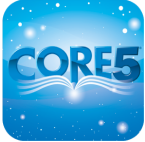







**SLED DAY # —GRADE LEVEL: 4TH NAME: \_\_\_\_\_**  
 A TOTAL OF **THREE** ACTIVITIES SHOULD BE COMPLETED EACH DAY.  
**\*RETURN THIS SHEET WITH WORK**  
**\*CIRCLE THE THREE ACTIVITIES YOU CHOSE**



## Day One

<p><b>Lexia</b></p> <p>Complete 4 units of Lexia</p> <p><b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p>Write the multiplication facts for 7's, 8's, and 9's. Study them until you know them well, and have someone to quiz you over the facts. Turn your facts sheet into your teacher.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b></p> <p>Folding a paper long ways, create a brochure about Cumberland County. This will be for anyone visiting Cumberland County looking for things to do. Include places you love to go. Write a brief description of three places you like to go or three things you like to do in Cumberland County. Add pictures (drawings) to make your pamphlet colorful and interesting.</p> 
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Create a song for one of the 7 Habits, using the tune/beat to a song of your choice.</p> <p>Make sure you include the name of the song that you used the tune/beat to and the lyrics (words to your song).</p>	<p><b>Science</b></p> <p>Create a new plant and name it. Be sure to include at least two external or internal structures (stem, leaf, flower, roots.) Describe the function of those structures (How do those structures help the plant survive in its environment?) In your writing, below your illustration, describe the environment that the plant lives in.</p>	<p><b>Special Class</b></p> <p>Do at least 30 minutes of physical activity with your family.</p> <ol style="list-style-type: none"> <li>1. Draw a picture of what you did</li> <li>2. 3-5 sentences beneath your drawing explaining what you did.</li> <li>3. In your paragraph, explain the importance of physical activity. How does this relate to your nutrition?</li> </ol>



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## Day Two

<p><b>Lexia</b></p> <p>Complete 4 units of Lexia</p> <p><b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><u>Garden Design</u></p> <p>Create your own garden, and label the length of the different sides. Describe what's in your garden, and label the different sections (tomatoes, corn, potatoes, etc.). Once your garden is complete, find its area and perimeter.</p> <p>*Your garden needs to have at least 4 items.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b></p> <p>Write a friendly letter to your teacher detailing what you did on your sled day. Include a picture of you in your activity. Your letter must have:</p> <ol style="list-style-type: none"> <li>1. Date at the top</li> <li>2. Dear _____,</li> <li>3. 3 paragraphs with a minimum of 5 descriptive sentences.</li> <li>4. Salutations (ex. Sincerely, _____)</li> </ol>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Many great leaders are determined and committed to their causes. Write about something that you feel passionately about—and then explain how you could lead others to also care about your cause. <b>(Write at least two paragraphs with 5 or more sentences each)</b></p>	<p><b>Science</b></p> <p>Create your own Animal on a separate sheet of paper, give your animal a name and Include the following:</p> <ul style="list-style-type: none"> <li>*Two internal structures</li> <li>*Two external structures</li> <li>* How each of those structures helps the animal survive</li> </ul>	<p><b>Special Class</b></p> <p>Keep a food journal for the day that includes everything you've eaten that day.. Using a crayon, marker, colored pencil, etc. Highlight the vegetables in green, meats in red, breads in brown, dairy in purple, and sweets/fats in yellow.</p> <p>Write a 5-7 sentence summary of your daily choices. What did you mostly eat? How could you include healthier food choices?</p>



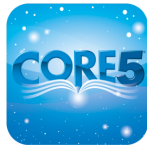
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## Day Three

### Lexia/ Reading Plus

Complete 4 units of Lexia  
**THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.**



### Math

Daniel is enjoying his day sledding. At the end of the day, he has sled a total of 500 feet. The table below shows the trips he has made.

Trip 1	Trip 2	Trip 3	Trip 4
120	75	215	?

How many feet did he travel on the 4th trip down the hill? Show your work and then create a similar word problem and have someone at home to solve it.

### Reflex Math

Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.



### Writing

Write a letter to a friend explaining what being proactive means.

Include examples of how your friend can be proactive at home or at school.

Remember a good letter must contain:

- Opening paragraph
- 3 supporting paragraphs
- Closing paragraph

### Exact Path- Math

Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. **THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.**



### Leadership

Read the quote and in at least a 5 sentence paragraph explain what you think it means.

