



# FLEX Day Choice Card

## LIFE Prep School Grade 1

**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
Walk around your house read and write all the words you can find.	Find these shapes in your house and draw them: square, triangle, circle, rectangle.	Collect a cup of snow. Estimate how long it will take to melt. How long did it take?	Practice tying your shoes and putting on your winter gear independently.	Treasure Hunt: Hide something and create 4 clues to find it.
Write down 40 words you know.	Count the value of all pennies, nickels, and dimes in your home.	Write 5 cool facts about your favorite animal.	Clean an area in your house.	Make a board game and play with a family member.
Write or tell a story about a snowman.	Practice your addition and subtraction facts.	Build a tower with objects in your house.	Run in place and count by 5s up to 120.	Play school :) You are the teacher!
Read a story to someone or a stuffed animal.	Count aloud by 1's, 5's, and 10's, up to 120. Count aloud by 2's up to 30. Count backwards from 30-0.	Recite name, address and telephone number.	If it is safe to go outside..shovel snow with a family member, build a snowman or make a snow angel.	Use cereal, legos, or other small objects to create patterns based on shape, color, or both.
Make a fort and read a book inside it.	Play a card game or do a puzzle.	Draw a map of your house.	Dance to a song.	Make a card for a friend, neighbor, or someone at school.

Please reflect upon your Choice Card activities and share one highlight from your Flexible Learning Day.

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Contact Information

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