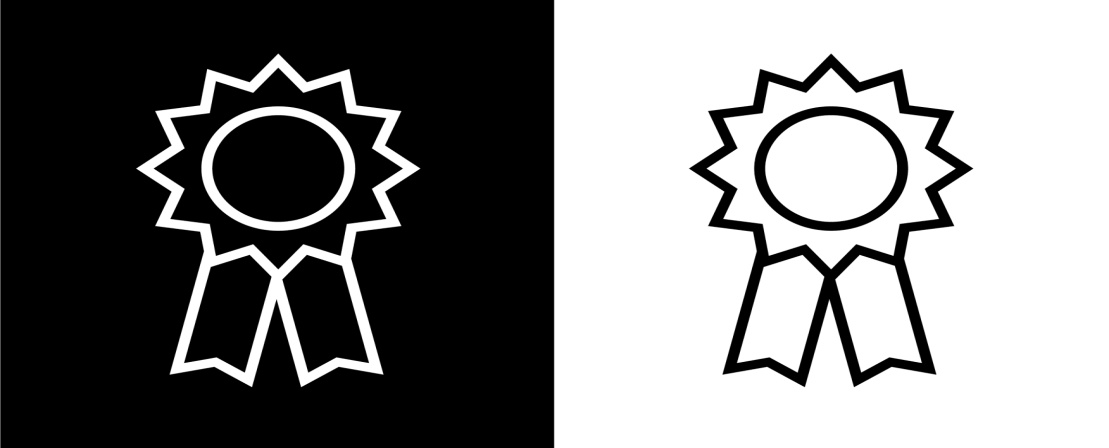
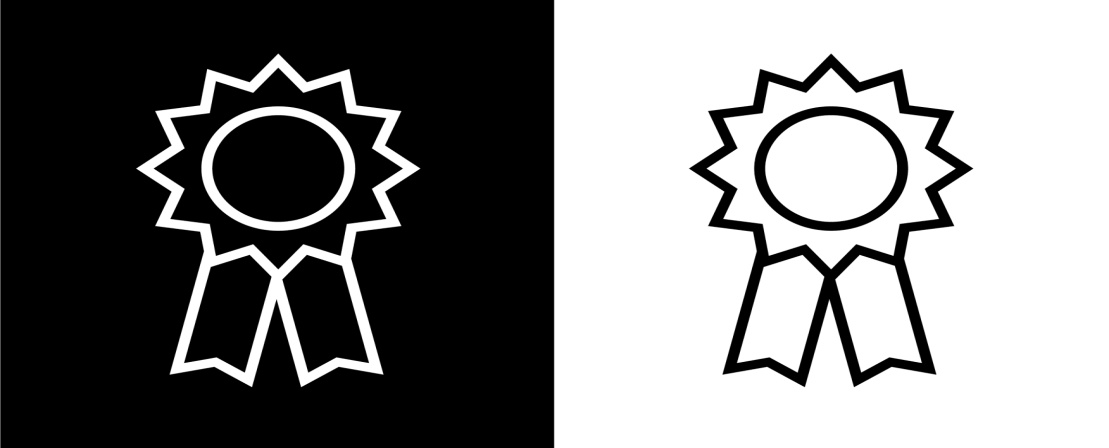
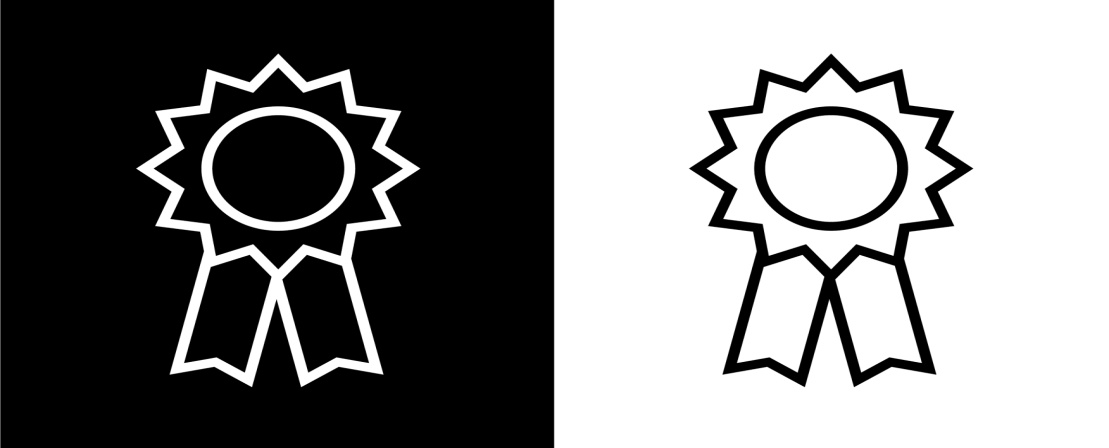
****

* Host a family meeting online or by phone
* Place an order by phone
* Flipgrid
* What’s in the Sock?
* 20 Questions
* Window Weather Reporting
* Charades Games
* Wheel Decide
* Chatterpix
* Headbands Game
* Password Game
* Science Memory Game

**Speaking Events**

* Neighborhood Letter Search
* Book Quote Art
* Book Club
* Book Creator
* Math Battleship
* Science Literature Connection
* Google Lit Trip
* Backwards Book Walk
* 20-3-1: Summarize
* Story Map
* Readers’ Theater
* Multiplication Dominos
* Digital Escape Room
* Draw a map of the neighborhood and label it
* Write a Letter to the editor, a school board member, or congressperson about the effects of the quarantine
* Journal Writing
* ThingLink

**Writing Events**

* Write a letter to a neighbor
* Write a letter to an essential worker
* Create a brochure about your neighborhood
* Create a comic strip with words and pictures
* Family Writing Contest
* Writing from Boxes
* Information Gap
* List Group Label
* News BINGO
* Media BINGO
* I spy
* Mozart Listening Activity
* VOA Learning English
* UniteforLiteracy.com
* Tumble Science Podcast for Kids
* Epic!
* Africanstorybook.org
* Family Language Tree
* Simon Says Drawing

**Listening Events**

Color the prize ribbon gold if you do 8 activities, silver if you do 6 activities, and bronze if you do 4 activities.

