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FREE SPACE

Be Creative!

Mindfulness

Slo-mo Bubbles
### Books with Bread

- 2 Cups All-Purpose Flour
- 1 pkg. Yeast, 3 Tbsp Sugar
- 3 Tbsp Powder Milk, 1 Tbsp Salt
- 1 Cup hot Water (125-130 F)
- 3 Tbsp Vegetable Oil
- 1 Cup Wheat flour

Combine all-purpose flour, yeast, sugar, dry milk & salt in a 1-Gallon freezer bag. Shake to blend ingredients. Add hot water & oil, reseal and mix. Add whole wheat flour, mix well. Slowly add remaining flour to make stiff dough that pulls away from the bag. Knead on a floured surface for 2-4 minutes. Cover & let rest for 10 minutes. Shape into a ball, cover & let rise for 20 minutes. Bake at 375 for 25 minutes, or until done.

### Food Menus

Make a menu of foods that you have in your house right now. What meals could you make? What is the cost of each item for your meal? What are the prices for your meals? Calculate the time and resources it will take to create your fabulous meals. Be sure to decorate it and make it look official with prices and pictures.

### Fraction Action

Make playing cards, one side a fraction problem the other side a physical activity.

Example: On one side “1/2 of 20 = ?” On the other side the answer equals that number of sit-ups, and so on.

Be creative, & challenge each other. Double check your answers for accuracy!

### Alternate Energy

Which energy source would you prefer in your neighborhood: wind, solar, or nuclear?

Be sure and think about costs, space, dangers, and so on. Share this with an adult in your home and ask their thinking on the topic, and why!

### Moral of the Story

Write what the moral of the story you are reading. Research about a topic in the story and then create your own board game. Try to perform a skit about your story for your family.

### Collage Creation

Create a collage using writing, drawing, painting, etc., to reflect on a Fiction book using these following statements:

Using facts from the story, describe two of the main characters. Then copy an important quote from the story and write down who said the quote. How does the story connect to your life?

### Family Message Board

Help your family by planning, organizing, gathering data, and showcase your creativity!

Use a large piece of cardboard, or an old picture & frame (with parents permission) and cover with gift wrap paper, old magazines, whatever you have at home. Create a grid pattern that is easy to understand so your family can see their schedule or pictures.

### Slo-Mo Bubbles

Blow bubbles ‘slo-mo’ style, emphasizing a big deep breath in through the nose to fill the bubble...and out through the mouth...as slow as possible.

Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowly release.