

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: 5-8

WEEK FOUR



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 Four:** Day One

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

**Activity Theme/Title:** Battleship Game

**Materials:**

Paper  
Pencil/Pen  
Colors (Optional)

**Activity Instructions:**

Battleships is a classic strategy game where players take turns in trying to guess the locations of the other player's ships on a grid.

Each player draws two 10 x 10 grids, labeled along the sides with letters and numbers. On the left-hand grid the player secretly draws rectangles representing their fleet of ships. The example can be seen in the next page.

The players take turns is making a shot at the opponent, by calling out the coordinates of a square, for example: D5 (shown in the next page).

The opponent responds with "hit" if it hits a ship or "miss" if it misses. If the player has hit the last remaining square of a ship the opponent must announce the name of the ship; for example: "You sank my battleship".

During play each player should record their opponent's shots on the left-hand grid, and their shots on the right-hand grid as "X" for a hit and "O" for a miss (also shown in the next page).

The first player to lose all their ships loses the game.

**Activity Objectives:**

Engage in strategy and math while enjoying a fun and entertaining game

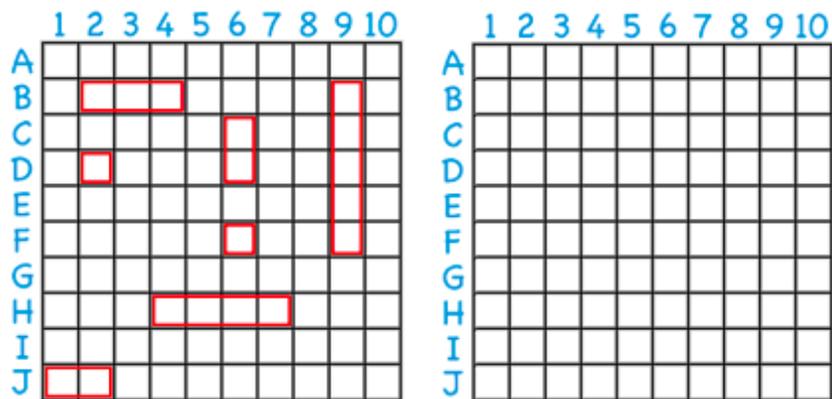
## Fleets and Visuals:

Each player's fleet consists of the following ships:

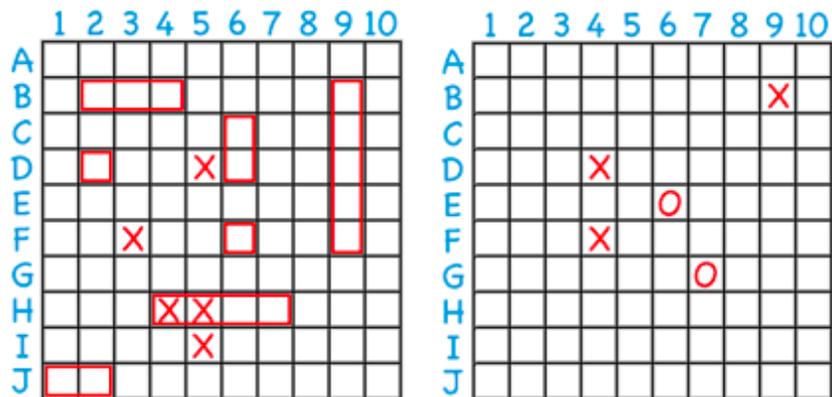
- 1 x Aircraft carrier - 5 squares
- 1 x Battleship - 4 squares
- 1 x Cruiser - 3 squares
- 2 x Destroyers - 2 squares each
- 2 x Submarines - 1 square each

Each ship occupies a number of adjacent squares on the grid, horizontally or vertically.

Grid and Fleet placement example (Player one):



Shot records (Player one):



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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 Four:** 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 phone or tablet

**Activity Instructions:**

Affirmations:  
"I am grateful for what I have"  
List 20 things you are grateful for  
If you cannot think of 20, look around the house for the things you use regularly, you will be surprised at how many luxury items you can find in your house!

Activity Objectives:

- List activity objectives.....
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**Visuals:** n/a

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

**Week Four:** Day Two

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

**Activity Theme/Title:**      Make Your Own Origami Phone Stand

**Materials:**

For the holes and flags:

- 3 x Tin cans
- 3 x craft sticks
- Paper and pens/colors
- Glue stick & scissors
- Duct Tape

For the club:

- 2 x paper towel rolls, plus a half cut lengthways to brace them together
- 1 piece of thick recycled cardboard (ideally a flap from a cardboard carton)
- Duct tape

For the obstacles:

- Assorted cardboard boxes – e.g. cereal boxes, cracker boxes etc.
- Duct Tape and scissors

**Activity Instructions:**

Here's a super fun mini golf course making your own obstacles from recycled boxes, holes from tin cans and even your own club from recycled paper tubes. (Instructions on the next page)

- Make the flags
- Create the holes
- Make the club
- Create the obstacles

**Activity Objectives:**

Make your own golf club, flags and holes  
Use imagination to create your own mini golf course

## Instructions and Visuals:

To make the flags:

- Use paper and colors to number and cut the flags
- Fold in half over the popsicle stick and glue together.