“You don’t need a cape to be a hero. You just need to care.”  
 -Kid President

Discuss who your hero is and why you look up to this person.

### Science

Choose one of the 5 senses and write a paragraph that details how an animal uses that sense to survive. (Example - a snake uses its sense of smell to seek out prey and help it detect predators).

### Special Class

Choose a dance and perform it! Have a parent or family member either record your dance or sign in the space below after you’re done.

Parent Signature




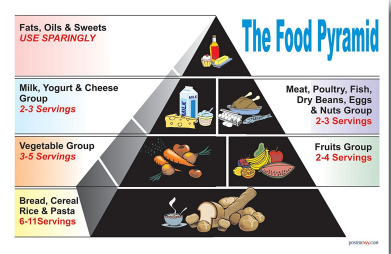
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## Day Four

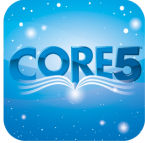


<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia</p> <p><b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><b>Constructed Response:</b></p> <p>Last month, a store sent 2,014 emails to customers about sales. The number of emails sent the month before was 2,104.</p> <p>A) Use one of the symbols <math>&lt;</math>, <math>&gt;</math>, or <math>=</math> to compare the two numbers of emails sent. <b>Show your work and explain your answer</b></p> <p>B) Find the difference between the two numbers of emails sent.</p> <p>Write in complete sentences.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b></p> <p>Ten years from now, where would you like to be? What job would you like to be doing? Which of the 7 habits can help you achieve this and how will you use those habits?</p> <p>Write <u>at least</u> 3 paragraphs answering these questions.</p>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Make a list of at least 20 ways that you can show random acts of kindness at school, at home, and in the community.</p>	<p><b>Science</b></p> <p>You want to know if ice dissolves faster in sugar or salt. Use the scientific method to set up an experiment to test your question. Steps to include:</p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Hypothesis</li> <li>3. Procedure</li> <li>4. Observations</li> <li>5. Conclusion</li> </ol>	<p><b>Special Class</b></p> <p>Plan a nutritious meal for your family. It can be any meal of the day. Use the following parts of the food pyramid and include at least one food from each group in your meal:</p> 



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## Day Five

<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia or 1 combo of Reading Plus- <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><u>Split the Bill</u></p> <p>You and four friends go eat at Pizza Hut. You order three pizzas that cost five dollars each, and well as five drinks that cost two dollars each. You also order one dessert that costs ten dollars. Find the total cost, and then solve for how much each person will have to pay.</p> <p>Then create your own problem that is similar to the one above.</p> <p>Show your work on another piece of paper.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b></p> <p>Using a blank sheet of paper, write a paragraph explaining a time of day when it is hard for you to put first things first and tell why.</p> <p>Then write another paragraph explaining why it's important to work before playing in this situation.</p> <p>Remember a paragraph should have at least 5 sentences.</p>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p><b>Begin With the End in Mind Collage</b></p> <p>Before you figure out the “end”, you have to take a look at who YOU are!</p> <p>Using a blank sheet of paper, write your name in the center.</p> <p>Draw or cut out pictures from a magazine that represents you. Include pictures of things you like, hobbies, favorite food, etc.</p>	<p><b>Science</b></p> <p>On a piece of notebook paper, draw an animal in its habitat. Name 3 structural adaptations of the animal. Explain how each of these structures helps the animal to survive - be specific about how the structure helps the animal to survive in its habitat.</p>	<p><b>Special Class</b></p> <p>Put two fingers on your wrist or neck and count the number of heartbeats in one minute. Record this number here _____</p> <p>Now do 15 jumping jacks and run in place for 1 minute. Now take your heart-rate again and record this number here: _____</p> <p>What happened? Why do you think this happened?</p>