**Language Olympics**

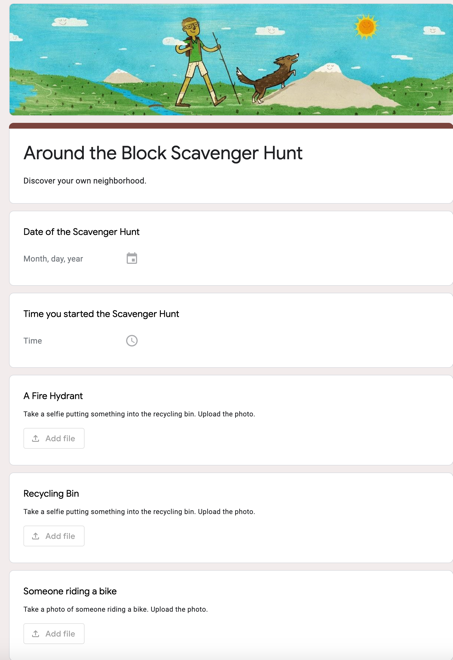
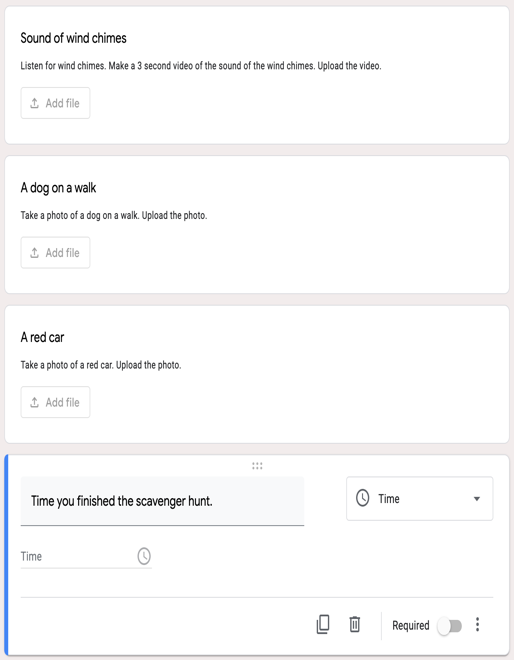
**Reading Events**

**Healthy Mind and Body Events**

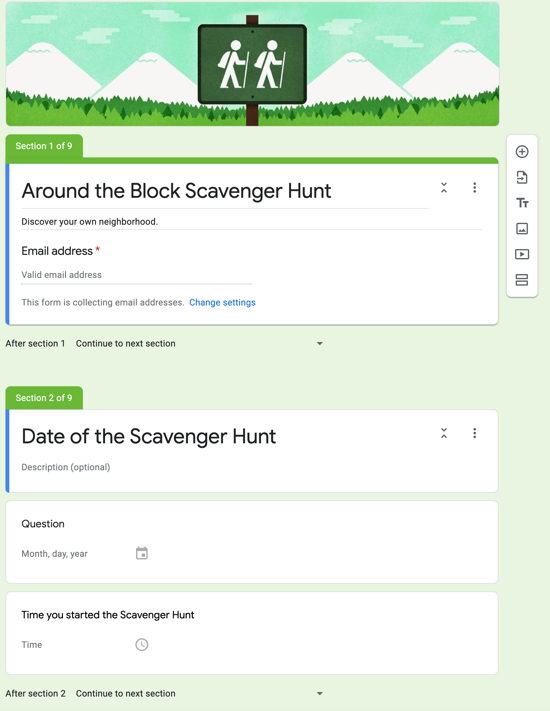
* International Food Pyramids
* Family Cookbook
  + Interview Family
  + Recipe Cards/Pages
* Backyard Botany
* Yoga Brain Breaks
* Me Collage
* Geography Twister
* President’s Challenge
  + Physical Fitness Test
  + Healthy Fitness Test
  + Presidential Active Lifestyle Award
  + Presidential Champions
* Around the Block Scavenger Hunt
* Fit Flow Yoga for Kids
* Family.gonoodle.com

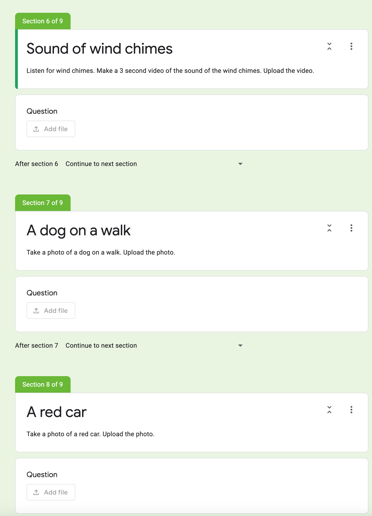
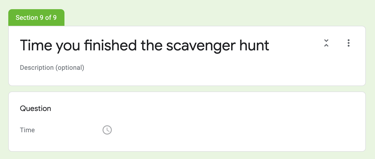
Scavenger hunt: Google Forms

* Around the Block Scavenger Hunt without sections
* [**https://forms.gle/csGJm4WaWHSRgLYJA**](https://forms.gle/csGJm4WaWHSRgLYJA)

****

* Around the Block scavenger Hunt with sections
  + [**https://forms.gle/XvFxb8HC5Jujt5VM7**](https://forms.gle/XvFxb8HC5Jujt5VM7)

