Daily DE

ELEMENTARY GRADES 3-5
Week 4: Grades 3-5

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<th>THE &quot;M&quot; IN STEM MONDAY</th>
<th>GET TECHY WITH IT TUESDAY</th>
<th>WORKOUT WEDNESDAY</th>
<th>THOUGHTFUL THURSDAY</th>
<th>FIELD TRIP FRIDAY</th>
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<td>Math is an important part of STEM Careers and Real-World Challenges—put your problem solver hat on and let's get to work.</td>
<td>Explore how technology is part of our everyday lives.</td>
<td>Get hands-on as you engage in activities for the mind and body.</td>
<td>Learn strategies for being mindful of yourself and others.</td>
<td>Go on virtual field trips to amazing destinations.</td>
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**WEEKEND CHALLENGE**

In recognition of Earth Day on 4/22, partner with your family to conduct a home energy audit. Read through the Eco-Friendly Questionnaire and then work together to select a few specific areas where your family could improve your energy and/ or water use. Keep track of the changes you are going to make and keep each other accountable!

Girls Get STEM Family Activities
The "M" in STEM Mondays
Sustainable Cities & Communities

TODAY, YOU’RE GOING TO JOIN A TEAM TO HELP WORK ON ENGINEERING SOLUTIONS TO KEEP YOUR COMMUNITY SAFE AND PREPARED IN THE THREAT OF NATURAL DISASTERS. BEFORE WE WATCH A VIDEO TO LEARN MORE, LOOK AT THE PICTURES TO THE RIGHT.

WHAT DO YOU NOTICE?

FIND A SIBLING OR YOUR PARENT AND TELL THEM ABOUT WHAT YOU NOTICE IN THESE PICTURES.
Sustainable Cities & Communities

Were you talking about lightning storms, hurricanes, tornadoes, and droughts with your partner? If so, you just discussed some of the world’s **extreme weather**.

Let’s watch the video linked below to learn more about how extreme weather and natural disasters can affect a community.

**Sustainable Cities & Communities Video**

Adapted from Fueling Education
Natural Disasters can cause danger and bring fear to states, towns, and your local community.

There are currently an average of 400 extreme weather events each year.

• Since June 2017, about 41 million people have been affected by flooding.

• By 2100, it is projected that more than 150 million people will be living on land that is either below sea level or at flood level.

• In addition to flooding, earthquakes, droughts, wildfires, and hurricanes are increasingly threatening communities.

It is therefore extremely important that communities continuously assess and improve their structures to be prepared for extreme weather events.
Wow! Once again, your passion for Science and STEM has earned you another coveted internship, this time on the Disaster Resiliency Board. Resilience is the ability to recover quickly from a tough situation.

Your first internship assignment is to develop plans and models to prepare your local community for extreme weather and natural disasters. Head to the next page to hear about your mission!
Your "M" in STEM Monday Weekly Challenge

Scientists often rank situations on a scale or rating system of 1-10. This week’s “M in STEM” challenge is asking you to create a rating system to rank how prepared your community is for a natural disaster. After you rank your current situation, you will create models of new buildings or structures that could improve your town’s ranking in case you experience extreme weather in the future!

1. Think about your community. What type of extreme weather happens in your local area? How prepared are you for it?
2. Create a ranking system like the one below and fill in what each number means (Hint: 10 is often the best).

   1   5   10

3. Give your community a score!
4. After you give your community a score, consider what changes could be made to your town to improve its score.

5. Develop plans, and, if you wish, models, to show a building or structure that is more resilient to the extreme weather in your area.

- For example, if you have earthquakes build a model office building that can withstand an earthquake. Test your model by shaking it back and forth on a cardboard base.

- If you have hurricanes, find a spray bottle and a fan to test your new structure and see how long it stands up without getting soaked through. Don’t forget to give them a new ranking!

Here are some suggested materials you may find helpful: cardboard, tin foil, tape, string, sticks, index cards, plastic wrap, aluminum tray, spray bottle
Want to learn more about extreme weather?

Check out this news article to find out what types of extreme weather and natural disasters are typical to your region.

**Washington Post's Mapping America’s wicked weather and deadly disasters**

Get Techy with it Tuesday
April 22nd is Earth Day!

