

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: 5-8

WEEK THREE



216 W. Somerset St. Philadelphia, PA 19133

CONGRESO OST

5<sup>th</sup>-6<sup>th</sup>

# 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 Three:** Day One

**Literacy-**

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

**Activity Theme/Title:** Crosswords

**Materials:**

Paper  
Pencil/Pen  
Colors (Optional)

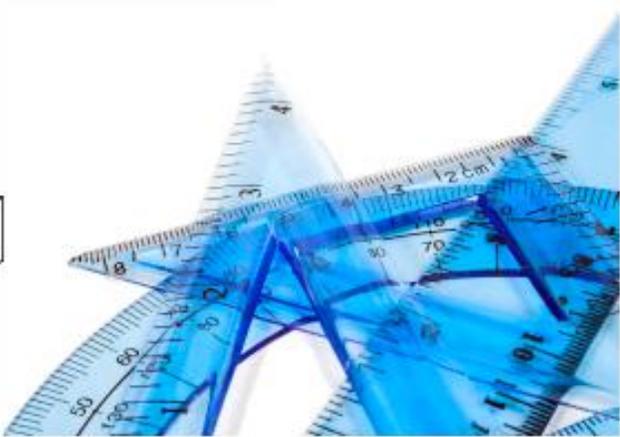
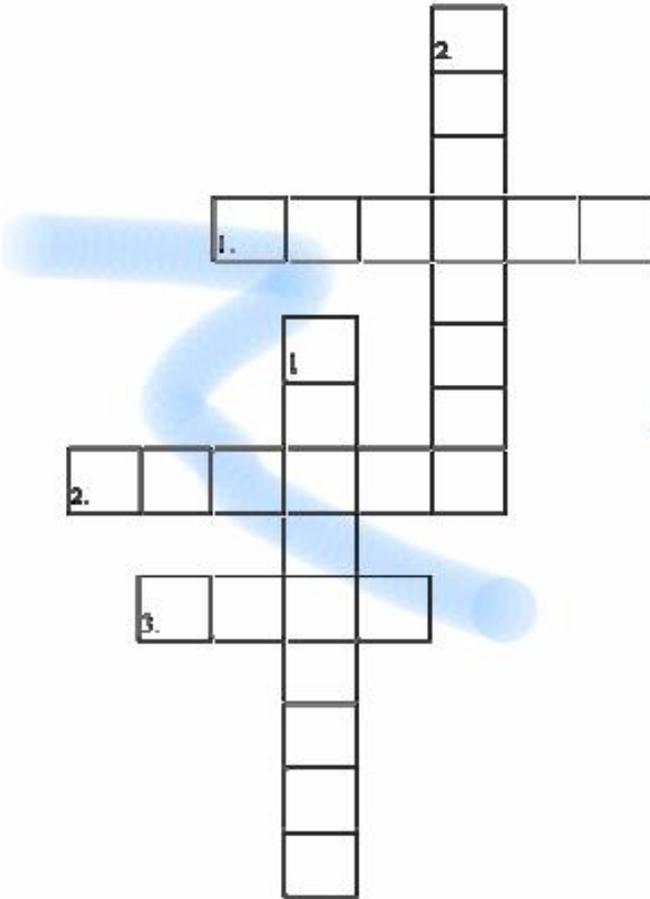
**Activity Instructions:**

Crosswords are great and fun puzzle games guaranteed to get you thinking, they are a great way to grow your vocabulary and improve your language skills.  
Follow the clues and fill in all the puzzle's squares.

Grow your vocabulary and improve your language skills.  
Learn new words and practice problem solving skills.