****

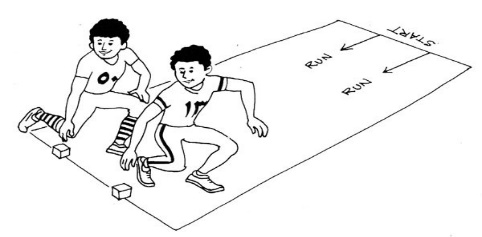
****

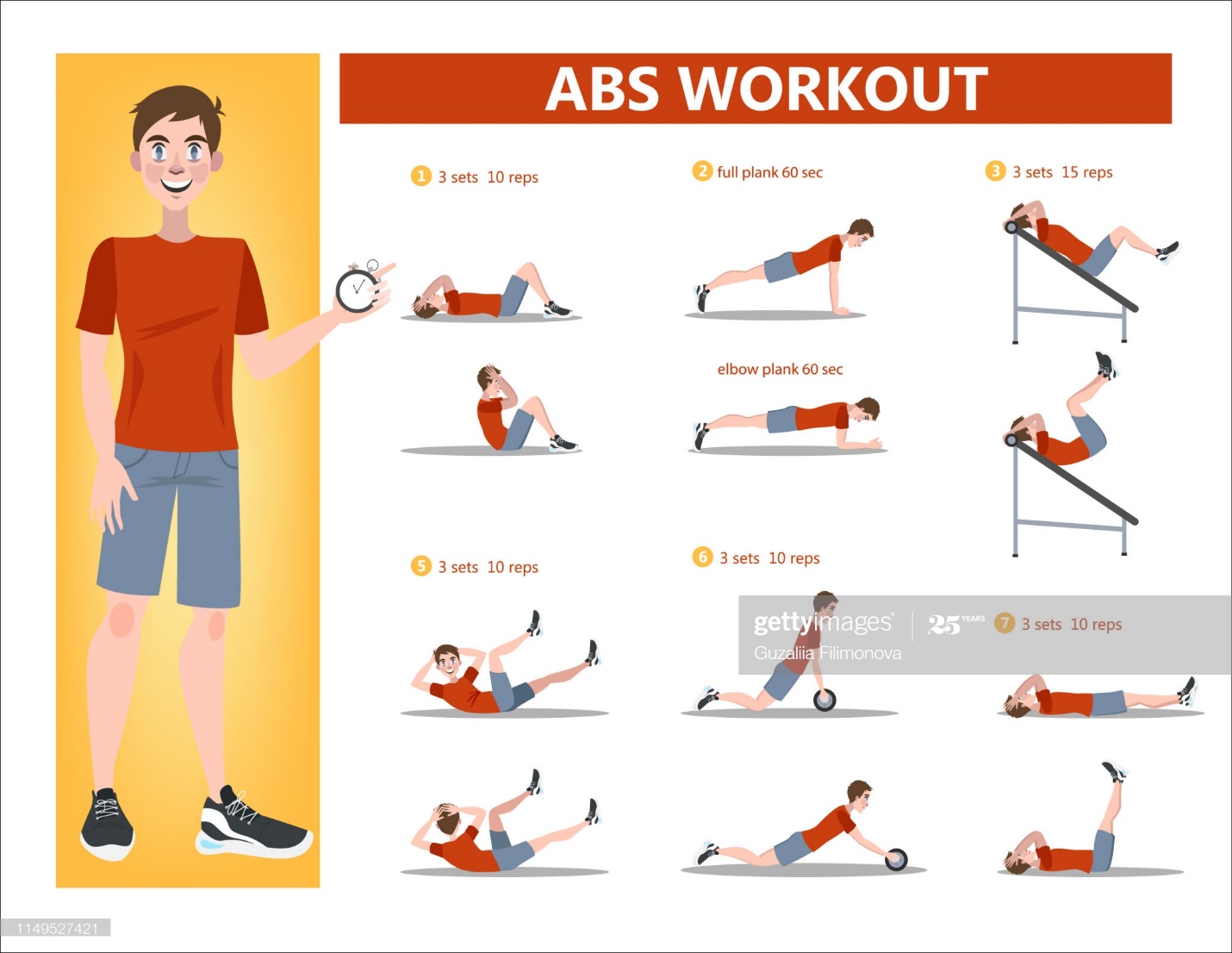
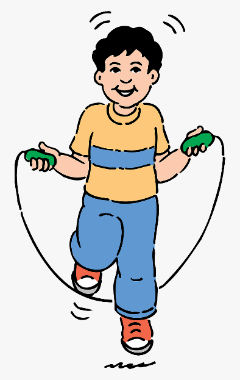
The President’s Challenge**[[1]](#footnote-1)**

The President’s Challenge is the long-standing program of the President’s Council on Physical Fitness and Sports (PCPFS) dedicated to improving the physical activity and fitness of All-Americans. What started as a simple physical fitness test for youth in the 1960s has evolved into a program that includes:

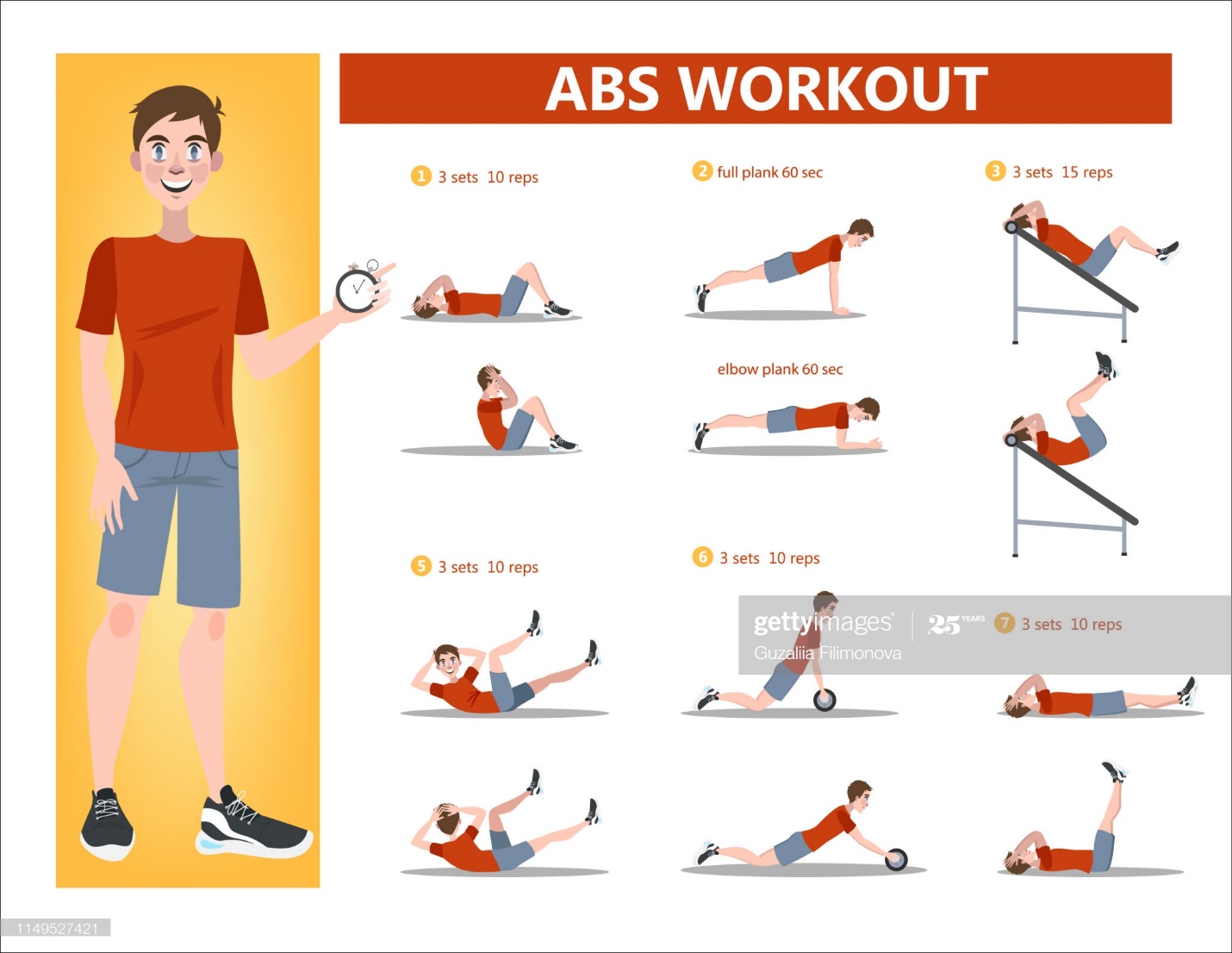
* Physical Fitness Test
  + - A five item fitness test designed to measure the overall fitness of youth ages 6-17. Helping our youth get *Stronger Together.*
* Health Fitness Test
  + - A five item test that recognizes youth for achieving a “healthy level of fitness.”
    - Body Mass Index (BMI) is used along with other fitness testing items.
* Presidential Active Lifestyle Award (PALA)
  + - An activity-based program where participants of all ages keep track of their physical activities for a period of six weeks. Great for those just getting started.

