

Family Resources for At-Home Learning

Suggested Learning Activities 9-12



English/Language Arts

1. **Reading:** Read 45-60 minutes a day, both fiction/literature and nonfiction/informational text. Keep your mind active and engaged. What reading materials are in your home right now? Is there a book lying around that you have not finished? Are there magazines or newspapers? Do you have internet access? (There are books available online free!) Just find something to read that engages you! Take time out each day to discuss what you are reading with family members.
 - Questions to ask during/after reading:
 - What are the themes/main ideas?
 - What is the textual evidence to support this?
 - What connections can you make to the text?
 - What questions do you have?

1. **Writing:** Write for 25-45 minutes a day
 - Journal Writing - *Just for you, make it a daily habit*
 - Expository Writing - *Explain something clearly for someone else, be sure to include enough elaboration.*
 - Narrative Writing - *tell a story, find a unique perspective, and incorporate interesting dialogue. What is the universal lesson?*
 - Persuasive/Argumentative Writing - *Take a position on something. Use rhetoric to best persuade your audience to see your position. Consider the counter argument, and form a rebuttal that supports your position. Use solid evidence and elaboration to prove your point.*
 - Creative Writing - *write the thing (poetry, memoir, novel, etc.) you've always wanted to write. Post it to a writing website (see below) to see if you can get published to a student forum!*

1. **Information Literacy (Research):** Teach yourself something new!
 - Identify a question you have or a problem that needs to be solved.
 - Determine the BEST sources of information. (Be sure to check that your sources are credible and reliable for the information you are seeking.)
 - Read/watch a variety of information on the topic: Dive deep on this step; take your time to really understand and look at multiple sources if needed.
 - Share what you've learned: Present it verbally to your family (or friends electronically), write a synopsis or essay, post it to your social media with links to information.

Resource Links:

1. Reading List Fiction: <https://k-12readinglist.com/category/reading-lists-for-high-school-students/>
2. CCSS Reading List Literature & Informational Texts by Content Area: (Contains list but is a subscription site) <https://www.washingtonpost.com/news/answer-sheet/wp/2012/12/05/list-what-common-core-authors-suggest-high-schoolers-should-read/>

3. Nonfiction 9-12 Reading List: (Contains List but is a subscription site) <https://www.goodreads.com/shelf/show/grades-9-12-nonfiction>
4. Open Library: <https://openlibrary.org/> (Create Login)
5. Project Gutenberg: <https://www.gutenberg.org/>
6. Close Reading Workshop: SpringBoard 10th Grade Level
https://www.tacomashools.org/ci/optional/Documents/OptionalLearningPacket_ELA10.pdf
1. KFHS Proquest Database: <https://portal.bigchalk.com/portalweb/login.do?ts=4>
 - Username: SUB101ESD124
 - Password: CHILD124
1. Research Websites for Students:
 - <https://askatechteacher.com/20-great-research-websites-for-kids-2/>
 - <https://resilienteducator.com/classroom-resources/five-places-where-teachers-can-find-free-research-resources-on-the-web/>
1. Websites for Teen Writers: <https://www.readbrightly.com/6-great-websites-teen-writers/>



Mathematics

Activity Ideas:

1. Create an account on Khanacademy.org and create a customized class for your ability level.
2. Play strategy games such as Sudoku, Cribbage, Logic Puzzles, chess, and various board games. Build your logical thinking and challenge yourself to think a few steps ahead.
3. Consider practicing for the SAT or ACT for 20 minutes a day. Khanacademy.org offers a free SAT prep class.
4. Design and build that new dog house or treehouse for your younger siblings. Make a complete drawing of the final product putting to test those geometry and fractional skills. Doing this will also help ensure you don't waste any materials.
5. Unity Game Design Engine is free for students and Unity Learn Premium is free for three months. Design a game and have your friends play it.

Resource Links:

1. www.khanacademy.org
2. www.desmos.com
3. www.code.org
4. <https://learn.unity.com/>



Science

Content Area: Physical Science

Create an account on Khanacademy.org and create a customized class for your ability level.

Areas of Focus:

- One-dimensional Motion
- Forces and Newton's Laws
- Work and Energy
- Impacts and Linear Momentum

Resource Links:

- <https://www.khanacademy.org/science/physics> (Physics concepts...with Mastery Points)

Content Area: Biology

Read a news source on the coronavirus daily.