**Activity Objectives:**

**Visuals:**

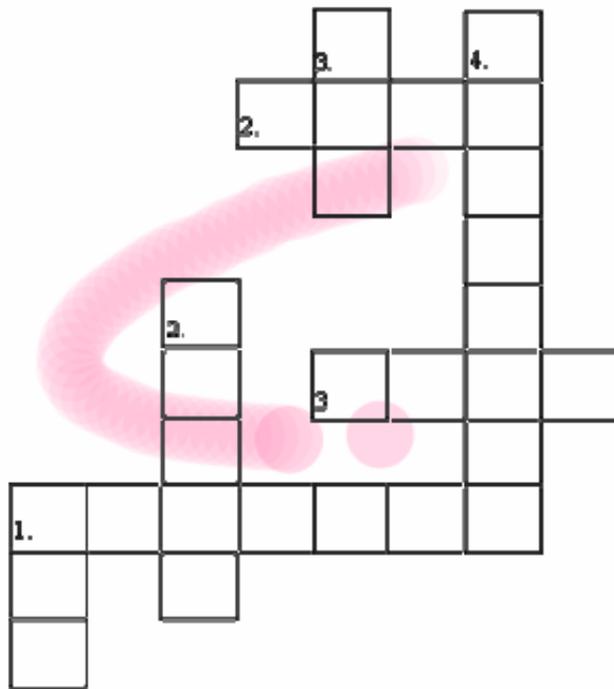


**Down:**

1. This shape is like a square, but longer. Two of its sides are longer than the others. It has four equal angles.
2. This shape has three sides. Pyramids, slices of pizza, and arrows are this shape.

**Across:**

1. This shape has four equal sides and four equal angles. It is also called a box.
2. This shape is round. Pizzas, tires, and coins are this shape.
3. This shape is like a circle, but longer. Faces, racetracks, and watermelons are this shape.

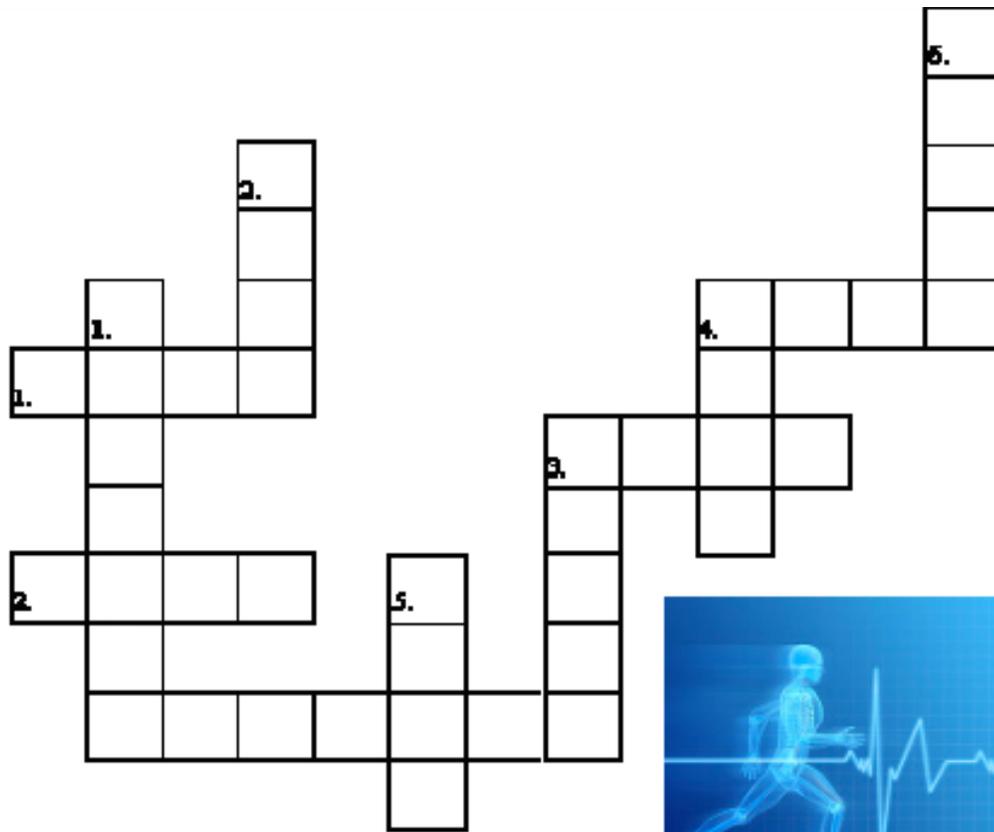


**Across:**

1. This mode of transportation has two wheels. You can exercise your legs by riding it.
2. You have to hold up your hand and shout “\_\_\_\_\_, \_\_\_\_\_” to get a ride in this car.
3. This mode of transportation moves on top of the water.

**Down:**

1. This mode of transportation is bigger than a car and a truck, travels on roads, and can carry 60 people.
2. This mode of transportation is bigger than a car, but not as big as a bus. You can put things in the back of it.
3. This is the most common mode of transportation. It has four wheels, travels on roads, and uses gas.
4. This mode of transportation flies in the air. It has wings, and is flown by a pilot.

