

Directions:

Complete 24 of the activities shown below, turn in your completed form to your school in August, and receive a prize!

Cross off each activity as you complete it. The Level Up Your Learning website can be found in the icons toward the bottom of the district home webpage: www.olatheschools.org.



SEVENTH GRADE

Student Name _____

School _____

Math: Create a map of your neighborhood. Show the path you would take to get to important locations. Count your steps for one of the locations. Multiply your total steps by 2 to see about how many feet it is from your house to that location.



Science: What's up with the weather? Go outside and start a cloud journal. Look outside several times throughout the day and week. Sketch the clouds you see and make predictions about the weather. If you have technology, scan the QR code to go to a diagram to help with identifying the cloud types.



Social Studies: Civics Challenge: Use the QR code and choose a game to play and learn more about our government and legal system. OR talk to an adult about how they participate in the voting process.



Writing: Draw a map of the floor plan of your house. Pick a room or an area of your house where something memorable happened. Think deeply about the occurrence, whether large or small. Describe the occurrence, your physical location in the house, your feelings about it. See if you can get at least three of your five senses in your description (what you see, hear, smell, taste, touch).

Social Studies: What part of the world do you know the most about? Scan the QR code to try Seterra's Geography Game website. Just choose a map game to study and play. Can you beat your best time?



OR try making a list of 25 country names and have an adult check your work.

Art: Use different materials to try the following techniques: light, dark, gradate, hatch, crosshatch, layer, blend, stippling (dots), scumpling (scribbling), and make up your own way.

Library: What is your favorite genre...mystery, historical fiction, fantasy, adventure? Choose your favorite and read a book from that genre.

Fitness: Goal: to be active at least 60 minutes a day. Bike, skateboard, jump rope, shoot hoops, play tag, play baseball, your choice.



Music: Ask your family and relatives if they were ever involved in music in their life. Did they play instruments, did they attend concerts, did they sing on the stage, were they ever in a rock band? The answers may surprise you.

Math: Determine unit rates for at least 3 different items purchased at the grocery store. For example, if you purchased a 3-lb. bag of apples for \$5, how much did each pound cost?

Reading: Find a cookbook at your house or at the public library. Read through the recipes and choose your favorite. Work together with your family to make the recipe.

Writing: Write a comic strip or graphic story about a silly incident that happened to you.










Math: Determine how many weeks it will take you to save up to buy something if you make \$5.75 per week and the new item you want is \$55.00.

Science: Write down a prediction: how long will your shadow be at 8 AM? At 1 PM? at 6 PM? Measure your shadow at those times (in meters and centimeters!) Record your measurements in a table.

Art: Design It Yourself: Design your own mini art exhibit using objects found in your home. If you have technology, click through the introductory slides linked at the QR code below to see an example of an exhibit.



<p>Math: Make a list of 10 examples of where negative numbers occur in real life. For example, a sack or tackle for a loss in football or use of a debit card.</p>	<p>Fitness: Nutrition is a key part of staying healthy. Macronutrients (proteins, carbohydrates, and good fats) are an essential part of your growing body. Cook a meal using all 3 macronutrients. After you eat it, go on a 30-minute walk.</p>	<p>Writing: Write a haiku journal. Keep track of your activities for a one-week period. Extract the most essential elements of your activities, and for each day, write about that day's activity in a 5 syllable, 7 syllable, 5 syllable format. At the end of one week, share the haiku you are most proud of with a family member.</p>	<p>Reading: Grab a book at the library that looks interesting. Set a timer and read for 20 minutes, and then decide if you want to check that book out.</p> 	<p>Social Studies: Explore recent news stories/current events using any kind of media. Find a story of interest to learn about. Write about the news story. Why did it grab your attention? What did you learn? What further questions did it bring up for you? Proofread your work for spelling and grammar. If you have technology, you can go to a website like CNN Student News, linked to the QR code.</p> 
<p>Reading: Read the instructions that come with something your family has ordered or that has to be put together. Note if there are any challenging words and note if there are pictures that help with the instructions. Could you present these instructions to someone else?</p>	<p>Music: Watch a musical performance this summer--a band, concert, or musical. Share what you liked about it with someone you know.</p> 	<p>Library: Your family, friends, and neighbors need reading suggestions. Create "Top Five" lists to remind them about great books, authors, literary quotes, books that have been turned into movies and more.</p>	<p>Science: Learn how to balance items on a seesaw! Start with the intro to learn how, then complete the lab and/or the balance game! Use the QR code to visit the Phet simulation website and learn about balance! OR try finding items around your house that have similar weights. Can you create a balance with the items so that their weight is evenly distributed?</p> 	<p>Writing: This or that activity—Pick a topic you and your friends love to talk about (clothes, sports, games, shows, pets, etc.) Pick two things in that topic that some people like more than another (soccer vs. football, dogs vs. cats, etc.) Make a T-chart of all the positive things about the one thing on the left and all the positive things about the other on the right. Pick a side to write a paragraph about, incorporating items from one side of your chart. Present it to a friend or family member and ask if they agree.</p>
<p>Fitness: Walking is the gold standard of exercise. Go on a long walk or hike. From time to time, focus on your breathing. Is it fast? What can you do to slow it down? Want to be competitive? Do this hike or walk as a step challenge with a family member or friends!</p>	<p>Science: Talk to an adult about what you would do in the event of an earthquake to stay safe. If you have technology use the QR code to access a Virtual Field Trips site for a field trip of San Francisco and Alaska's earthquake areas. Scroll to field trip #3 and then field trip #2. What do you notice/wonder?</p> 	<p>Reading: Set a timer for 30 minutes and read your favorite book</p> 	<p>Social Studies: Check out This American Life, linked at the QR code. Write a paragraph about what you learned. OR interview an adult over the age of 55 years old. Ask that person about what life was like growing up. How are things different now? What things are the same?</p> 	<p>Art: Use this QR code to watch a video and learn how the ancient Egyptians used hieroglyphs to write their language. Then use the 2nd QR code to access a hieroglyph key and write your name using hieroglyphs. OR Try creating your own coded message by drawing symbols that represent each letter. See if someone can decode your message.</p> 