

CONGRESO OST
VIRTUAL LESSON PLANS
GRADES: 5-8

WEEK ONE



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?

Lesson 1: Day One

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

Activity Theme/Title: Animal Word Search

Materials:

Pencil/Pen
Colors (Optional)

Activity Instructions:

Find and circle all the words hidden in the grid
Look for them in all directions including backwards and diagonally



Engage in new and fun words about animals
Expand your vocabulary and learn more about the animals you love

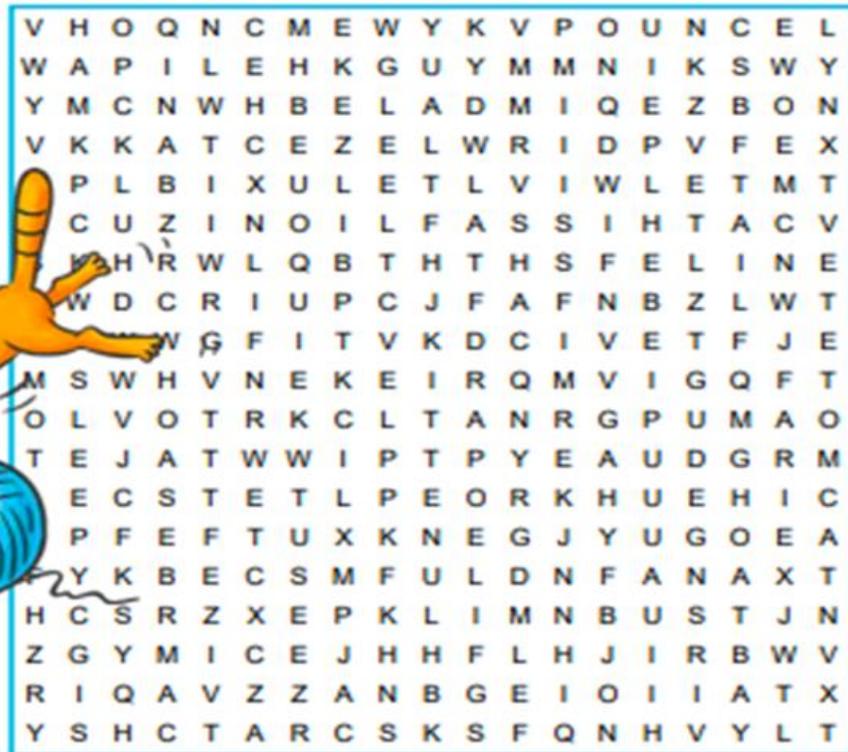
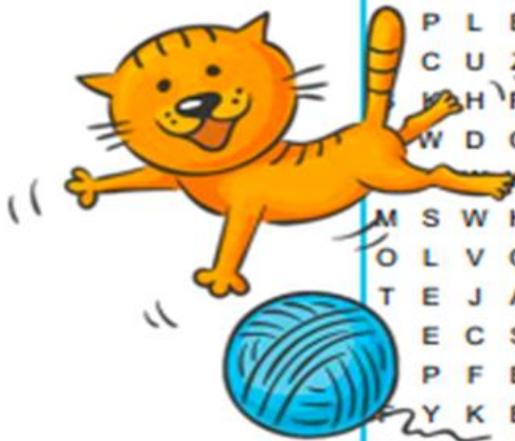
Activity Objectives:

Visuals:

I LOVE Cats

Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



CATNIP
CHEETAH
CIVET
CLAW
FELINE
FUR
HISS
HUNT
JAGUAR
KITTEN

LEOPARD
LICK
LION
LITTER
LYNX
MEOW
MEW
MICE
MILK
PAW

POUNCE
PUMA
PURR
SCRATCH
SLEEP
STRETCH
TAIL
TIGER
TOMCAT
VET

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Insects Word Search

All of the words in the list below are hidden in the puzzle. They might be placed vertically, horizontally, or diagonally and they might be forwards or backwards. How many can you find?