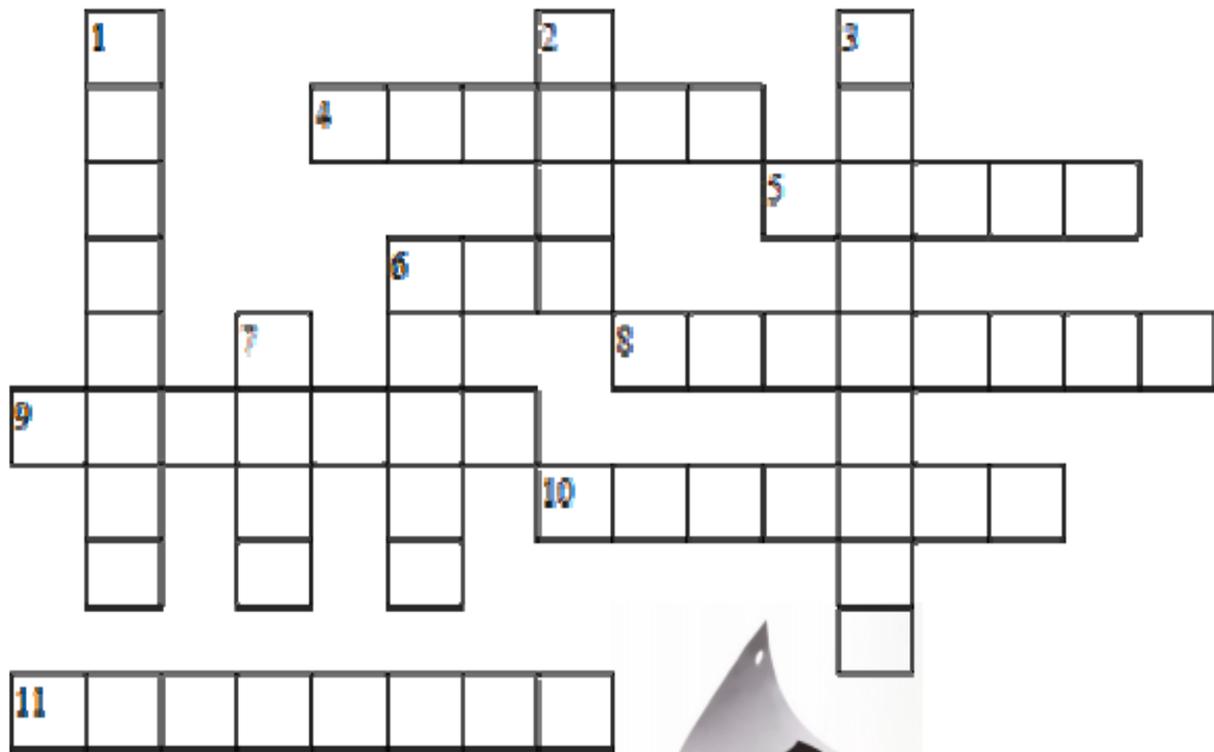


Across:

1. The \_\_\_\_\_ are on the outer part of the mouth. You use them to kiss.
2. This is used to support the head.
3. These are used for balance. They are part of the feet.
4. These are used to hear.

Down:

1. These are used to touch. They are part of the hands.
2. These are used to move the body around. Runners have very strong \_\_\_\_\_.
3. These are used to chew. You lose them when you are young.
4. These are used to see.
5. This part of the body contains the brain, eyes, ears, nose, and mouth.
6. These are used to grab or hold onto things.



**ACROSS:**

- 4. Named in honor of Augustus
- 5. Abbreviation: Apr.
- 6. This month usually has warm weather
- 8. Turkey
- 9. 1st month of the year; has 31 days
- 10. Halloween
- 11. Christmas



**DOWN:**

- 1. Has 28 days; 29 days in a leap year
- 2. independence day
- 3. July, August, \_\_\_\_\_
- 6. The third month of the year
- 7. May, \_\_\_\_\_, July

7<sup>th</sup> - 8<sup>th</sup>

# 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 Three: 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:

"I believe in myself and my goals"  
Write this header on your page, and say it out loud.

Write 5- 10 sentences:

What are your goals for this year?

What are your goals in 5 years? 10 years?

What are some goals you have to make you a better person in the future?

How can you achieve these goals?

## Activity Objectives:

List activity objectives.....