There are lots of ways to help protect and care for our planet! Recycling is one that you might have heard of before.

Read through the information on the computer screen to learn more.

CONNECT.

The average person produces four pounds of trash every day. That's a lot of garbage! Out of this trash, three-quarters of it could be recycled. Unfortunately, most people actually recycle much less than this.

Did you know that anything made out of paper, plastic, metal, or glass can be recycled? Picture everything you threw in the trash yesterday. Is there anything you could have recycled instead?

During April, Earth Day is celebrated around the world to remind people to take care of our planet. To help celebrate the 50th anniversary of Earth Day, think about what you can recycle around your home and do something good for our planet.

Adapted from the Science Fair Central
Considering all of the trash that *should* be recycled, it’s a good thing recycling trucks exist! Once recyclables are picked up, the recycling trucks bring them to a materials recovery facility where they are sorted so they can be made into new products.

Recycling is important and everyone can play their part!

What rules do you have in your home for recycling? Have you put anything in the recycling bin yet today?
Recycling Solutions

When we think of “technology” what often comes to mind is something that uses electricity or has a screen. Did you know that technology doesn’t have to light up or run on batteries?

Technology is anything that was:
- a) manufactured by humans
- b) solves a problem or meets a need

Look at the items in your recycling bin, is there something in there that could be used again? Could you make a new technology out of something old? Get tech-y with it and create a new technology from a recyclable item! Be creative and add other extra materials in your designs. Share your new technology with others in honor of Earth Day on April 22nd!
Workout Wednesday
Journey to Fitness

Wow! We are so proud of you for keeping up with your Journey to Fitness these past couple weeks at home.

As you’ve been exercising in your home and backyard, it’s important to remember how to cool your body down at the end of your workout.

Adapted from AHA NFL Play60
Why do we need to cool down?

Let’s try an experiment! Do the following exercises and then put your hand over your heart or on your wrist to feel your heartbeat.

- First, stand up and do 10 jumping jacks.
- Then, run in place for 30 seconds.
- Last, jump rope or just jump up and down for 60 seconds.

How does your breathing change? Can you feel your heart beating faster? Jot down the difference in your notebook and then let’s work on bringing your heart rate back down to normal!
After playing hard and racking up your physical activity minutes, take time to try these cool down activities that gradually slow down your heart rate to help the body readjust.

AHA NFL PLAY 60 Challenge Cool Down

Adapted from AHA NFL Play60
Share your 
#GetMovingPLAY60 experiences for a chance to be featured!

Don’t Forget!

Found a great way to keep up with your fitness journey at home? We want to know!

Optionally, ask a parent or adult guardian to help you record and share your fitness journey.
Pre-Activity

Learning is not limited to science, math, reading, and writing. Social and emotional learning (SEL) is important too!

These are skills that help you understand your emotions, manage behavior, and determine how to interact with others.

Today you are going to have a discussion with a member of your household or with someone virtually.

The questions you discuss help you to reflect on these skills that help keep your brain healthy... so you do well in school, form healthy relationships, and develop into successful adults.

Adapted from Soar With Wings Family Activity 2
Discussion Time - Self-Awareness

Directions:
1. Pick one person to choose a conversation starter below to read out loud.
2. Each person should share their thoughts, answers, or experiences. Be sure to model good listening skills!

Conversation Starters:
- Talk about something you did today to show yourself love and acceptance.
- Describe some ways you express yourself and show who you are on the inside.
- What makes you unique from other people in your family?
- Describe a time you struggled to be good at something and how that made you feel.

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<th>Example</th>
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<td>Self-Awareness</td>
<td>Ability to understand your emotions and thoughts and how they affect behavior</td>
<td>&quot;I love and accept who I am on the inside and I know my emotions are nothing to hide.&quot;</td>
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Adapted from Soar With Wings Family Activity 2
Discussion Time - Self-Management

Directions:

1. Pick one person to choose a conversation starter below to read out loud.
2. Each person should share their thoughts, answers, or experiences. Be sure to model good listening skills!

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| Self-Management  | Ability to control your behaviors and emotions   | "Life’s full of surprises that make me feel different ways. If I can control myself, I’ll have much better days."