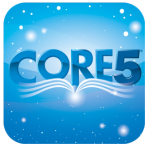






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## Day Six

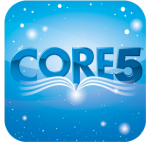


<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia or 1 combo of Reading Plus- <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><b>Constructed Response:</b>  <b>Show your work and explain your answer.</b>        Miley traveled 4,348 miles to Colorado. Kim traveled 568 miles to New York.</p> <p>A) How many miles did they travel altogether?        B) Round your answer to the nearest hundred.</p> <p>Write in complete sentences.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b>  <b>Write a Story</b></p> <p>Write a story with the following criteria:</p> <ul style="list-style-type: none"> <li>• at least 3 characters</li> <li>• A beginning, middle, and end to the story</li> <li>• setting</li> <li>• a problem and solution</li> </ul> <p>After writing, create pictures depicting events in the story.</p> <p>You can also make this into a book.</p>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Being in control of your emotions can be very hard. The good news is that it is up to you. No one can make you feel a certain way. By practicing Habit 1, Be Proactive, you will get better at being in control. On a sheet of paper answer the following questions: What can you do when you're angry to calm down? Who can you talk to if you're sad? If a friend upsets you, what can you do to make yourself feel better?</p>	<p><b>Science</b></p> <p>On a separate sheet of paper, choose any animal and draw it. Beneath your picture, make a T-chart that has "instinctual behaviors" on the left, and "learned behaviors" on the right. Give at least 3 examples of instinctual behaviors, and 2 examples of learned behaviors for your animal.</p>	<p><b>Special Class</b></p> <p>Create a new game that we could play in P.E. Be sure to include instructions, rules, and list any materials we will need. You can describe your game using pictures and/or write a paragraph.</p>



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## Day Seven

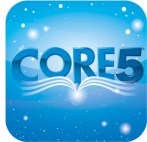


<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia or 1 combo of Reading Plus- <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p>Express each measurement as an equivalent mixed number.          Example: 2.6 cm = 2 6/10 cm</p> <ol style="list-style-type: none"> <li>4.2 cm = _____</li> <li>2.5 cm = _____</li> <li>3.7 cm = _____</li> <li>2.34 cm = _____</li> <li>5.78 cm = _____</li> <li>5.79 cm = _____</li> <li>1.2 cm = _____</li> <li>4.55 cm = _____</li> <li>2 wholes and 5 tenths = _____</li> <li>5 wholes and twelve hundredths = _____</li> </ol>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing/Social Studies</b></p> <p>Pretend that you are a vendor (one who sells items) at the fair.</p> <ol style="list-style-type: none"> <li>Create a way you would like to earn money.</li> <li>Include a list of supplies you would need to buy for your business. Include the prices of those supplies and the amount you would pay for them.</li> <li>Think about a profit you would make. Estimate and show what profit you will make.</li> <li>Describe who will buy your product and tell why.</li> </ol>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Use the questions to interview an adult about a time they have had to use the habit Think Win-Win in their life.</p> <ol style="list-style-type: none"> <li>What kinds of activities did you like to do when you were my age?</li> <li>Think Win-Win is about letting both people have their way and compromise. How did you Think Win-Win when you were little?</li> <li>As an adult, how do you use Think Win-Win?</li> </ol>	<p><b>Science</b></p> <p>Create a fossil on a sheet of paper. It can be any type of fossil that you have learned about or a fossil that you can think of on your own. Under the drawing describe in detail how the fossil was formed, where it was found, and what kind of rock the fossil was found in. Be sure to use terms such as rock layers, fossil, and decay.</p>	<p><b>Special Class</b></p> <p>Have an adult sign that you did 10 push-ups and 15 toe touches.</p> <p>Guardian signature _____</p>



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## Day Eight

<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia or 1 combo of Reading Plus- <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><b>Constructed Response:</b>  <b>Show your work and explain your answer.</b></p> <p>Sam has 1,526 baseball cards.  Sally has 445 more baseball cards than Sam.</p> <p>A) How many baseball cards do they have altogether?  B) What is the digit in the thousands place?</p> <p>Write in complete sentences.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b></p> <p>Your family is creating a time capsule (a place to keep important things to look back at in the future).  On a sheet of paper you will include the following:</p> <ul style="list-style-type: none"> <li>• A paragraph for each member of your family telling which item they would have in the time capsule and tell why.</li> <li>• Then write a letter telling who you are with a message to anyone in the future that will find the time capsule.</li> </ul>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Be proactive - It's always important to have a plan! Make a "To-Do" list that you can follow when you get home from school that will help you get your work done. Be sure to include times and a description of the task (see the example below). Include time for sharpening the saw!</p> <p>Example  3:00-4:00 → Homework  4:00-4:30 → Time with family</p>	<p><b>Science</b></p> <p>Draw a large oval on a sheet of paper and label the features listed below of the Earth's surface:  7 continents, at least 2 volcanoes, oceans, 3 rivers, 2 mountain ranges, 3 lakes, and all the major fault lines</p>	<p><b>Special Class</b></p> <p>Today while you're watching TV, during the commercials complete each of the activities below. Have an adult initial beside each after they're completed:  Commercial #1 – Jumping Jacks  Commercial #2 – Push Ups  Commercial #3 – Jog in place  Commercial #4 – Stretches  Commercial #5 – Sit ups</p>

