**CACFP Afterschool Meals Enrichment Week 7**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Subject** | **Grade Level** | **Activities** |
|  | History & Culture | All gradesUpper Elem - HS | * **Explore Cuba’s love for music.** Watch the video on the importance of Music in Cuba. Go to <https://explore.org/films>. Click “Culture” on the left. Then click the second video that says “The Island of Music”.
* **Check out art at the “MET”.** The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage here: <https://www.metmuseum.org/art/online-features/metkids/time-machine> Click on **“North America”,** then click “PUSH.” Click on a few art pieces one at a time and go through “Design”, “Imagine”, “Create” on the right side.
 |
|  | Language Arts | ElemMS/HS | * **Create a funny story**. What will you find hidden in the jungle? Fill in the blanks at <https://kids.nationalgeographic.com/games/funny-fill-in/funny-fill-in-jungle-out-there/> and click on “Read” to see the final story. Need help remembering nouns, adjectives, etc.? Practice searching “what is noun”, etc.
* **How do we communicate through music?** Read how music is a system of symbols and rules that communicate ideas just like language. Listen to some of the examples in the reading and don’t forget to try the “Try It!” <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/connections/connections/language--music/>
 |
|  | Science | All grades | * **Are all of our memories real?** Watch this TEDEd video: <https://ed.ted.com/lessons/are-all-of-your-memories-real-daniel-l-schacter>. Then click on “Think” and see what you learned.
* **National Geographic experiments!** Create bottled music with this simple experiment: <https://kids.nationalgeographic.com/explore/science/sounds-great--bottled-music/>
 |
|  | SEL/Personal Enrichment | All grades | * **Explore elephants Incredible Intelligence!** Learn about the intelligence and sensitivity of elephants at <https://thekidshouldseethis.com/post/elephants-incredible-intelligence>. You can see a video of orphan baby elephant Olorien being rescued at <https://thekidshouldseethis.com/post/rescuing-orphan-baby-elephant-olorien-a-sheldrick-wildlife-trust-video>
* **Hear The Story of Two Wolves.** Listen and watch the animation about this story reminding us to be mindful of what emotions we feed. <https://thekidshouldseethis.com/post/two-wolves-fighting-in-my-heart>
 |
|  | Math & Logic | All grades | * **Play Tic Tac Toe Squares!** Click on the link then choose an operation (ex: addition, multiplication, etc.). Challenge yourself by choosing an operation that you need to practice! <https://www.funbrain.com/games/tic-tac-toe-squares>
* **Play the Parking Lot Brain Game.** Follow along with the video and give each cab its own parking spot by drawing two squares. Pause it if you need more time. <https://kids.nationalgeographic.com/videos/brain-games/#/689768515772>
 |
|  | Social Studies  | K-5All grades | * **Watch the video about U.S. Symbols.** Go to the link, click “Play”.Thenclick on one of the activities below the video like “Draw About It”. <https://jr.brainpop.com/socialstudies/citizenship/ussymbols/>
* **What city suits you?** Go to the website and take the quiz to learn which city might match your personality! Then click on the city to see what makes it unique.

<https://kids.nationalgeographic.com/games/personality-quizzes/which-city-do-you-belong-in/> |
|  | Art/Phys Ed | All grades | * **Draw a camping tent.** Go to Art for Kids Hub and play the video to follow along. <https://www.artforkidshub.com/draw-camping-tent/>
* **Get Active!** Follow along with the **“Performance!”** NFL workout to exercise your whole body and keep physical activity fun. Go to <https://aha-nflplay60.discoveryeducation.com/videos>, click on the first video “Performance” and then click play.
 |

**CACFP Afterschool Meals Enrichment Week 8**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Subject** | **Grade Level** | **Activities** |
|  | History & Culture | All grades | * **Learn the basics of African drumming**. Click the link and then play the video. What types of drums does Farai introduce you to? <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/international/african-drumming/>
* **Check out art at the “MET”.** The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage here: <https://www.metmuseum.org/art/online-features/metkids/time-machine> Click “**Inventions**”, then “PUSH.” You can choose a “Time Period” or “Geography” if you want. Click a few inventions, one at a time, and go through create, etc.
 |
|  | Language Arts | K-57-12 | * **Watch the video about Nouns** (people, places, things, and ideas!) and then click on “Games” to play Sortify. <https://jr.brainpop.com/readingandwriting/word/nouns/>
* **Listen to the poem “The Road Not Taken” by Robert Frost.** Click the link then scroll down to the middle of the page to find it. <https://www.poetryoutloud.org/competing/listen-to-poems/> You can also read the poem here <https://www.poetryfoundation.org/poems/44272/the-road-not-taken> or follow along as you listen .
 |
|  | Science | K-8Upper Elem-HS | * **Play Coral Reef!** Go to the website and click play! Play and learn about sharks, sea turtles, and more. <https://www.funbrain.com/games/tinybop-schools-coral-reef>
* **Check out the Soccket**, an energy-generating soccer ball that turns into a lamp. Click the link and play the video. <https://thekidshouldseethis.com/post/soccket-energy-generating-soccer-ball-video>
 |
|  | SEL/Personal Enrichment | All grades | * **Read “How Kids Can Build Resilience”** in Scholastic Kids Press written by a kid in New Zealand. <https://kpcnotebook.scholastic.com/post/how-kids-can-build-resilience>
* **Watch the video about Setting Goals.** Try one of the things mentioned in the video (ex: sleeping routines, setting a SMART goal, journaling, etc.) <https://www.brainpop.com/english/studyandreadingskills/backtoschool2020/>
 |
|  | Math & Logic  | All grades | * **Can you remember the five cards in this Brain Game?** Go to <https://kids.nationalgeographic.com/videos/brain-games/#/689760323969> and watch the video “How Smells Affect Your Memory”. How does smell affect your memory?
* **Play the Memory Game.** Memorize tile patterns before they flip. <https://www.improvememory.org/brain-games/memory-games/pattern-memory/>
 |
|  | Social Studies | All grades | * **Explore your state!** Go to the site and click on the state you live in to see facts and photos (landforms, how it got its name, wildlife, fun stuff, etc.). <https://kids.nationalgeographic.com/explore/states/>
* **Decode Benjamin Church’s letter to the British army.** Click the link, read the instructions, and scroll down to see the coded letter. <https://www.nps.gov/articles/decoding-benjamin-church.htm>
 |
|  | Art/Phys Ed | All grades | * **Draw the White House!** Go to Art for Kids Hub and play the video to follow along. <https://www.artforkidshub.com/how-to-draw-white-house/>
* **Watch and follow along with this 5-minute African dance lesson.** Click the link, then play the video. <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/dance/five-ish-minute-dance-lessons/fiveish-minute-dance-lessons/african-dance/>
 |

