

2019 4th Grade Summer Project
The Full Body Workout – Mind, Body and Spirit

Visit the grocery store and make a list of healthy food choices	Make a list of fruits you like and look up the word in Spanish	Do 30 jumping jacks and write down how your bodies feels	Write a paragraph about what veggies you do not like	Walk/run around your residence 5 times. What happened to your heart rate
Make a healthy breakfast and take a picture of it and write the recipe in Spanish	Visit a local veggie garden and write a paragraph about your experience	Make a list of your favorite veggies and research how much is in a single serving	Translate your favorite recipe into Spanish	How many sit-ups can you do at one time. How long did it take you to complete them?
While in your relaxation place, write a poem about emotions	Make yourself a well-balanced lunch and take a picture of it	Create a workout routine of your own and then write step-by-step instructions on how it goes	Take a walk and then write a paragraph describing what you saw and how you felt	What is meditation? Try it out and then draw a picture of yourself meditating. Write the steps in Spanish
Have a contest with two of your friends to see who can do the most push-ups. Who won? How many did that person do?	Teach me to make a ham and cheese sandwich. Write down all of the necessary steps so that I do not miss a step. Be specific.	Create a piece of art, imitating Spanish Still Life paintings, showcasing your favorite food. You can draw it, paint it, etc. The choice is yours	Write a song about healthy eating or exercise, etc. Create the words and the tune.	Look for a recipe that sounds good to you. Now, double it. Remember that each of the measurements must be doubled
Create an obstacle course that will get your heart pumping. Draw your course and a description of the obstacles	Find a quiet spot to sit and read. What makes this place special, comfortable, etc?	If you could create a new obstacle for the X Games, what would it be? Create a model of it	Create something that makes you smile. The sky's the limit. Try to make it Spanish inspired	Go to the grocery store. Observe the layout of the store. Why do you think it is set up this way?

The objective for this “Bingo” style activity is to get you thinking about healthy choices as well as to get you moving. Over the summer work to get 5 in a row and be prepared within the first couple of weeks of the 2019-2020 school year to present your activities. Please be sure to bring your activities to school in an organized way (ie. 3-ring binder, prong folder). If you have any questions please feel free to contact Ms. Elliott (s.elliott@aceacademycharter.org) or Mrs. Rearick (e.rearick@aceacademycharter.org).