- What is your reasoning why the CDC recommends using hand sanitizer **in addition to** hand washing? How do hand sanitizers work? What is the chemistry behind them?
- What kind of growth is this virus: exponential or logistical? Why? Support your answer.
- How does the coronavirus infect a cell? How does it move from organism to organism? How can this virus potentially mutate?
- What is the difference between a virus and a bacteria? Why can we not fight a virus with antibiotics?

Biology Resource Links: Students can go to the link below to review cell division.

- <https://www.cellsalive.com/> and
- <https://ffa.app.box.com/v/OnlineAgEdResources/file/637862343832>

Other Science Links:

- **Horticulture:** Students can use this to look in to and become familiar with horticulture and soil needs. <https://ffa.app.box.com/v/OnlineAgEdResources/file/636578620901>
- **Environmental Science:** Students can use this to look into and become familiar with biofuels <https://ffa.app.box.com/s/zrij9g3i6sc8j0pvn7q8qc3mwejf4ycx>
- **Chemistry:** Students can use this link to review Chemistry concepts. <https://www.gpb.org/chemistry-matters?>



Social Studies

Activity Ideas:

1. : We are living in a historic time in our nation. Why not be as well-informed as possible about the COVID-19 Virus? Research a variety of news sources, and write/type your findings so that you have your own time capsule of this chapter in history.
 - Read about the virus online: When was it first documented? When did it reach the United States? What are the symptoms of the virus? What is the average recovery time? What are scientists doing to find a vaccine?
 - Watch TV reports regarding the outbreak: What changes do you see on a daily basis? How are different cities, states, and countries addressing the concern? What are people in our state or community doing to help others?
 - Research The 1918 Flu (Spanish Flu). Make comparisons between COVID and the 1918 Flu. Look at what actions were taken locally (Spokane), Washington State, and around the world.
 - Do the math: Track the virus throughout the world and the US using online resources. Make a graph showing the number of cases.
 - Watch or listen to the news and discuss what is happening with a family member.
 - How is life changing in America and in the world?
 - What are the immediate effects that you are experiencing as a result of the COVID-19 pandemic?
 - What do you think will be the long-term effects of the COVID-19 pandemic?
1. : If you were the governor or the president, what would you do differently? As you watch the news or read about the virus online, take note of the actions that the governor and president have taken. With which actions do you agree? What would you do if you were in charge? Write down your thoughts.
2. Interview or research a family member and Write a Biography and share your work with family.
3. Watch a movie and write a review of it. You can summarize the plot, describe some element of the film (special effects, sound effects, music, acting, costumes, etc.), and state your opinion on the film. Back it up with specific details from the movie.

Resource Links:

- CNN10: Stay up to date to see what is taking place in the world <https://www.cnn.com/cnn10>
- Crash Course: Amazing educational videos in a wide range of topics. <https://thecrashcourse.com/> or <https://www.youtube.com/user/crashcourse>
- TED Ed.: From the makers of TED Talks with lessons connected to each video. <https://ed.ted.com/>
- CBS Evening News <https://www.cbsnews.com/evening-news/>
- ABC News: <https://abcnews.go.com>
- NBC News: <https://www.nbcnews.co>
- The Libraries of Stevens County have dozens of educational databases to explore. You can also have access to 1,000s of ebooks and audiobooks online through Overdrive. There are online resources to prepare students for the SAT, ACT, ASVAB, and even driving tests. If you have a library card already go here: <https://thelosc.org/> If you do not have a library card yet, it possible to get one online.
- Here is a message from the library's Facebook page: "No library card? No problem! You can get instant card access to our downloadable collection! Visit thelosc.overdrive.com and click Need a Library Card to get started! You can also download the Overdrive or Libby app and follow the prompts by clicking Sign In > Need a Library Card."



Physical Fitness

Stay active with vigorous physical activity a minimum of 3 days a week for at least 60 minutes a day. Keep a journal of your physical activity throughout the week by tracking what exercises you completed and length of time you were active.

Activity Ideas:

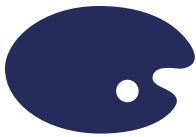
Jogging, Running Sprints, Bike Riding, Hiking, Brisk Walk, Yard Work, Raking, Shoveling, Climbing Stairs, Sport Activity.

You can build muscle with any activity that causes the heart rate to elevate and stretches your muscular strength. Lifting heavy objects with a routine in mind. Do at least 3 sets of 8 repetitions. Couple any of these activities listed above with cardiovascular workouts to build muscular stamina. Muscular strength is important; muscular stamina is just as important. The amount that you can lift helps muscular strength. The number of times you can lift a heavy object repeatedly without failure is muscular stamina.