**Visuals:** n/a

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# 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 Three:** Day Two

Literacy-

Art-

Physical Activity-

Math-

**DIY-**

Cooking-

Family Day-

**Activity Theme/Title:** Build a Newspaper Fort

**Materials:**

Newspaper  
Tape  
Stapler

**Activity Instructions:**

It's no secret that forts and tents are really fun! Here's a super fun and simple tutorial on how to build a structure out of newspaper to camp inside our own house.

Take two sheets of newspaper and lay them out flat, one on top of the other.

Start rolling the stacked newspapers from one corner. **Note:** The tighter the roll, the stronger the fort will be. Secure the end with a small piece of tape.

Make as many newspaper rolls as you want. An ideal amount is around 48.

With three rolls, staple the ends together to make a triangle (a great shape for creating stability in a structure).

Lay your triangles out as pictured in the next page. Tape the corners together with masking tape (it may not look pretty, but use plenty of tape to get them secure) and create a triangle ladder.

Create as many triangles as you can with your newspaper rolls.

Secure the triangles together to build whatever size structure you'd like! The size will depend on how many triangles you make. Be sure that you have enough for the roof, which will provide the final stability for your fort. You can secure the joints with some extra tape to be sure they don't move around too much.

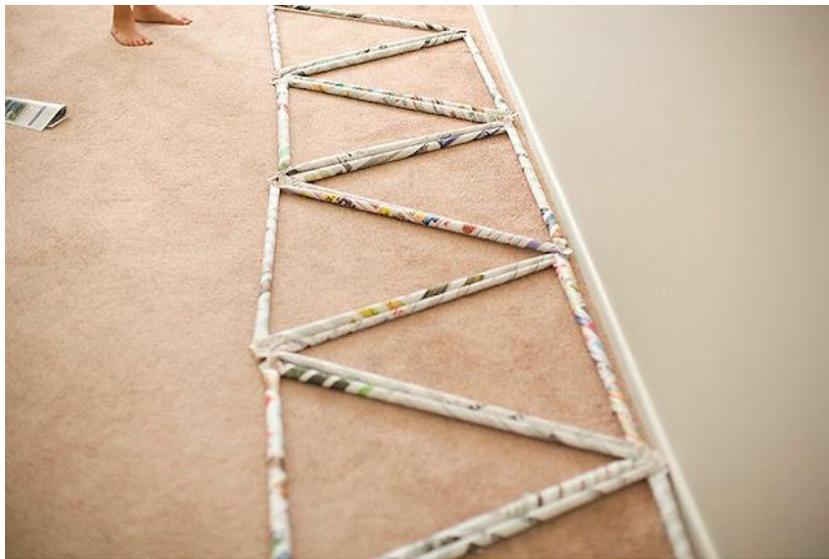
Let your imagination run wild, and let the fun commence!

**Activity Objectives:**

Learn and engage in structure building  
Following the instructions provided  
Use imagination to create a fun structure

**Visuals:**





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**Week Three:** Day Two

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** hip hop workout routine

**Materials:** (if applicable provide substitutions to materials)

Tablet or laptop or phone

**Activity Instructions:**

30-Minute Hip Hop Fit workout by POPSUGAR fitness

<http://youtu.be/ZWk19OVon2k>

Follow along to the hip Hop dance Video. Invite a sibling, or your parents to join you! Have fun and stay healthy

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.....

**Visuals:** n/a

5<sup>th</sup>-6<sup>th</sup>

# 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 Three:** Day Three

Literacy-

Art-

**Physical Activity-**

Math-

DIY-

Cooking-

Family Day-

**Activity Theme/Title:** Yoga for the Mind and Soul

**Materials:**

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

**Activity Instructions:**

Yoga is a group of physical, mental, and spiritual practices which originated in ancient India. Here's a really nice beginners routine. Invite your family to join and Namaste!

Go to <https://www.youtube.com/watch?v=v7AYKMP6rOE>

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 yoga session  
Engage in physical activity while at home

**Activity Objectives:**

**Visuals:** <https://www.youtube.com/watch?v=v7AYKMP6rOE>

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# 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 Three:** Day Three

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** DIY basket

**Materials:** (if applicable provide substitutions to materials)

- Newspapers or magazines
- Paints
- Paintbrush

**Activity Instructions:**

Follow along with video:  
How to make a newspaper basket by Creative Ideas  
<http://youtu.be/Av8iBlaG6Nc>

Tips: use colors you like most!! CreativeIdeas, a youtube channel has more newspaper basket ideas if you would like to look at various designs!!



