

CONGRESO OST
VIRTUAL LESSON PLANS
GRADES: 5-8

WEEK TWO



216 W. Somerset St. Philadelphia, PA 19133

CONGRESO OST

5th-6th

OST Activity Guide

30-45
Min.

Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day One

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

Activity Theme/Title: A Bug! A Bug!, Poetry and Drawing

Materials:

Paper
Pencil/Pen
Colors (Optional)

Activity Instructions:

April is the National Poetry month! Let's start our week with a funny poem and a fun activity.

Read Mark Weakland's poem A Bug, A Bug, read it as many times as you want using as many funny voices as you want.

Make your own drawing of the kid and the bug. Use your imagination!

Color and decorate your drawing



Engage in reading and poetry

Use imagination to create an easy but fun piece of art

Activity Objectives:

Visuals:

A Bug! A Bug! by Mark Weakland

A bug! A bug!

Get it off me, I beg.

Get it off, get it off!

It's right there on my leg!

When I caught a quick glimpse

It looked wrinkled and thick,

Like some crinkly beetle

Or a weird kind of tick.

Now I can't stand to look

As it crawls and it creeps;

As its tiny mouth grins

And its buggy eyes peep.

It's squatting there quiet;

That means something's not

Oh gosh! What's it doing?

Do you think it will bite?

I'm sure it will sting me

Or fly up in the air,

And with a loud buzz

Build a nest in my hair.

It's... what? Not a bug?

Is that what you said?

Do you think that I'm crazy

And it's all in my head?

If it isn't a bug

Perched there brash and so brazen

Then what is it, pray tell?

Oh!... you're right... it's a raisin.



7th - 8th

OST Activity Guide

20
Min.

Activity Instruction Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day One

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Affirmation journal

Materials: (if applicable provide substitutions to materials)

- 1 pen
 - 1 paper
- Alternative
- 'Notes' app in tablet

Activity Instructions:

Warrior mindset affirmations journal:

First off, what is an affirmation? An affirmation is a form of emotional support

Why do some people live by affirmations? Seeing and hearing positive notes help transform the brain waves in order to heal and grow. This is supported by scientific research

Task: Write the follow statement at the top of your page then read it out loud,

"No matter how hard it is, I can do it."

Write 5 – 10 sentences about this topic. What are some things that are really hard? Is it school work? Homework? Staying indoors? Finding new cool things to do? Explain these obstacles in a journal entry and explain how you will overcome these obstacles and why it is important.

Activity Objectives:

- List activity objectives.....
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-
-

Visuals: n/a

5th-6th

OST Activity Guide

30-45
Min.

Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Two

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

Activity Theme/Title: Make Your Own Origami Phone Stand

Materials:

Phone/Tablet/Laptop (To watch the YouTube video)
Paper
Pencil/Pen (Optional)
Colors (Optional)

Activity Instructions:

Since we live in times when we depend so much on our phones for communication, school and entertainment, we're gonna make our own Phone holder so we can watch videos in a very comfortable way.

Go to: <https://www.youtube.com/watch?v=mW5M6cepIBI>

Follow the instructions

Use colors to decorate it

Make as many as you want, you can give them to all your family members



Learn and engage in the relaxing and fun art of Origami by following the instructions provided

Make presents for your family members

Use imagination to create an easy but fun piece of art

Activity Objectives:

Visuals: <https://www.youtube.com/watch?v=mW5M6cepIBI>

7th - 8th

OST Activity Guide

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Activity Instruction Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Two

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: workout routine

Materials: (if applicable provide substitutions to materials)

Phone or tablet

Activity Instructions:

Turn on your favorite playlist. We will be adding a little more than the workout we previously did last Tuesday. Adding to your workout routine should be in small increments. Make sure you hydrate and rest as needed during your workout. Good luck. You got this!

15 jump and jacks
1 minute break

15 large arm circles
15 small arm circles
1 minute break

1 minute jog in place
1 minute rest

15 squats
1 minute break

1 minute jog in place
1 minute rest

15 sit ups
1 minute break

15 push ups
1 minute break

10 jump and jacks
Great Jon

Safety Tips:

Take breaks as needed, if you are breathing fast or heavy, slow down.

Listen to your body, if it hurts, you are probably doing it wrong

Hydrate during workout.

Make sure your foot work is firm, feet are planted on the ground firmly to insure you do not lose your balance



Activity Objectives:

- List activity objectives.....

5th-6th

OST Activity Guide

30-45
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Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Three

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

Activity Theme/Title: Hip-Hop Dance Workout

Materials:

Phone/Tablet/Laptop (To watch the YouTube video)
Origami Phone Stand made by you! (Optional)
Water
Comfy clothes and sneakers

Activity Instructions:

It's important to work out even if we're home! Here are two (2) fun workout routines. Choose your favorite one and invite your family to join!