Resource Links:

Workouts from home:

- <https://www.nerdfitness.com/blog/the-7-best-at-home-workout-routines-the-ultimate-guide-for-training-without-a-gym/>
- <https://homeschoolhideout.com/homeschool-pe-channels-to-get-you-moving/>
- <https://www.youtube.com/watch?v=7Eb6c3gNLI>



Visual Arts

Activity Ideas:

1. Create a 8.5" x 11" and fill a sketchbook

Materials to create a sketchbook:

- Plain copy paper, standard size
- 3-hole folder, 3 ring binder, or 3-hole punched paper
- Twine or yarn

Create or purchase a sketchbook with at least 30 full size pages using the materials above. Use the Incredible Art Department sketchbook lessons link below to create at least 3 drawings a week using up 75 % of the page with your drawings on various topics (i.e. draw a houseplant/real/artificial, object melting, hands holding something, tennis shoes, popcorn.) Each drawing should be your best work using proper proportion, accurate & neat lines, texture and shading (1 Hour per sketch).

1. Do 3 architectural drawings using 1, 2 & 3 Point Perspective.

Materials:

- Pencils
- Eraser
- Ruler/straight edge
- Large drawing/printer paper (11" x 17" or 9" x 12") Standard paper can be taped together if necessary.

- Optional: Sharpies and colored pencils

Use the Incredible Art Department # 2 link below to create 1. A detailed and correct linear drawing of the interior of a room, 2. A “floating house” using the movie “Up” image as a reference, 3. A 3-point perspective from “worms eye” or “birds eye” view of an manmade object such as a tower, castle, skyscraper, or chair. (Each drawing should take 3-4 hours) This activity is fairly advanced. Use Youtube or a general google searches if additional help is needed to achieve realistic 1, 2 pt floating object) and 3 point perspective drawings.

1. **A writing connection** (on notebook paper, writing application)
 - Reflect** on a particular artist within the chosen movement you admire and tell why. Carefully describe the artist’s work and why you admire it. Weave in details you learned about the time period, meaning, and thinking behind this work.
 - Describe** how the original work you created would fall under the style you chose. For example, how does the line, balance, color, content, subject, textures, composition, of your piece specifically reflect the movement/style you chose as a reference?

Resource Links:

1. <https://www.incredibleart.org/lessons/high/sketchbookHS.html>
2. <https://www.incredibleart.org/lessons/rhodes/perspective.html>
3. <https://www.theartstory.org/movements/>



Vocational Training

Content Areas: Foods, Personal Choices, and Senior Seminar

Activity Ideas:

- Cook at home with your family or by yourself. Learn how to cook those things that someday you may want to cook for yourself when you are living on your own.
- Research potential careers using WOIS.org. You can learn all about potential careers in Washington State. You can also complete interest surveys to see what career might be match your interests.

Resource Links:

1. <https://www.homebaking.org/> - This website has videos and recipes for all levels.
2. <https://www.cooksillustrated.com/> - This website has videos and recipes for all levels.
3. <https://www.allrecipes.com/> - This website has videos and recipes for all levels.
4. <https://www.wois.org/> - The Kettle Falls High School site key is yfr866.

Shop Resource Links:

1. <https://ffa.app.box.com/v/OnlineAgEdResources/file/637838805626>
2. <https://ffa.app.box.com/v/OnlineAgEdResources/file/637844920767>
3. <https://www.youtube.com/watch?v=o4Ai2xk84WA&feature=youtu.be>
4. <https://www.youtube.com/watch?v=68tkfBwPERY&feature=youtu.be>



Foreign Language

Content Area: Spanish 1 & 2

Activity Ideas & Resources:

1. Review: Use Quizlet to review previous learning. Our site is “ProfeKettle.” (<https://quizlet.com/ProfeKettle>)
2. Call or text a friend to practice your Spanish.
3. Listen to popular music in Spanish on YouTube.



Counseling Department

Activity Ideas:

1. (Seniors only) Finish filing your FAFSA if you have not already done so.
2. (All Students) Go to “Career Bridges” and explore different careers of interest to you. Explore what degree of education those careers entail and what programs offer those Degrees.
3. (All Students) Start compiling a list of Activities that you have participated in during High School. Include “Honors Won” and “Positions Held”. Include Community Service that you have performed and the amount of hours contributed. You will need this in the future for Scholarship Applications, College Applications, and Letters of Recommendation.

Resource Links:

- www.fafsa.ed.gov
- www.careerbridge.ed.gov

Helpful Parent Source: Learning at home and homework help <https://www.commonsemmedia.org/resources-for-families-during-the-coronavirus-pandemic>