

Tom Kitayama Elementary School Learning Menu

4th Grade

Work with your parent/guardian to choose your own adventure for today!

In the event of a school closure, teachers may suggest additional learning choices for students / parents to this template while being mindful of the recommended time allotment per day. Also, please provide 10 - 15 minute breaks between learning choices.

For each day, the following are recommendations:

(Each of these areas have lesson menus below)

Literacy: 30-40 Minutes Per day

Math: 30-40 Minutes Per Day

Science/Social Studies/Technology/Engineering/Art: 30-40 Minutes Per Day

Social/Emotional Learning: 15 Minutes Per Day

PE 20-30 Minutes Per Day

Work with your parent/guardian to choose your own adventure for today!

30-60 mins	Independently read a book of your choice
30 mins	Write a paragraph about what you read
30 mins	Draw a picture of your favorite character in your book and write 5 words that describe that character.
30-60 mins	Help to cook a recipe with an adult, reading each step in the directions. 4/5th grade- double a recipe
10 minutes	Discuss with a family member(s): What is your favorite book and why? What makes it good? Take turns so everyone shares.

20-30 minutes	Re-read a book you've already read. Come up with a new name for the book. Make up a book jacket with the new title and a cover page/picture. Put 5 adjectives on the back cover describing the book. (ie: action-packed, funny) Online
20-30 minutes	Read poems. Choose a favorite one to orally recite or act out for a family member.
20 minutes	Book Talk: Pick up a book you've already read. Explain to a family member what it's about and why they should or shouldn't read it. Take turns.
20 minutes	Just one Lie: Draw a picture or write a story about something that happened. Put in as much detail as possible. Everything must be truthful except add one thing that isn't the truth/real. Share it with a family member and ask them if they can figure out the lie.
15 minutes	Look at a magazine, mail flyer, or other printed text. Highlight the words you don't know. Find out what those word means & try to use them in a sentence.

Math *(recommended: 1 hour/day)*

30 mins	Measure at least 5 things around your house- you can find the volume, the length, the width, the area, the perimeter, and/or convert from centimeters to meters and/or meters to centimeters and/or yards to feet
30 mins	Make arrays with pennies, cereal, dimes, candies, etc and write the multiplication problem that relates. Write down how you figured out the answer
30 mins	Pick 4 different words, watch a tv show and graph how many times you hear each word
30 mins	Go for a walk and create a graph that represents how many times you saw four different objects (for example: dogs, cats, bikes)
15-60 mins	Choose an activity and note the start and end time. Figure out the elapsed time of the activity
15 mins	With chalk, create a number line outside
20-30 minutes	Find the spare change in the house. How many coins did you find? What kinds of coins do you have? How much money is it? Count it.

20-30 minutes	Make a calendar of this month and label it with the days of the week and dates. Write in things you've done or want to do on your calendar.
20-30 minutes	Do a puzzle. As you work on it, observe the different types of puzzle pieces. What are the different puzzle shapes? How many kinds are there? What are the most common colors?
20 minutes	Use a ruler or tape measure to determine the length of a table. What is the width? Height? Find 2 other objects in your home and measure to compare length, width & height of each object in inches or centimeters.
30 minutes	Collect 5 different containers in your house. Order them with the one that holds the most first. How do you know it has the largest capacity? Design a test to check your thinking.

Science/Social Studies/Technology/Engineering/Art (recommended: 1 hour/day)

30 mins	Select an object from nature like a leaf, a tree you see from your window, etc. Day 1 draw a rough draft sketch, Day 2 add additional detail to your draft. Day 3 re-draw your draft into a final outline with black pen, Day 4, add color, Day 5, write about your drawing. Write about the object: "What details do you notice about your object? Why do you think the object has these qualities?"
30 mins	Count the cars or birds you see outside your window in the morning. Make a hypothesis about whether you'll see less or more cars or birds you'll see in the afternoon. Write your hypothesis using the sentence, "I believe there will be more/less cars or birds outside my window in the afternoon because---". Test your hypothesis - count the cars or birds in the afternoon. Was your hypothesis correct? Why do you think it was correct/incorrect? What questions do you have now that you've completed your experiment? Write your answers to these questions on the same paper. Day 2-5 test your hypothesis every day creating a table with your count. See if there are patterns.
30 mins	Craft a representation of who you want to be when you grow up. Day 1 draw a rough draft sketch, Day 2 add additional detail to your draft. Day 3 re-draw your draft into a final outline with black pen, Day 4, add color, Day 5, write about your drawing following the prompt: "Who do you want to be when you

	grow up? Why?"
15 minutes	Watch/find the weather report on the news/newspaper. Listen for the high and low temperatures for the day for your city & compare the high and low temperatures from 2 other cities.
15 minutes	What matter do you have? Make a list of solids, liquids, and gases that are in your home.
20-30 minutes	Find 5-10 fresh plant-based foods from your kitchen. Which ones are fruits? Which ones are vegetables? A fruit develops from the flower of a plant, while the rest of a plant's parts would be a vegetable. Fruits are often sweeter, while vegetables are more savory. What category are your foods in? Why do you think that?
15 minutes	Discuss what things are made of in your house. Which things are made of wood? Which are made of plastic, metal, or stone? How are these things made?
20 minutes	Miracle robot: Design a robot...draw or make a prototype/model if possible. Explain: What does your robot do?
20 minutes	Discuss and draw/write about: "What is water for?" Day 2: Draw a water system. Where does the water go?

Social/Emotional (recommended: 15 mins/day)

15 mins	Write a letter to a friend. Tell them why you appreciate their friendship and work with an adult to address the letter and put it in the mail.
15 mins	What are things in your house that make you happy? Find three things and discuss them with a family member. Why does that object, place, or activity make you feel happy?
20 minutes	Look at a picture in a book, magazine, or newspaper of a place. Would you want to go there? Why or why not? Discuss or write about your thoughts.
15 minutes	Call a friend or relative to have a conversation with them. Work on listening attentively. Ask them some questions. Give them a compliment.
20 minutes	Write a few sentences about someone you admire. Why do you appreciate or admire this person?
15 minutes	What is something you can do that you are proud of? Tell someone about it. Ask them to tell you what they are proud about.

10 minutes	Recall a time someone helped you. What did they do? How did that make you feel? What is something you can do to help someone else?
10 minutes	Think of/make a list of 10 things that you can do. What is one more thing you want to be able to do? What will it take for you to be able to achieve that?
15 minutes	Think of a friend or someone you like to be around. What are 3 words that describe them? What do they do or say that makes you like them?
15 minutes	Close your eyes and take five deep breaths. Say three affirmations. (ie: I am strong. I am caring. I am smart.) Open your eyes and feel the strengths within you. You are a gift to the world.

Physical Education: 20-30 Minutes per day

20-30 Minutes	Take a walk with a parent
20-30 Minutes	Get Active at GoNoodle.com
20-30 Minutes	Play music and dance around the room!
20-30 Minutes	Play Active Sports Video Games
20-30 Minutes	Find an activity here bit.ly/PE4kids
20-30 Minutes	Exercise <ul style="list-style-type: none"> ● 5-10 Pushups ● 5-10 Sit ups ● 5-10 Burpees ● 5-10 Jumping Jacks ● Rest ● Repeat
20-30 Minutes	<u>Yoga</u> https://www.kidsyogastories.com/yoga-in-the-classroom/