To make the golf holes:

- Attach the flag to the base of the cans with a bit of duct tape

For the club:

- Make the club by cutting out a piece from the cardboard scrap as shown in the collage below for the bottom of the club, cover with duct tape and trim.
- Stick the 2 paper towel rolls together with the duct tape using the half piece cut lengthways as a brace over the join.
- Cover the entire stick with duct tape to give it a bit more strength and also for aesthetic value.
- Tape the cardboard "club" to the end.

For the obstacles:

- Cut the boxes up and make them into different obstacles. For example cut the base and top out of the box to create a tunnel, or attach ramps and sides to create a bridge over the the top of the box.
- Make as many obstacles as you like.

Now play golf and have fun!





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# OST Activity Guide

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Min.

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

**Week Four:** Day Two

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** Boxing exercise routine

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

Phone, tablet or laptop

**Activity Instructions:**

30 minute at home boxing workout by POPSUGAR fitness

<https://youtu.be/jCTEVKRTuS8>

Follow along to this Boxing workout. Invite your siblings or your parents! Have fun! Stay strong!

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.....
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**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 Four:** Day Three

Literacy-

Art-

**Physical Activity-**

Math-

DIY-

Cooking-

Family Day-

**Activity Theme/Title:** Keep it Moving Workout

**Materials:**

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

**Activity Instructions:**

Let's keep working out!

This week it's your choice, you can go back to the videos from past weeks and choose a routine, or find a new video to workout. Invite your family to join!

<https://www.youtube.com/watch?v=so0eQJVtZEM> (7 mins - Hip-Hop Beginners)

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

<https://www.youtube.com/watch?v=v7AYKMP6rOE> (24 mins - Yoga for Beginners)

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!

**Activity Objectives:**

Enjoy a fun workout session using Hip-Hop music as a medium  
Enjoy a entertaining and health lesson of Yoga  
Engage in physical activity while at home

**Visuals:** <https://www.youtube.com/watch?v=so0eQJVtZEM>  
<https://www.youtube.com/watch?v=ZWk19OVon2k>  
<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 Four:** Day Three

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** Bubble snake (TikTok challenge)

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

- Water bottle
- Scissors
- Elastic band/rubber band
- Old sock/ cloth or fabric
- Bubble mixture and water
- OR dishsoap and water

**Activity Instructions:**

How to make a bubble snake? DIY bubble snake darofscience by d'Art of science  
<https://youtu.be/XKH5UFaXogQ>

Written steps:

1. Cut base of water bottle, approximately 1 inch
2. Cut fabric enough to wrap around base of water bottle
3. Use a rubber band or rope to secure fabric to water bottle
4. Mix dish soap with water in a bowl
5. Dip fabric end in soap water and blow through water bottle end you would normally drink from



Activity Objectives:

- List activity objectives.....
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**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 Four:** Day Four

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

**Activity Theme/Title:**      Mac and Cheese with a Twist

**Materials:**

1-1/2 qt. (6 cups) water

1 pkg. (7-1/4 oz.) KRAFT Macaroni & Cheese Dinner

1/4 cup margarine, cut up

**Activity Instructions:**

Here's the classic recipe for Mac & Cheese, on the next page you'll find new recipes with new and different ingredients for a fun and delicious twist. Don't forget to share with your family!

Bring water to boil in medium saucepan.

Add Macaroni; cook 7 to 8 min. or until tender, stirring occasionally.

Drain. (Do not rinse.) Return macaroni to pan.

Add margarine, milk and Cheese Sauce Mix; mix well.

**Activity Objectives:**

Understand and Follow Instructions

Enjoy a delicious meal trying new ingredients

Share with your family

## Mac And Cheese Variations:

**Mac And Cheese Stuffed Meatballs:** If you've ever had meatballs in your macaroni and cheese, then you know that this is a winning combo! Next time you make meatballs, flatten the meat and put a tablespoon of mac and cheese with a small cube of cheddar in the center. Fold the macaroni inside by pinching the meat, and then bake at 375 degrees for about 25 minutes.

**Mac And Cheese Pancakes:** Mac and cheese for breakfast? Yes please! Just whisk together a large bowl of flour, baking powder, sugar, salt, buttermilk, eggs, and butter, and then fold in macaroni and cheddar. Cook pancakes as you normally would using this as your batter.

**Grilled Mac And Cheese Sandwich:** All the cheesy, gooey goodness of a grilled cheese and mac and cheese come together at last! Simply make a grilled cheese as you normally would, but include some (already prepared) mac and cheese along with the cheese slices.

**Taco Mac And Cheese:** A little flavor from the south is sure to bring your mac and cheese to the next level. Add taco seasoning, beef, salsa, sour cream, and whatever else you like on your tacos to your bowl of mac and cheese. Anything that tastes great on a taco will taste good with mac and cheese too!