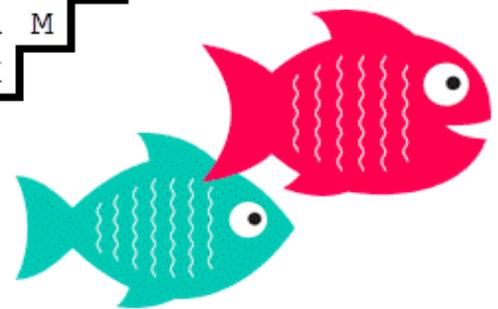
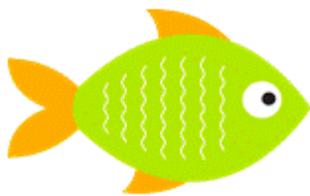
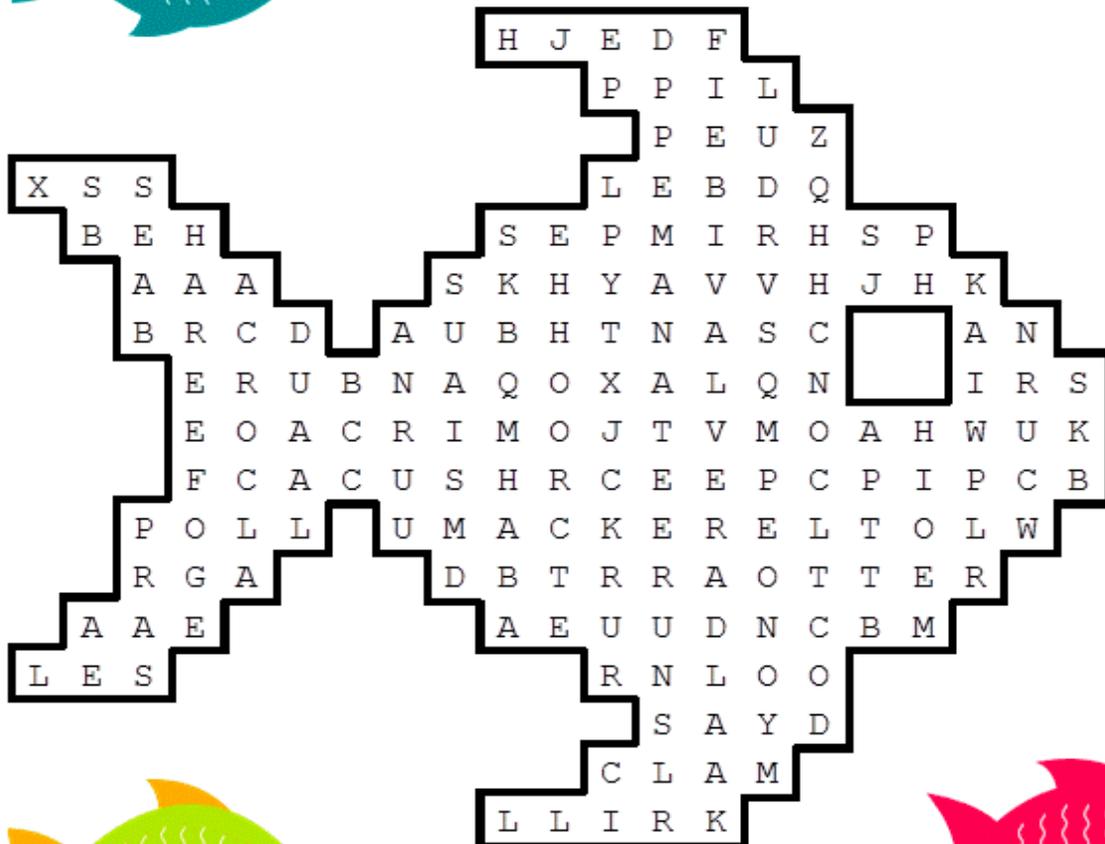
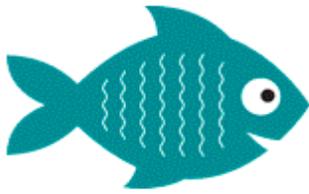