# Activities:

* Curl-ups or Partial Curl-ups
* Shuttle Run
* Endurance Run/Walk
* Pull-ups, Flex-Arm Hand, or Right Angle Push-ups
* V-Sit & Reach

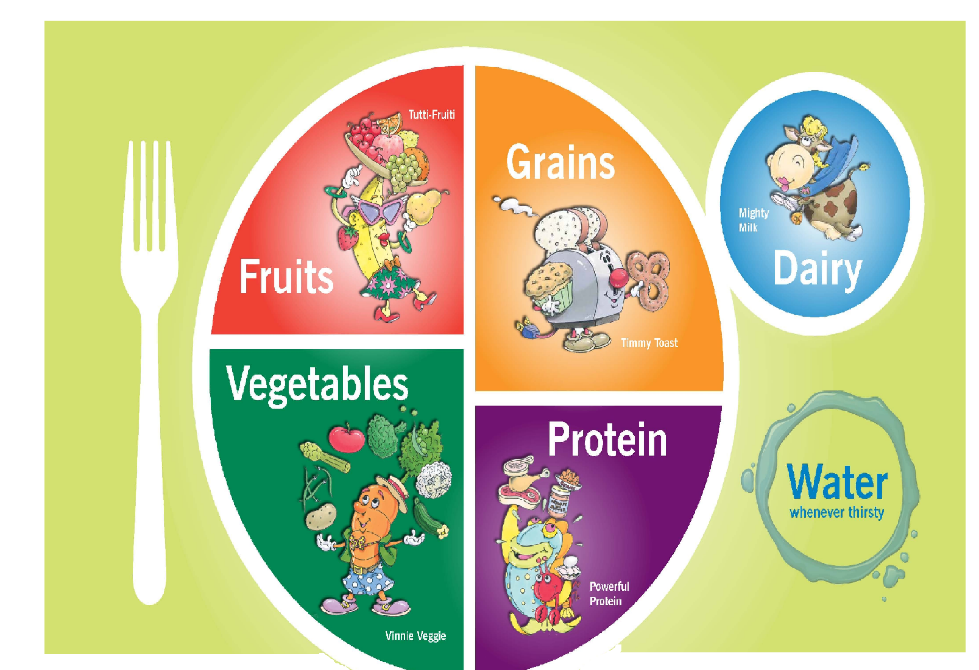
**Alternate Activities**

* Jump rope
* Pushups
* Sit-ups



# Healthy Eating[[2]](#footnote-2)

* The Food Pyramid is designed to make healthy eating easier.
* Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.
* Healthy eating involves:
  + - plenty of [vegetables, salad and fruit](https://www.safefood.eu/Healthy-Eating/Food---Diet/What-is-a-balanced-diet-/The-Food-Pyramid/Fruit-and-vegetables.aspx)
    - a serving of [cereals and breads, potatoes, pasta and rice](https://www.safefood.eu/Healthy-Eating/Food---Diet/What-is-a-balanced-diet-/The-Food-Pyramid/Breads,-cereals-and-potatoes.aspx) at every meal - go for wholegrain varieties wherever possible
    - some [milk, yoghurt and cheese](https://www.safefood.eu/Healthy-Eating/Food---Diet/What-is-a-balanced-diet-/The-Food-Pyramid/-IMG-class-alt-header-image-alt-Cheese-src---Globa.aspx)
    - some [meat, poultry, fish, eggs, beans and nuts](https://www.safefood.eu/Healthy-Eating/Food---Diet/What-is-a-balanced-diet-/The-Food-Pyramid/Meat,-fish,-eggs-and-alternatives.aspx)
    - a very small amount of [fats, spreads and oils](https://www.safefood.eu/Healthy-Eating/Food---Diet/What-is-a-balanced-diet-/The-Food-Pyramid/Fats-and-oils.aspx)
    - and a very small amount or no [foods and drinks high in fat, sugar and salt](https://www.safefood.eu/Healthy-Eating/Food---Diet/What-is-a-balanced-diet-/The-Food-Pyramid/Sugar-and-confectionery.aspx)