Activity Objectives:

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

**Visuals:** n/a

5<sup>th</sup>-6<sup>th</sup>

# 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 Three:** Day Four

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

**Activity Theme/Title:** Tortilla Pizzas

**Materials:**

10 flour tortillas

5 cups shredded mozzarella cheese

1 jar pizza sauce, pasta sauce or home made tomato sauce

**Activity Instructions:**

It's no secret, everyone loves pizza! Plus, home-made pizza is so versatile. Everyone can have their favorite toppings. Everyone wins with this awesome dish.

Preheat oven to 400 degrees Fahrenheit.

Lay tortillas on large cookie sheets.

Top with your favorite pizza sauce, then sprinkle 1/2 cup of mozzarella cheese per tortilla.

Add your favorite toppings and some extra cheese if desired.

Bake for 8 minutes, or until cheese is melted.

Enjoy and share!

Understand and Follow Instructions  
Practice math while having fun

**Activity Objectives:**

**Visuals:** N/A

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# 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 Three:** Day Four

Literacy

P.A.

DIY

**Cooking**

Family Day

**Activity Theme/Title:** Peanut Butter Cookies

**Materials:** (if applicable provide substitutions to materials)

- 1 egg
- 1 cup sugar
- 1 cup peanut butter
- Baking pan
- 1 large bowl

**Activity Instructions:**

<https://youtu.be/zU6SnkNldrw>

written steps

- Preheat oven to 350 degrees
- Mix ingredients in a bowl
- Use hands to roll 1 inch dough balls
- Use fork to flatten cookie, make sure not to press down too hard. Cookie will crumble if you do!
- Bake 10-15 minutes
- Less cool and enjoy!

Safety 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.....
- 
-

5<sup>th</sup>-6<sup>th</sup>

# 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 Three:** Day Five

Literacy-

**Art-**

Physical Activity-

Math-

DIY-

Cooking-

**Family Day-**

**Activity Theme/Title:** Family Art Gallery

**Materials:**

Paper  
Pencil/Pen  
Colors/Crayons/Paint (Optional)

**Activity Instructions:**

Invite your family to play this fun and artsy game!

You'll need two or more players

Each player starts with a blank sheet of paper. The players then take turns in naming an object, which all players must incorporate into their drawing. Players should wait until everyone has finished drawing before naming the next object.

At some agreed point, usually when one player cannot fit any more objects into their picture, everyone agrees to stop and reveal their drawings.

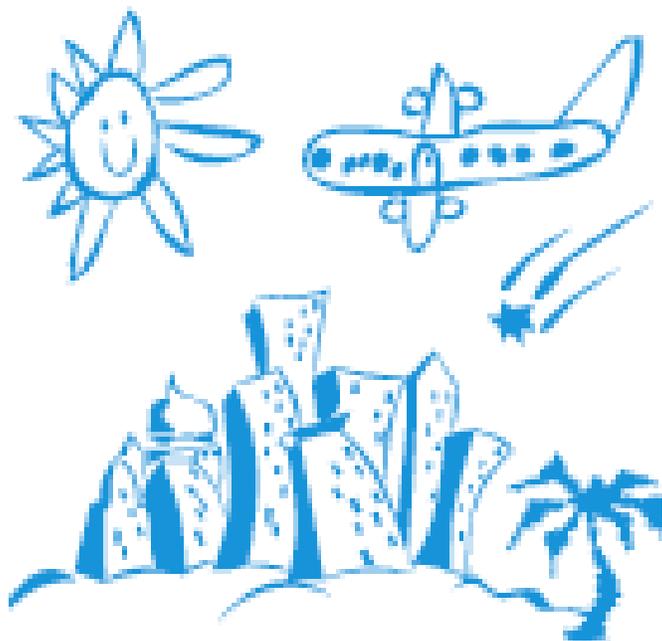
Try coloring your drawings for extra fun

**Activity Objectives:**

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

**Example and Visuals:**

For example, if the players named: "Sun", "Star", "City", "Tree", and "Plane", one player's drawing might look like this:e.



7<sup>th</sup> - 8<sup>th</sup>

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20  
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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 Three:** Day Five

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** card games!

**Materials:** (if applicable provide substitutions to materials)

Deck of cards

**Activity Instructions:**

Games

- 21
- Pitty pat
- Goldfish
- Speed
- Slap

Activity Objectives:

List activity objectives.....

**Visuals:** n/a