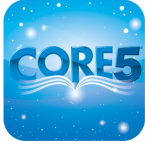




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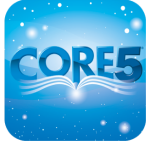


<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia or 1 combo of Reading Plus- <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><u>Brain Teaser</u>  Sarah has a favorite number. It is a two digit number. The sum of the two digits is 10. It is an even number. The number is less than 30.</p> <p>What is Sarah's favorite number?</p> <p>Create your own brain teaser and bring it back to your teacher!</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b>  <b>Opinion Writing</b></p> <p>Prompt: Do you think cell phones should be allowed in school? Why or why not?</p> <p>You should make a claim stating if cell phones should be allowed and explain why with reasons. There should be at least 3 paragraphs: an introduction, supporting claims (evidence), and conclusion.</p>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Synergizing is when everyone works together to complete a task. When is a time you have worked together with your classmates, friends, family, or teammates? What was difficult about working together? How did you overcome it? Why do you think it's important to work together?</p>	<p><b>Science</b></p> <p>Draw a large oval on a sheet of paper and label the layers of the Earth. Your Earth should include the following layers: Crust, Mantle, Outer Core, Inner Core.</p>	<p><b>Special Class</b></p> <p>Have an adult sign that you did 15 sit ups and jogged in place for 1 minute.</p> <p>Guardian signature  _____</p>



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## Day Ten

<p><b>Lexia/ Reading Plus</b></p> <p>Complete 4 units of Lexia or 1 combo of Reading Plus- <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Math</b></p> <p><b>Constructed Response:</b>  <b>Show your work and explain your answer.</b></p> <p>A) John ate <math>\frac{1}{2}</math> of a large pepperoni pizza. Sarah ate <math>\frac{4}{8}</math> of a large cheese pizza. Who ate the most?</p> <p>B) How much pizza did they eat altogether?</p> <p>Write in complete sentences.</p>	<p><b>Reflex Math</b></p> <p>Work on improving your multiplication and division fluency by filling in your green dot on Reflex Math.</p> 	<p><b>Writing</b>  <b>Informational Writing</b></p> <p>Choose an activity that you are good at that you can teach someone else about. Write a manual or “How to” explaining how to do your activity. Examples could be: baking a cake/cookies, playing a game, making a craft, etc.</p> <p>Include: Materials needed and detailed steps for completing the activity.</p>
<p><b>Exact Path- Math</b></p> <p>Complete one math trophy on Exact Path. In order to get a trophy, the students must watch the lesson, complete the practice, and pass the quiz with at least 80% accuracy. <b>THIS ACTIVITY CAN BE COMPLETED EACH DAY AND REPEATED WITH EACH SLED DAY IF THE STUDENT WISHES TO DO SO.</b></p> 	<p><b>Leadership</b></p> <p>Look through magazines and newspapers to find pictures or words that show and describe ways you like to Sharpen the Saw.</p> <p>Glue these things to a sheet of paper to make a collage or draw your collage.</p>	<p><b>Science</b></p> <p>On a sheet of paper go through your home and make a list of all the ways that your home uses energy. Once you have compiled a list, then come up with 3 ways in order to conserve and save energy that is being used by your family be sure to include terms such as: solar energy, petroleum, natural gas, wind energy, hydropower, coal, or any other term that you could use to help conserve energy.</p>	<p><b>Special Class</b></p> <p>The two biggest factors for a healthy lifestyle are a healthy diet and exercise. Write 5-7 sentences explaining what you could do each day to incorporate these in your daily life. Create a new personal goal that would allow you to live an even healthier lifestyle.</p>