ABDOMEN
ANT
ANTENNAE
ARTHROPOD
BEE
BEETLE
BUTTERFLY
CHRYSLIS
CICADA
COCKROACH
COCOON

CRICKET
DRAGONFLY
EGG
ENTOMOLOGY
EXOSKELETON
FLEA
FLY
GRASSHOPPER
HORSEFLY
INVERTEBRATE
LADYBUG

LARVA
METAMORPHOSIS
MOSQUITO
MOTH
PARASITE
PRAYING MANTIS
PUPA
STICK BUG
TERMITE
THORAX
WASP

Under the Sea Word Search



ALGAE
BARRACUDA
BASS
BIVALVE
CLAM
COD
CONCH
CORAL
CRAB
DIATOMS
DOLPHIN

EEL
KELP
KRILL
MACKEREL
MANATEE
OCEAN
OCTOPUS
ORCA
OTTER
RAY
REEF

SEA CUCUMBER
SEAL
SHAD
SHARK
SHRIMP
SNAIL
SQUID
TUNA
URCHIN

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7th - 8th

OST Activity Guide

20
Min.

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

Lesson 1: Day One

Literacy

PA

DIY

Cooking

Family Day

Activity Theme/Title: Letter to parents

Materials: (if applicable provide substitutions to materials)

1 pencil/pen
1 paper

Activity Instructions:

Writing Prompt:

Lately, you have been spending more time with your family than ever before. Write a letter to your guardian/parent about one or more the following topics:

- Things I have learned about my family that I never knew before
- Things I appreciate about my family, my house, my life or things I am grateful for
- Things I would like to learn about my parents and siblings

Deliver this letter to your parents by the end of the day. During these times it is easy to become stressed. Let's remind our parents of the best aspects of our lives, our family.

Activity Objectives:

List activity objectives.....

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

Lesson One: Day Two

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

Activity Theme/Title: Make Your Own Face Mask

Materials:

Bandana or cut a 22"x 22" square of cotton fabric
Coffee filter (Optional)
Fold the top and bottom in towards the center
A twist tie or paper clip (Optional)
Rubber bands, hair ties, shoelaces or string

Activity Instructions:

Here's an easy way to cover your mouth and stay protected during this times in case you need to go outside. Remember! you should only go out if it's strictly necessary. Stay home and stay safe!.

First, lay out a bandana or cut a 22"x 22" square of cotton fabric

Place a flat coffee filter in the center of the square (optional)

Fold the top and bottom in towards the center

Place a twist tie, paper clip, or other metal piece close to the top (optional)

Fold the top and bottom in towards the center

Fold the sides in towards the center, placing your ties at the folded crease. If you're using rubber bands or hair ties, loop these around the fabric. If you're using shoelaces or string, place the center of the string in the folded crease and pull the straps tight

Tuck one end of the fabric into the other

Lift the mask to your face and secure the straps. For hair ties and rubber bands, loop them over each ear.

For shoelaces and string, tie them behind your head

Adjust as needed, making sure your mouth and nose are completely covered

If you need more help: <https://www.youtube.com/watch?v=oPYp-kjiqtw>

Create awareness about hygiene and protection
Generate good and healthy behavior during this difficult times

Activity Objectives:

Visuals: <https://www.youtube.com/watch?v=oPYp-kjiqtw>

7th - 8th

OST Activity Guide

20
Min.

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

Lesson 1: Day Two

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Introduction to exercise: basic movements and exercises

Materials: (if applicable provide substitutions to materials)

- Phone or tablet to watch video.

Activity Instructions:

Let's start by watching a motivational video on YouTube. Click the link below
<https://youtu.be/u5TyCmvQ1BY> (When you can't just motivate yourself, WATCH THIS!! By Be inspired – workout motivation)

These exercises are the foundation of movement and strength exercises. Once you master these, it is time to move on to more complex exercises.

This workout should take around 10 to 15 minute to complete. Don't rush, if you need a break or some water, take your time. Now put on your favorite song or playlist and let's get started. Good Luck!

10 jump and jacks
1 minute break

10 large arm circles
10 small arm circles
1 minute break

10 squats
1 minute break

10 sit ups
1 minute break

10 push ups
1 minute break

10 jump and jacks

Congratulations! Make sure to hydrate throughout the day and get some good rest. Take a nap if needed!!

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:



A large green rectangular area with a dashed border, intended for writing activity objectives.

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?

Lesson One: Day Three

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

Activity Theme/Title: Hallway Bowling

Materials:

Empty plastic water bottles or whatever containers you have around the house. A real bowling alley has ten pins, but six works fine.
Any type of ball

Activity Instructions:

This fun and easy bowling game will get you moving while indoors at any day.
If the bottles topple too easily, filling with a little bit of water will anchor them better.
Set up in a triangle at the end of a hall or against a wall, aim and bowl.
Pick a number of rounds to play. Ten is traditional.
Each turn the player gets two tries to knock down all the pins. Each pin knocked down is worth one point. If you knock down all the pins in one throw that's a strike and ends your turn
Whoever has the highest score at the end of the rounds wins. Happy bowling!