# Family Cook Book Activity

* Step 1 – Family member interview
  + - Create a series of questions. Decide if the interview will be in English or in the family’s native language.
    - What is your favorite food to prepare/cook?
    - What are the ingredients?
    - What are the steps? How do you make it?
    - How did you learn to prepare/cook this dish?
    - Can we make it now/today/this week?
* **Step 2 – Choosing the recipes for the book**
  + - Choose which, and how many, recipes will be in the book
    - Decide whether you will practice the recipes or just write it up.
    - If you make it, take pictures or draw illustrations. If just writing it up, look for pictures on the internet or create illustrations.
* **Step 3 – Choose the recipe format**
  + - How will the layout of the book be?
    - Digital e-book format, hard copy, handwritten, illustrated, etc.
    - What will each section look like?
    - Will every recipe be illustrated/pictured or just the main ones?
* **Step 4 – Creating text**
  + - Write out ingredients, directions, and procedures.
    - If the recipe will be in English, are accurate translations needed
    - Will the book be bilingual?
    - Will you include family stories, anecdotes, or special instructions?
* **Step 5 – Don’t Forget the Math**
  + - Figure out serving sizes
    - Research nutritional information per serving sizes
    - Identify accurate measurements
* **Put it all together**
  + - Create a binder or book
    - Creating a video of the family cooking together
    - Create a cooking show video

**Sample Interview: Titi Nita**

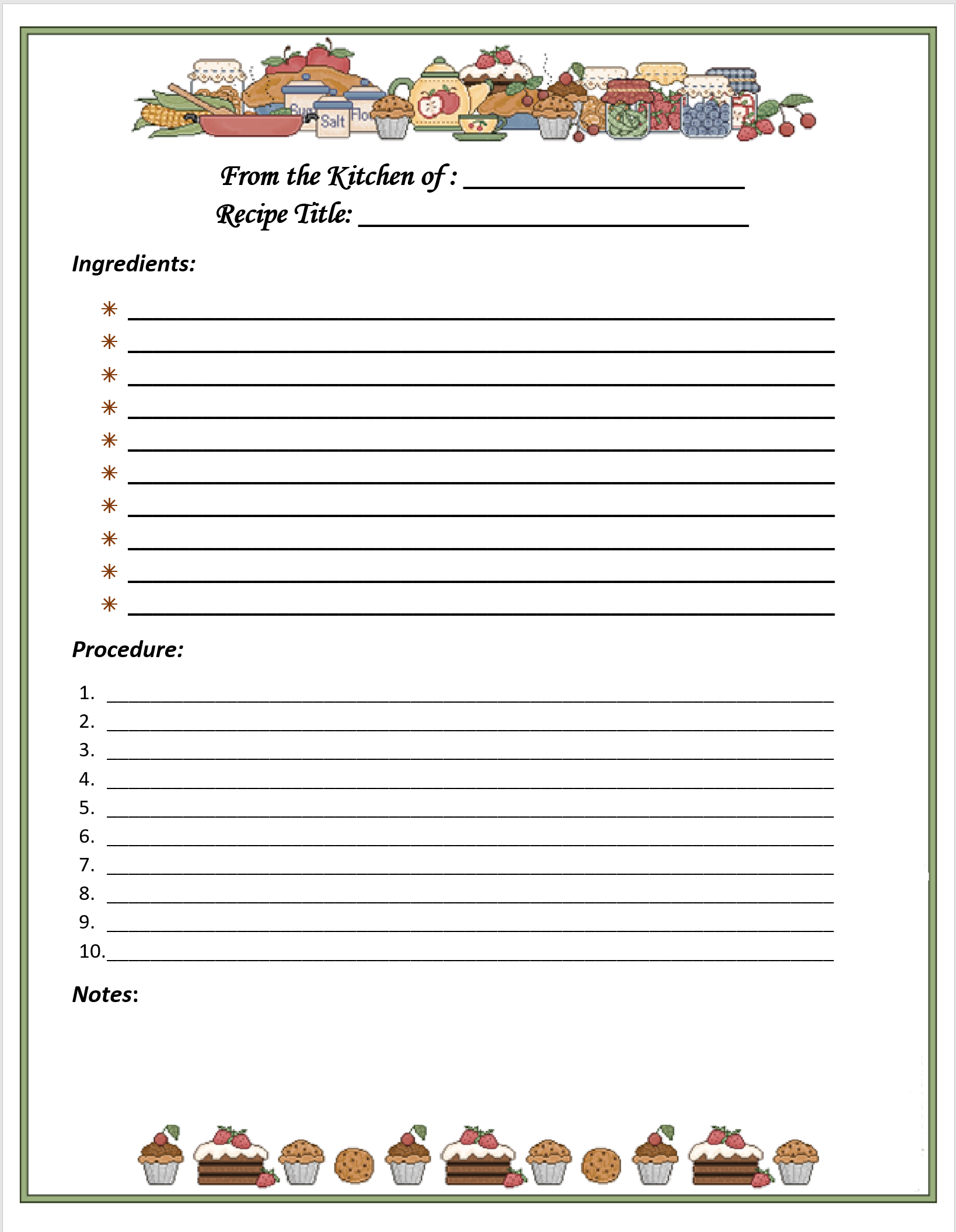
|  |  |  |
| --- | --- | --- |
| **Questions** | **Answer in Spanish** | **Translation** |
| What is your favorite food to prepare/cook? | **Bueno Mija, mi comida favorita para cocinar es la sopa de jamón.** | Well, my favorite food to cook is ham soup. |
| **¿Cuál es tu comida favorita para cocinar?** |
| What are the ingredients? | **Deja ver. Yo uso:**   * + - Jamón de cocinar     - Sofrito     - Agua     - Papas     - Arroz     - Una taza de salsa de tomate     - un poquito de sal | Let’s see. I use   * + - Cooking ham (cooked ham on bone)     - Sofrito     - Water     - Potatoes     - Rice     - 1 cup of tomato sauce     - A little bit of salt |
| **¿Cuáles son los ingredientes?** |
| What are the steps? How do you make it? | **Primero, pongo la olla con agua a hervir. Entonces pico el jamón en pedazos de diferentes tamaños para variar. Lo pongo en la olla. Cuando el agua empieza a hervir, le añado un cucharón de sofrito, la salsa de tomate, las papas picadas en pedazos pequeños, y media taza de arroz. Le bajo el fuego a mitad altura, y espero hasta que las papas y el arroz se ablanden. Le echo sal si lo necesita. Y ya, tenemos sopa.** | First, I put a pot of water to boil. Then I cut up the ham into different sized pieces to vary. I put it in the pot. When the water starts to boil, I add a ladle full of sofrito, the tomato sauce, the potatoes chopped into small pieces, and half a cup of rice. I lower the flame to medium, and I wait until the potatoes and rice are tender. I add a little salt if it needs it. And there, you have soup. |
| **¿Que son los pasos? ¿Como se hace?** |
| How did you learn to prepare/cook this dish? | **Mami me enseñó a cocinarlo. Ella a veces le echaba el hueso del jamón para mejor sabor.** | Mommy taught me how to cook. She used to put the ham bone in to give it more flavor. |
| **¿Como aprendiste hacer esta comida?** |
| Can we make it now/today/this week? | **Bueno, ahora no, porque tengo que hacer sofrito primero. Pero, si me ayudas, podemos hacerlo esta tarde.** | Well, not now because I have to make sofrito. But, if you help me with it we can some this evening. |
| **¿Podemos hacerlo ahora/hoy/esta semana?** |