Conversation Starters:

- What is the best surprise you’ve had recently?
- Are there times when you lose control of your emotions or behavior? Why do you think that happens?
- What rules at home or school are hard for you to follow? Why?
- How do you calm down when you are feeling angry, upset, or nervous?

Adapted from Soar With Wings Family Activity 2
Discussion Time - Responsible Decision-Making

Directions:
1. Pick one person to choose a conversation starter below to read out loud.
2. Each person should share their thoughts, answers, or experiences. Be sure to model good listening skills!

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<td>Responsible Decision-Making</td>
<td>Ability to make positive decisions and take responsibility for your actions.</td>
<td>&quot;I understand the choices I make should be what’s best for me to do, and what happens is on me and not any of you.&quot;</td>
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Conversation Starters:
- What is one goal you have for yourself?
- Have you ever broken a promise? How did it make you feel? How did it make the other person feel?
- What is a choice you made this week that you are proud of?
- Talk about a time you made a choice that kept you out of trouble.

Adapted from Soar With Wings Family Activity 2
Discussion Time - Social Awareness

Directions:
1. Pick one person to choose a conversation starter below to read out loud.
2. Each person should share their thoughts, answers, or experiences. Be sure to model good listening skills!

Conversation Starters:
• Who is one of your favorite friends? How are you alike? How are you different?
• What does it mean to “step into someone else’s shoes?” Can you give an example of a time when you stepped into someone else’s shoes?
• When you meet someone new, how do you get to know them?
• Tell something special about each person in the family.

Adapted from Soar With Wings Family Activity 2
Discussion Time - Relationship Skills

Directions:

1. Pick one person to choose a conversation starter below to read out loud.
2. Each person should share their thoughts, answers, or experiences. Be sure to model good listening skills!

**Conversation Starters:**

- When you are working with others do you like to be the leader of the group? Why or why not?
- Name one way that you are going to be kind to someone else tomorrow (without being asked to or expecting anything in return).
- Who do you trust the most? Why do you trust them?
- You get invited to a party, but realize your best friend wasn’t invited. What do you do?

Adapted from Soar With Wings Family Activity 2
Field Trip Friday
Happy Field Trip Friday! Today you will go behind the scenes to meet NBA storytellers, learn about their careers and explore how they use creativity, collaboration, critical thinking, and communication to capture the game like never before.

**Today you will:**
- Explore exciting career pathways related to professional basketball.
- Examine how the art of storytelling—visual, oral, digital, and data-driven—plays an important role in these careers.
- Learn how technology and new media have impacted the way in which we tell stories in the modern era.
- Learn about the past, present, and future of the NBA’s story.
Pre-Activity

Have you ever heard the expression: "A picture is worth a thousand words?"

Directions:
Discuss what that expression means with a member of your household. Then, look at the pictures below. For each picture, think about the person in the image. How did they get there? What are they doing? Create a caption for each picture.
Virtual Field Trip

While you watch the Field Trip, think about the following questions:

• How have hard work and creativity helped the professionals on their career path?

• How can you use hard work and creativity to help you pursue what you are interested in?

NBA Storytellers Virtual Field Trip

Enjoy!

Adapted from NBA Storytellers
Post-Activity

You just learned about various NBA Storytellers. Choose one of the Storytellers to complete a six-word story.

A six-word story is one sentence that summarizes. Think about everything you learned about your Storyteller. How can you explain them using only 6 words?

For a list of the NBA Storytellers: https://www.discoveryeducation.com/learn/nba-partnership/

Adapted from NBA Storytellers
References

"M" in STEM Monday
Fueling Education -
https://www.fuelingeducation.com/
• https://tinyurl.com/we2lps4

Get Tech-y with it Tuesday
Science Fair Central -
https://www.sciencefaircentral.com/

Workout Wednesday
AHA NFL Play60 -
https://aha-nflplay60.discoveryeducation.com/
• https://tinyurl.com/sx9qbc8

Thoughtful Thursday
Soar With Wings -
https://www.soarwithwings.com/
• https://tinyurl.com/SWWFA2

Field Trip Friday
NBA Storytellers -
https://www.discoveryeducation.com/learn/nba-partnership/
• https://tinyurl.com/NBAVFTGuide

Weekend Challenge
Girls Get STEM - https://girlsleadstem.com/
• https://tinyurl.com/v684vyd