



FLEX Day Choice Card

LIFE Prep School Grade 3

Students and Families: Enjoy your Flexible Learning Day! Your goal is to choose one activity under each category while you are not at school today. Please circle each activity that you do. Teachers and specialists will check email during 11am and 12 pm during the school day to answer questions and provide guidance. Below is your child's teacher contact information. Your Choice Card activities will be discussed in class within three days of the Flex Learning Day.

Student's Name _____

Literacy	Math	Science/Social Studies	Movement	Creative Thinking
Read for 30 minutes and write a summary of what you read or tell somebody about what you read.	Create a schedule for your day and record the times. Ex- Breakfast-7:30am	Collect snow or put an ice cube in a bag and see how long it takes to melt	Have a dance party for 15 minutes.	Try a new game in Code.org
Write a thank you note or a friendly letter.	Use playing cards or dice to play a math game.	Draw a map of your house. Don't forget the map key!	Sing a song or listen to music.	Design and test a paper airplane. Improve it.
IXL-choose something to do in the Language Arts category for 30 minutes.	Practice math facts	Help prepare a healthy snack or meal with an adult. Discuss the health benefits for your body.	If it is safe, go outside and build a snowman.	Use aluminum foil to make a floating boat. How many pennies until it sinks? Improve.
Write a story about what you did on your Flex day. Include at least 3 details and a picture.	Find a handful of coins and sort them in piles. Count the coins to find the total.	Read a non-fiction text.	Complete a chore at home to help your family. How did it make you feel? How did it help your family?	Stack 3D forms together to create a still life. Draw the pile of forms from two different angles.

Read to your stuffed animal working on Fluency and Expression	IXL-Choose something to do in Math category for 20 minutes.	Use a flashlight in a dark space. How does the light shine in the space? Can you make the light bigger or smaller?	Do stretches, exercises, or yoga for 20 minutes.	Using materials around the house, safely build a strong, steady structure. Improve it. Take a picture!
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Please reflect upon your Choice Card activities and share one highlight from your Flexible Learning Day.

Contact Information

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