

Monday Afternoon Opportunities

These activities are suggestions for independent time on Monday afternoons. The afternoon time does not need to be structured. Other suggestions may be added. These activities do not need to be submitted to the classroom teacher.

Energize <i>self-care</i>	Practice <i>finish or grow</i>	Enjoy <i>just for fun</i>
<p>Play outside.</p> <p>Take a walk.</p> <p>Make some time to practice a calm body.</p> <p>Make a card or write a kind note to someone in your family.</p> <p>Put on some music and dance.</p> <p>Call a family member who doesn't live with you and tell them about something you learned last week.</p> <p>Clean your bedroom so you feel relaxed when you go to sleep.</p> <p>Organize your books, or something else in your house. Choose how you organize (such as alphabetical, theme, color, size).</p> <p>Use some chalk to write a kind message to your neighborhood on your driveway.</p> <p>Sit outside and make a list of all of the noises you hear. You need to sit quietly and really listen.</p>	<p>Finish an assignment from last week.</p> <p>Set a timer. Try to read quietly in one spot until the timer goes off.</p> <p>Practice your math facts.</p> <p>Practice reading aloud using expression.</p> <p>Write about any topic you choose.</p> <p>Practice writing like an author did in one of the stories you heard this week. (inform, entertain, persuade).</p> <p>Choose a physical skill you want to improve (such as, jumping jacks, running, hopping on one foot, shooting baskets, stretching, riding your bike, etc). Practice what you pick.</p>	<p>Choose a book you are interested in and read for fun.</p> <p>Build something with Legos, PlayDoh, paper or things you find around the house.</p> <p>Ask a brother, sister or friend if they would like to play for a while.</p> <p>Reread a book you liked the first time you read it.</p> <p>Make a list of things that interest you. Look for books in Scholastic Lit Pro that match your interests.</p> <p>Choose an item in your house. Describe it in three sentences. Challenge a family member to identify the item you described.</p> <p>Be the math teacher. Write some word problems about things in your house or in your life. Ask someone in your house to be the student and solve the word problems.</p>