# A screenshot of a social media post Description automatically generatedSample Recipe Cards

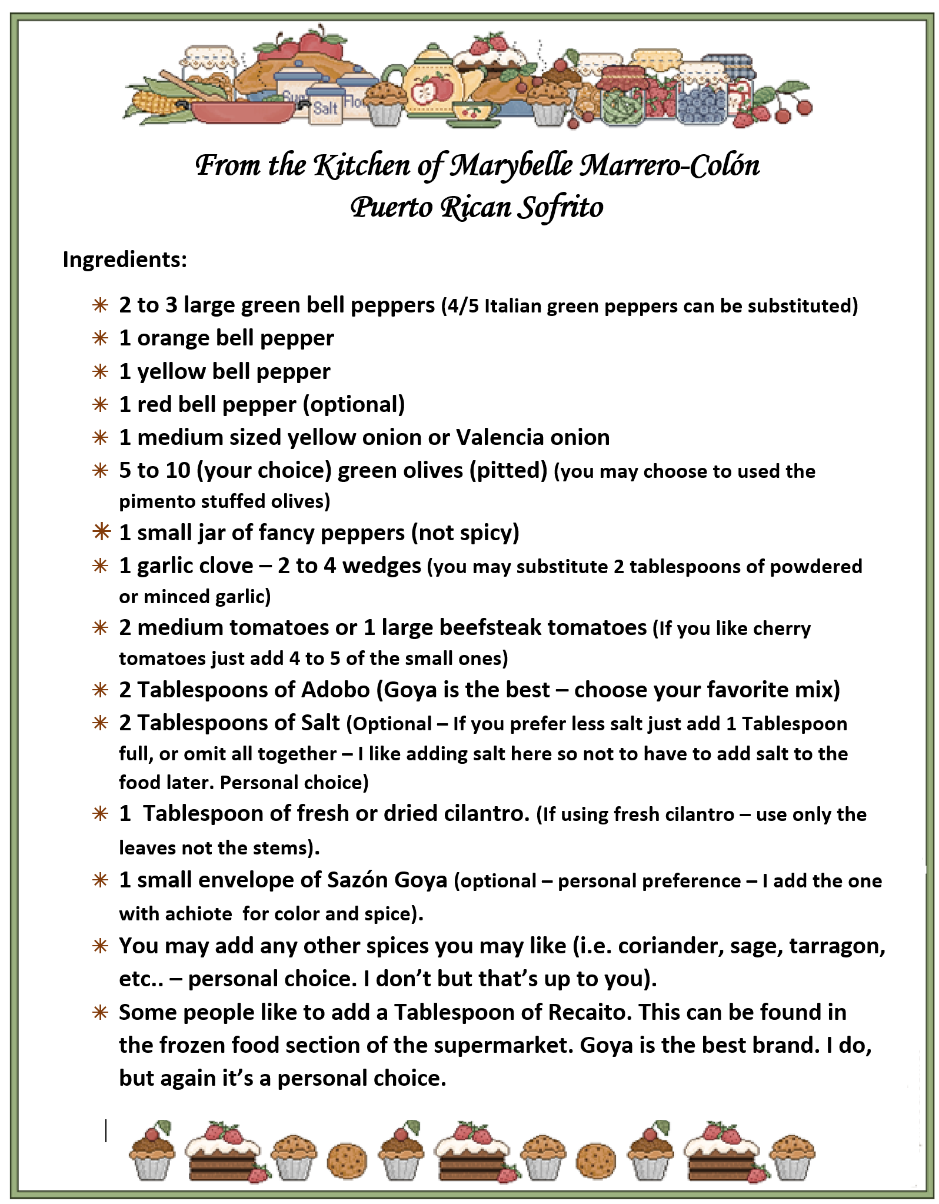
**A screenshot of a cell phone

Description automatically generated**

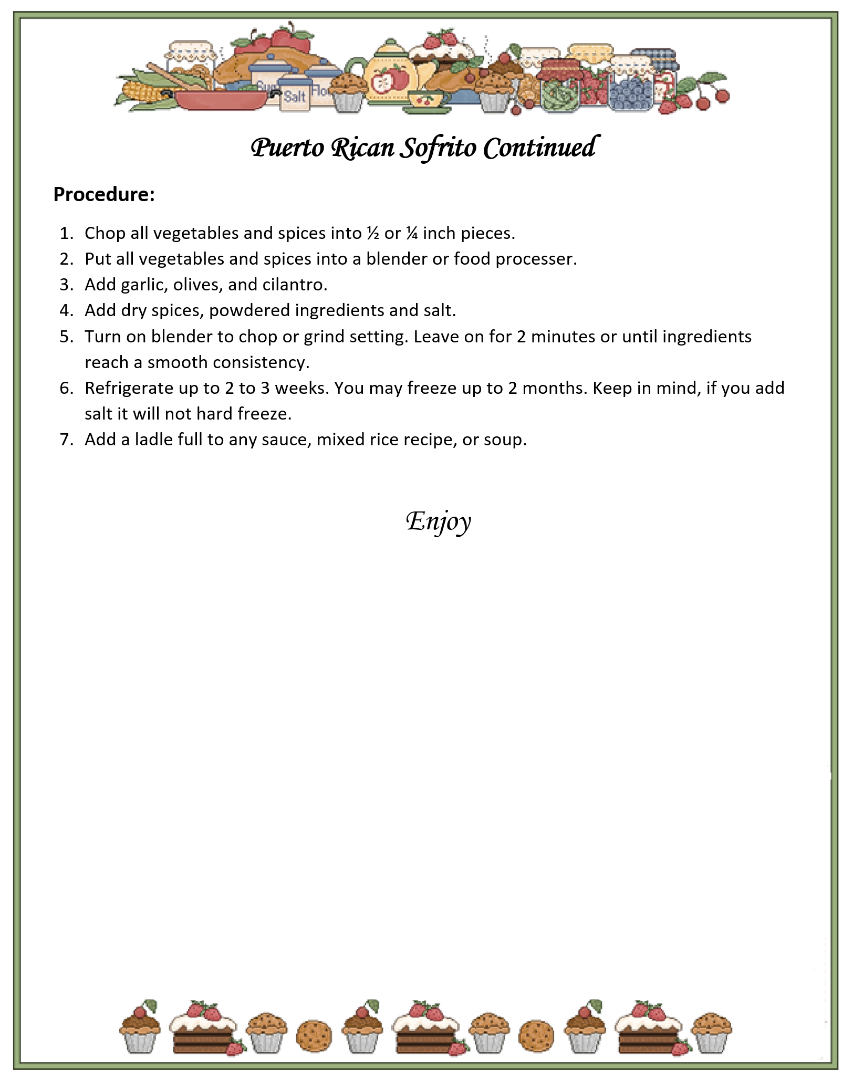
**Sample Recipe Page**

****

**Sample Recipe**

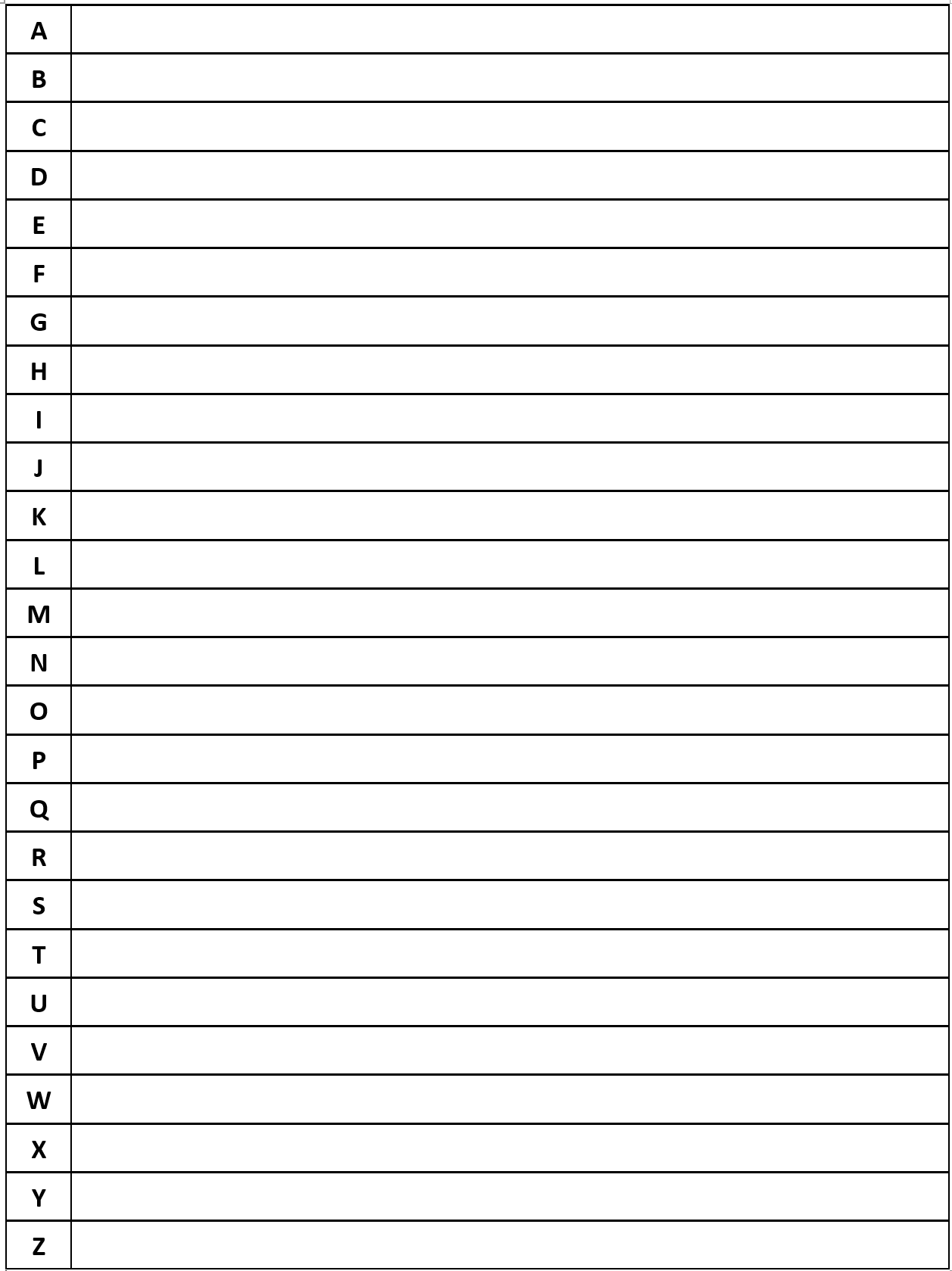
****

**A group of fruit and vegetable stand

Description automatically generated **

# Marrero Family Recipe

**Neighborhood Alphabet**



# Sample Book Club Sentence Frames

* **Characters**
  + - The character that is most like me is…
    - One character that did something I did not like is…
    - If the main character visited our home/neighborhood…
    - If the main character joined our Zoom call…
    - Some ways the character is/is not like me are…
    - Some advice I would like to give a character would be…
    - The character I would choose for a friend is…
* **Setting**
  + - A setting that reminded me of my home is…
    - A setting in the story were I would like to live/vacation is…
    - If we changed the setting to our home/school/neighborhood…
    - If this story was made into a TV show/film, some locations I would use to film it would be…
* **Plot**
  + - My favorite part of the story is…
    - A part of the plot that I found unbelievable is…
    - A part of the plot that I would have changed is…
    - If the story started with the ending…
    - If I were to write another story about these same characters…
    - If this story happened during the global pandemic…
    - If this story happened further in the past…
    - If this story happened far in the future…