<https://www.youtube.com/watch?v=so0eQJvtZEM> (7 mins - Beginners)

<https://www.youtube.com/watch?v=ZWk19OVon2k> (30 mins - Intermediate)

Go to your chosen routine and follow the instructor

Don't forget to hydrate! Drink water during and after your routine

Do it at your own pace, and most importantly, have fun!



Enjoy a fun workout session using Hip-Hop music as a medium
Engage in physical activity while at home

Activity Objectives:

Visuals: <https://www.youtube.com/watch?v=so0eQJvtZEM>

<https://www.youtube.com/watch?v=ZWk19OVon2k>

7th - 8th

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Activity Instruction Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Three

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Secret stash – hide in plain sight

Materials: (if applicable provide substitutions to materials)

- Peanut butter jar
- Brown paint/ spray paint
- Paint brush

Activity Instructions:

<http://youtu.be/IKsP60osp5U>

Above is a quick video to show you how your secret stash should look. You can also improvise with mayo jars etc. I've even seen some versions with water and soda bottle with liquid inside! A quick YouTube search and you will find the directions.

Written steps:

1. Empty and Clean inside peanut butter jar, do not wet or destroy label. You do not want the jar to draw attention. The point is to look as normal as possible.
2. Use light brown paint to paint the inside of the jar completely on the inside. Remember, paint usually dries darker than when applied.
3. Let dry for one hour.
4. Should be ready to stash money or other essentials!

 Activity Objectives:

- List activity objectives.....
-
-
-

Visuals: n/a

5th-6th

OST Activity Guide

30-45
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Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Four

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

Activity Theme/Title: Tic Tac Toe with Math

Materials:

Pencil/Pen

Paper

Activity Instructions:

Let's try something different that our usual Tic Tac Toe Game and let's use math to play!. Let's try two new different games to play:

Total 15:

One player is odd numbers (1, 3, 5, 7, 9); the other player is even numbers (0, 2, 4, 6, 8)

Take turns to write your numbers. Odd numbers start. Use each number only once.

The first person to complete a line that adds up to 15 is the winner. The line can have both odd and even numbers.

Odds and Evens:

One player is O's and one is X's. Players take turns to throw a dice. If an even number is thrown the player has to put a O. If an odd number is thrown the player puts a X.

O's still has to try to make 3 O's in a row and X's tries to make 3 X's in a row.

Understand and Follow Instructions

Practice math while having fun

Activity Objectives:

Instructions and Visuals:

Tic Tac Toe

2 Different Games to Play

Total 15 - One player is odd numbers – 1, 3, 5, 7, 9; the other player is even numbers and 0 – 0, 2, 4, 6, 8. Take turns to write your numbers. Odd numbers start. Use each number only once. The first person to complete a line that adds up to 15 is the winner. The line can have both odd and even numbers.

Odds and Evens – One player is **O**'s and one is **X**'s. Players take it in turns to throw a dice. If an even number is thrown the player has to put a **O**. If an odd number is thrown the player puts a **X**. **O**'s still has to try to make 3 **O**'s in a row and **X**'s tries to make 3 **X**'s in a row.



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____



Winner- _____

7th - 8th

OST Activity Guide

20
Min.

Activity Instruction Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Four

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Sugar cookies

Materials: (if applicable provide substitutions to materials)

- $\frac{3}{4}$ cup butter
- $\frac{1}{2}$ cup sugar
- 2 $\frac{1}{4}$ cup all purpose flour
- Baking pan

Activity Instructions:

3 ingredient cookies in 3 minutes by joyceyvonna

<http://youtu.be/2f1Lq9qvG-c>

1. Mix ingredients fully. Can use a fork, whisk, or your hands if you do not have a mixer.
2. Form the dough into the shape you want. If you cannot get an even roll, pinch small portions into your hands and form them into a cookie shape and place on baking pan or aluminum foil
3. Preheat oven to 350 degrees.
4. Bake for 10 to 15 minutes.

Safetey tips:

- Ask your parent's permission before using oven
- Use oven mitts or towel when placing things in or out of the oven
- Watch forearms, very common to burn yourself on the top of the oven when reaching in
- Use a timer!!! It s easy to forget you have something in the oven unless you have a timer to remind vou

 Activity Objectives:

- List activity objectives.....
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5th-6th

OST Activity Guide

30-45
Min.

Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Five

Literacy- Art- Physical Activity- Math- DIY- Cooking- **Family Day-**

Activity Theme/Title: Paper and Pencil Family Game Night

Materials:

Paper
Pencil/Pen

Activity Instructions:

Here are a few examples of games where you only need paper and a pen or pencil to play. Instructions are on the next page. You can always come up with different games. Invite everyone to join!

Dots and Boxes.
Tic Tac Toe.
Sim.
Pictionary.
Paper Telephone.