✂

Enjoy a fun indoor physical activity with your family
Have fun while moving and working out

Activity Objectives:

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?

Lesson 1: Day Three

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Desk organizer

Materials: (if applicable provide substitutions to materials)

- Gift wrap
- Paper bag
- Glue
- Tape
- Empty Cereal boxes (3 minimum)
- Ruler
- scissors
- Market/pen

Activity Instructions:

The link below is a video showing how to create 3 different desk organizers: if you are interested in an organizer more complex than these 3 in this video browse gurl.com YouTube channel to find different organizer models and types.

Before you begin cutting, please watch this video in its entirety to ensure you do not make any mistakes.

3 DIY Cereal Box Organizers – Do it, Gurl by Gurl.com
<https://youtu.be/0Ls39z0UMoU>



Activity Objectives:

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

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?

Lesson One: Day Four

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

Activity Theme/Title: Cheesy and Fruity Grilled Sandwich

Materials:

Ingredients for ONE (1) sandwich

2 cheddar cheese slices

4 thin apple slices

2 slices of bread

Activity Instructions:

Let's try something different with the classic grilled cheese sandwich! Let's add some sliced apples and if possible a different type of bread for a twist on the classic grilled cheese sandwich.

Cover 1 bread slice with 2 Cheese Slices and 4 thin apple slices. Top with second bread slice.

Spread outside of sandwich with Mayo or Butter, whichever you prefer!

Grill in frying pan until lightly browned and cheese melts.

Make some for your family and experiment with different fruits like pears and whole wheat bread or tortillas.



Understand and Follow Instructions

Engage in imaginative ways to incorporate fruits in your diet

Enjoy healthier meals

Activity Objectives:

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?

Lesson 1: Day Four

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: Making French Toast

Materials: (if applicable provide substitutions to materials)

- 2 eggs
- 2-3 table spoons of milk
- 1 teaspoon of vanilla (optional)
- 1 bowl
- 1 baking pan
- 2 table spoons of sugar
- 2 table spoons of cinnamon
- Butter
- 4 slices of bread
- Maple syrup

Activity Instructions:

Below is a YouTube link to show you each step to make French toast in the oven. You can improvise as needed. Just because you do not have vanilla does not mean you cannot make them!! If you don't have an oven, make them on a stovetop or in a toaster oven.

How to make French toast sticks (cinnamon sugar) by Divas can cook: <http://youtu.be/x-7J315MKY0>

Written steps:

1. Preheat oven to 350 degrees
2. Mix wet ingredients in bowl
3. Cut slice of bread in 3-4 strips
4. Butter oven pan
5. Dip bread strips in wet ingredients
6. Place strips on pan 1 inch apart. Place in oven until golden, roughly 15-20 minutes
7. Let cool. Eat with maple syrup

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 you



Activity Objectives:

- List activity objectives.....
-
-

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?

Lesson One: Day Five

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

Activity Theme/Title:

Movies and TV Charades

Materials:

Paper

Pencil/Pen

Watch or Stopwatch App that counts seconds

Activity Instructions:

Charades is a classic game where players act out a word or phrase without speaking. Invite everyone to join!

Everyone three or four slips of paper. On each, write down the name of a movie or TV show.

Fold up the paper so that the words are not visible.

Divide into two teams and give your slips of paper to the opposite team.

On each turn, a single-player acts out a phrase in front of their teammates and they'll try to guess before the time runs out.

Use a stopwatch or app to track the time, giving a maximum of two or three minutes for each turn.

The team with more correct guesses at the end winds.

Enjoy family time together

Have fun and bond with the members of your family

Activity Objectives:

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?

Lesson 1: Day Five

Literacy

P.A.

DIY

Cooking

Family Day

Activity Theme/Title: cookie game

Materials: (if applicable provide substitutions to materials)

- 1 cookie or cracker for each family member
- timer

Activity Instructions:

Without using your hands, place cookie on forehead and find a way to work the cookie into your mouth. You can either time each person and whoever has the shortest time wins OR go head to head and do rounds (usually better for large families).

Example video:

<https://youtu.be/TJsEmBANJws>

Activity Objectives:

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

Visuals: n/a