# Writing Activities Sentence Frames

|  |  |
| --- | --- |
| **Writing Task** | **Sentence Frames/Word Banks** |
| Write a letter to a neighbor | * + - Dear \_\_\_\_\_\_\_     - I just wanted to send you a message to say…     - My family…     - I have lived here for…     - An activity I like to do is…     - I hope you…     - If you ever need anything… |
| Write a letter to a first responder/essential worker | * + - Thank you for…     - We appreciate your…     - Our community is so lucky…     - I hope you… |
| Draw and label a neighborhood map | * + - My house     - Park     - Playground     - The \_\_\_\_\_\_\_\_\_ Family     - Mr. and Mrs. \_\_\_\_\_\_\_\_\_’s House     - Restaurant     - \_\_\_\_Street     - Mailbox |
| Create and label a Brochure labels | * + - Welcome to…     - Visit \_\_\_\_\_\_     - Enjoy \_\_\_\_\_\_     - Activities to enjoy include…     - The weather is always…     - Dining options include…     - Things to see…     - Learn about… |
| Create a sign thanking essential workers | * + - Thank you for…!     - We appreciate you!     - We are thankful for your hard work!     - We are grateful you are keeping us safe! |
| Letter to the editor/congressperson/school board member | * + - Dear Mr./Ms./Dr./Senator/Representative     - In my opinion…     - Based on the evidence I have read…     - I read an article that stated…     - While some argue…, I |

**Charades Games**

* Help your friend/family member guess by describing the featured word-without saying the word.
* Play with any size group of friends/family.
* Give your friends/family member clues to help them guess the word on their forehead.

**Wheel Decide**

* Dynamic digital wheels- [wheeldecide.com](https://wheeldecide.com/)
  + What Emotion? Improve and acting game
  + What to cook? Spin meat, starch, vegetable, fruit, nuts, herbs/spices
  + Twister Spinner
  + What to do under quarantine? 16 ideas
  + Who gets the short straw
  + Magic 8-ball
  + Coin flip

**VOA Learning English - Learningenglish.voanews.com**

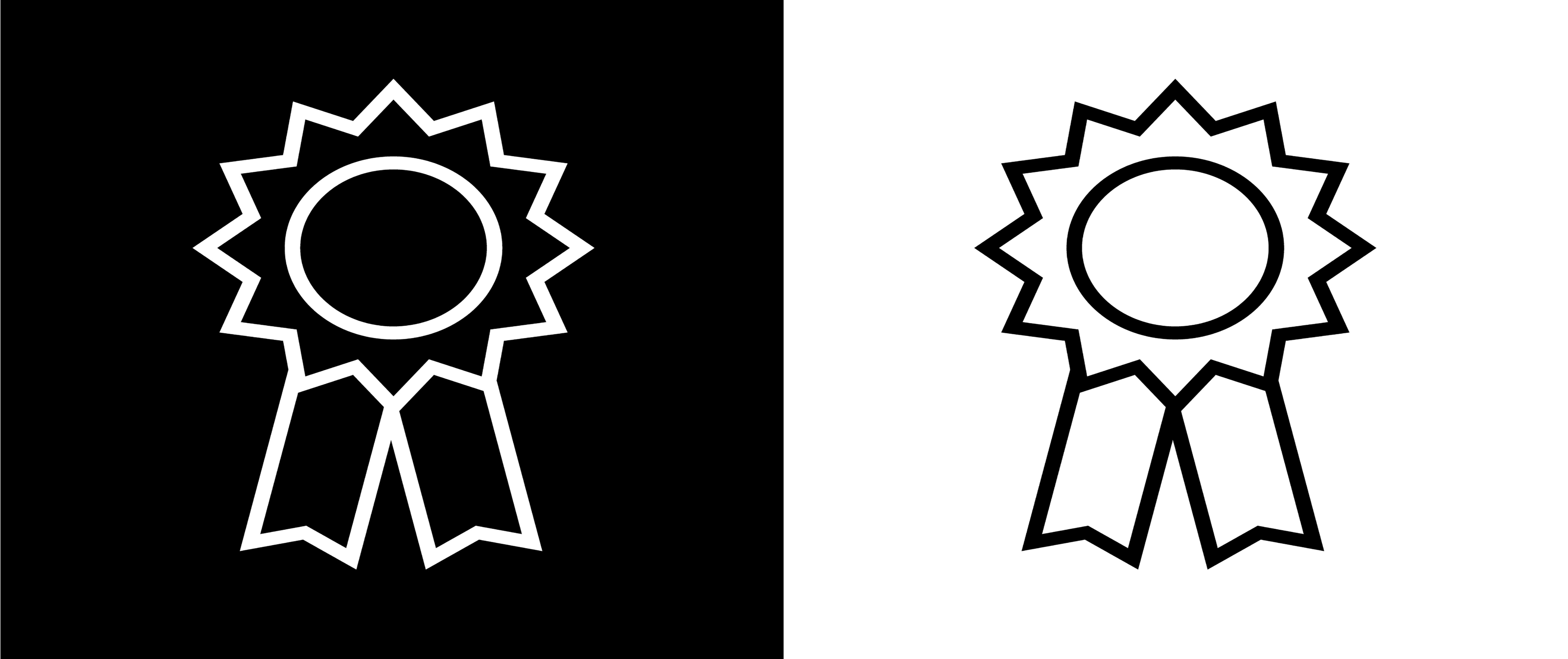
* Multimedia source of news and information for millions of English learners worldwide
* Audio programs and captioned videos
* Beginner, Intermediate, and Advanced levels
* English in a Minute
* A Day in Photos
* English @ the Movies
* News Words
* U.S. and World News

**Audiobooks/Podcasts**

* Unite for Literacy
* [**Storynory.com**](https://www.storynory.com/)
* [**Tumble Science Podcast for Kids**](https://www.storynory.com/)
* **Epic!**
* [**Africanstorybook.org**](https://www.africanstorybook.org/)

# Olympic Ribbon

**Reminder: Color the prize ribbon gold if you do 8 activities, silver if you do 6 activities, and bronze if you do 4 activities.**

****

1. President’s Council on Physical Fitness and Sports (2010). *We are all Americans - stronger together: The president’s challenge.* Washington D.C. U.S. Department of Health & Human Services; 3-10. [↑](#footnote-ref-1)
2. U.S. Department of Agriculture. (2013). Choose My Plate. Washington, D.C.; Retrieved: https://www.choosemyplate.gov/ [↑](#footnote-ref-2)