✂

Enjoy family time together
Have fun and bond with the members of your family

Activity Objectives:

Instructions and Visuals:

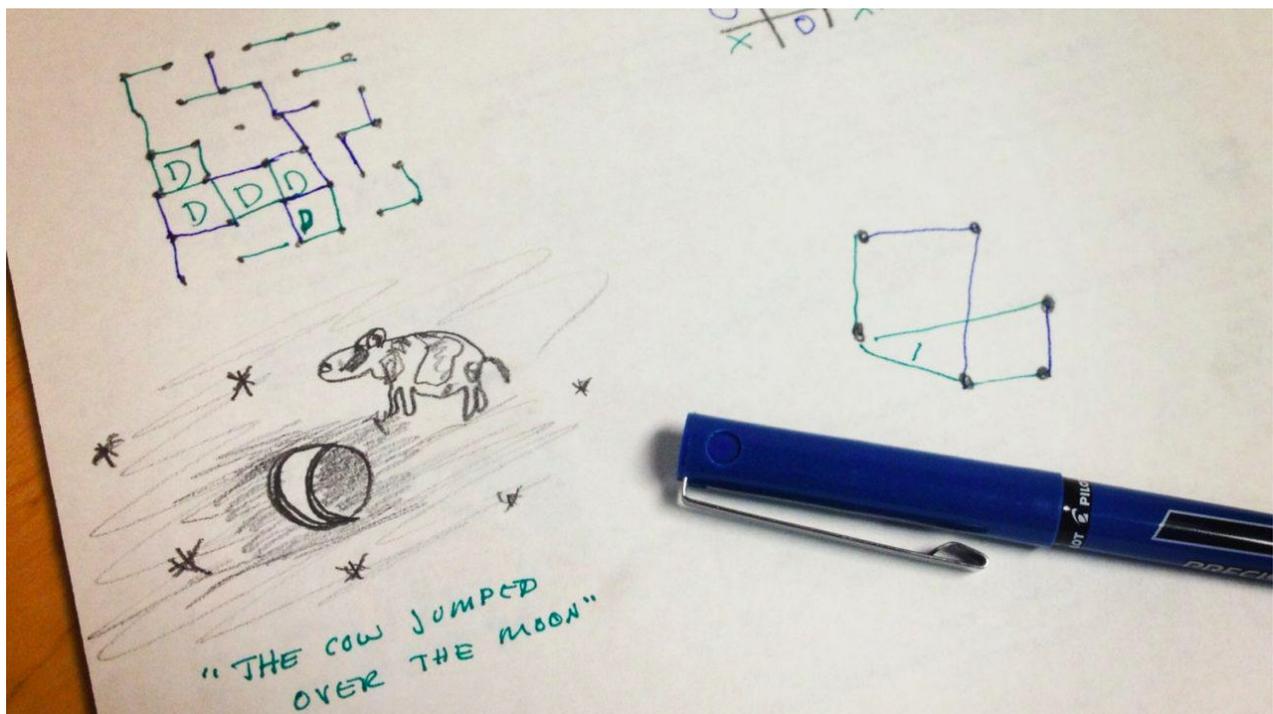
Dots and Boxes: To play Dots, you need a square of dots on the page (start with 6×6 and challenge your family to go up to 30×30 or more). Once the square is created, players (2 or more) take turns with a different color pen creating line segments between dots. When a player forms a square with their line, they may put their initial in that square and play again. The game continues until all the lines between the dots have been drawn.

Tic Tac Toe: The simple game of tic tac toe is a two player game of Xs and Os. Play begins with nine spaces on a paper created by crossing two perpendicular sets of two parallel lines. One player begins (take turns being the first player) by placing an X in one square. The next player draws an O in another square. The game continues until there are three Xs or Os in a row or all squares are filled—a draw game.

Sim: Draw six dots in a hexagon. Two players take turns drawing line segments between each dot in their own color pen. The object of the game is to avoid drawing a triangle in your color pen.

Pictionary: Players secretly write down common phrases on pieces of paper and fold them up. The first chosen artist randomly picks a phrase then must draw and get the others to guess the phrase without talking or drawing letters or symbols. Once guessed correctly, a new artist is picked. Variation: instead of common phrases, write books, characters/celebrities or films.

Paper Telephone: Three or more people each begin with a piece of paper. At the top of the page, they all draw a picture and pass the paper to the next player. With this new piece of paper, each person writes a caption sentence below the picture then folds the top of the paper over so only the sentence can be seen. This piece of paper is then passed to the next player who will draw a picture to go along with the sentence. Each player again folds the paper, now so only the picture can be seen and passes it along. The game continues until there is no more room and every player can open up the paper and be amused!.



7th - 8th

OST Activity Guide

20
Min.

Activity Instruction Driving Question: How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week Two: Day Five

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Charades

Materials: (if applicable provide substitutions to materials)

Phone or tablet

Activity Instructions:

Charades app (free app) download and play with the family

Download the app; choose category

Place phone on forehead so everyone can see the screen except you

Everyone gives you clues until you guess or decide to pass

Activity Objectives:

List activity objectives.....

Visuals: n/a