**Broccoli Mac And Cheese:** This creamy casserole is sure to be a hit at any gathering. Boil some noodles and broccoli together in pot. While they're boiling, melt butter onto a skillet and then begin to cook a fourth of a cup of minced onion. Whisk in flour, milk, and chicken broth, and cook until the sauce is smooth and thick. Add 2 cups of sharp cheddar cheese to the sauce and stir until blended, then pour this on top of the noodles and broccoli once they are finished.

**Mac And Cheese Pizza:** Everyone loves mac and cheese and everyone loves pizza, so why not combine them!? Just make a box of shells and cheese (the large shells tend to work better), and place it on top of a pre-made pizza crust that you've brushed with olive oil. Top with half a cup of shredded cheese and then bake 450 degrees for 7-10 minutes.

**Mac And Cheese Cups:** These cute little cups of mac and cheese are perfect for parties, or for the kids. Place foil baking cups into each of the muffin cups and fill them with macaroni and cheese, topped with a mixture of butter, milk, flour, and cheese and bread crumbs. Bake at 375 degrees for 25-30 minutes.

**Pumpkin Mac And Cheese:** This recipe is perfect for the fall! Melt butter in a saucepan, then whisk in flour and milk and stir until thickened, then stir in nutmeg, mustard and pumpkin. Add a little under 2 cups of cheese and cook until the cheese has melted. Add your mac and cheese to this sauce and stir until coated.

**Mac And Cheese With Scrambled Eggs:** Cheese and scrambled eggs are already a great pair, so this shouldn't be too surprising. Cook your scrambled eggs and mac and cheese separately, and then simply combine them once they are finished.

**Mac And Cheese And Bacon:** Bacon is perfect with anything cheesy. Add some bacon bits to your mac and cheese for some awesome meatiness. You probably won't ever be able to eat mac and cheese alone again.

**Mac And Cheese Burger:** Mac and cheese also makes an amazing burger topping. Just fry up some burger patties and pile on the mac and cheese along with your other favorite burger toppings.

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# OST Activity Guide

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Min.

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

**Week Four:** Day Four

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** no bake granola bars

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

- 1 ½ cup of Oats
- ½ cup Chopped almonds
- ½ cup melted peanut butter
- ¼ cup Honey
- Baking pan
- ¼ cup Shredded coconut
- 1 cup whole grain cheerios
- 1 teaspoon salt
- 1 teaspoon maple

**Activity Instructions:**

No bake chew granola bars by Tiffany Azure

<https://youtu.be/uGT7lmm-QQ>

Written instructions

1. Mix all dry ingredients in a bowl
2. Place all wet ingredients in a microwaveable bowl. Microwave for 30 -45 seconds
3. Stir in wet ingredients with dry and mix well
4. Place in baking pan to help with the shape. Pack well into pan to make firm
5. Refrigerate for 1 hour
6. Cut into rectangles and enjoy with family



**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 Four:** Day Five

Literacy-

Art-

Physical Activity-

Math-

DIY-

Cooking-

Family Day-

**Activity Theme/Title:** Card Game Night

**Materials:**

Deck of Cards

**Activity Instructions:**

There are a lot of different games that you can play with just a deck or two of classic cards. Here are some examples to play with your family. Instructions are on the next page. Invite everyone to join!

War

Spoon

Go Fish

**Activity Objectives:**

Enjoy family time together

Have fun and bond with the members of your family

## Instructions and Visuals:

### War:

Prepare the deck.

Deal the cards evenly between all players. If you have more than four people, you'll want to use a double deck.

Give each person a stack of cards, facedown. Don't look! On the count of three, each player flips their top card over into the center of the table. For an advanced version, have each player flip two cards.

The highest card wins that hand (aces are high) and takes the cards played as their own. They can add the cards won to their stack of cards.

In the event of a tie between the highest two players, you have a "duel." To play a duel, the players who tied each lay down three cards, facedown, then lay down a fourth card, faceup. The highest card wins the whole lot of cards played! To make the game last longer, use one card for duels instead of four.

Repeat steps three and four. When you run out of cards, you're out of the game. The last player with cards wins.

### Spoons:

Gather a deck of cards and a bunch of spoons. You'll need one less spoon than the number of players.

Take a complete set (all 4) of the same rank of cards for each of the players.

Have all the players sit in a circle with the spoons in the middle.

Shuffle and deal 4 cards to each player. The players can look at their cards, but not show anyone else.

During the game each player passes one card to the player to their left, so cards are constantly being passed in a circle at the same time. You can only ever see 4 cards at once so you have to make sure you pass your card before picking up the next one.

The goal of the game is to collect 4 of a kind.

Once you have 4 of a kind you can grab a spoon from the pile. Once one spoon is taken everyone else takes one too.

Whoever doesn't get a spoon is out and the play continues with one less spoon until there is one winner.

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# OST Activity Guide

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Min.

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

**Week Four:** Day Five

Literacy

P.A.

DIY

Cooking

Family Day

**Activity Theme/Title:** Bowling!

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

Bowling  
Toilet paper rolls  
Paper towel rolls

**Activity Instructions:**

Stack up toilet paper rolls, use a ball to see who can knock them all down



Activity Objectives:

- List activity objectives.....
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**Visuals:** n/a