**CACFP Afterschool Meals Enrichment Week 9**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Subject** | **Age** | **Activities** |
|  | History & Culture | All grades | * **A Celebration of Swing Music!** Go the website and scroll down to the video “What is Swing?” Explore some of the other videos or recordings (Jazz Fundamentals, Duke Ellington, Ella Fitzgerald, etc.) <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/swing-swing-swing/>
* **Check out art at the “MET”.** The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage here: <https://www.metmuseum.org/art/online-features/metkids/time-machine> Click on “**Creatures**,” then click on one of the continents under “Geography”. Click “PUSH.” Click a few art pieces, one at a time, and go through the create, watch, discover, etc. on the right.
 |
|  | Language Arts | ElementaryAll grades | * **Listen to Story Online**. Go the website and listen to Kevin Costner and Jillian Estell read Catching the Moon. <https://www.storylineonline.net/books/catching-the-moon-the-story-of-a-young-girls-baseball-dream/>
* **Write an acrostic poem.** Click the link and then press “Get Started” to walk through a fun way to write an acrostic poem. <http://www.readwritethink.org/classroom-resources/student-interactives/acrostic-poems-30045.html>
 |
|  | Science | K-3All grades | * **Watch the video about Forests.** Thenclick on one of the quizzes to see what you learned! <https://jr.brainpop.com/science/habitats/forests/>
* **Check out Crater Lake in Oregon** with Dierks Bentley by clicking [here](https://findyourpark.com/get-inspired/crater-lake-national-park-360-tour?_ga=2.198412650.470309777.1601924485-114415246.1601924485&_gac=1.195758360.1602077292.EAIaIQobChMIy4_z2bqd6QIV_z6tBh3H6QJHEAAYAiAAEgJBvvD_BwE).
 |
|  | SEL/Personal Enrichment | K-5M/HS | * **Watch the video on Conflict Resolution.** Then click on “Write About It” and do the activity. <https://jr.brainpop.com/health/feelings/conflictresolution/>
* **Watch the video about Conflict Resolution.** Then click on “Make-a-Map” or “Graphic Organizer”. <https://www.brainpop.com/health/empathyandrespect/conflictresolution/>
 |
|  | Math & Logic | All gradesUpper Elem-HS | * **Why do honeybees love hexagons?** Watch the TEDEd to think like a bee mathematician. Then, click “Think”. <https://ed.ted.com/lessons/why-do-honeybees-love-hexagons-zack-patterson-and-andy-peterson>
* **Can you solve the honeybee riddle?** Watch the TEDEd video and then click on “Think” to check what you’ve learned: <https://ed.ted.com/lessons/can-you-solve-the-honeybee-riddle-dan-finkel>
 |
|  | Social Studies  | All grades | * **Choose a state to explore!** Go to the site and click on ANY state you might want to know more about. Read about some of the things that make the state unique (landforms, how it got its name, wildlife, fun stuff, etc.)

<https://kids.nationalgeographic.com/explore/states/> * **Can you solve the riddles like a Junior Ranger?** At “Riddle Me This” read the riddles and see if you can solve them like a Thomas Stone National Historic Site Junior Ranger! <https://www.nps.gov/articles/000/riddle-me-this.htm>
 |
|  | Art/Phys Ed | All grades | * **Draw a character.** Go to Art for Kids Hub and choose one of the characters to draw by clicking on the video and following along. <https://www.artforkidshub.com/how-to-draw/characters/>
* **Learn the basics of Swing Dancing!** Watch the video and consider grabbing a friend or family member to give it a try! <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/dance/five-ish-minute-dance-lessons/fiveish-minute-dance-lessons/swing-dance/>
 |

**CACFP Afterschool Meals Enrichment Week 10**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Subject** | **Age** | **Activities** |
|  | History & Culture | All grades | * **Create your own winter count.** Read about these records of history used by some Indigenous American tribes. Then, do one of the “Alternate Activities”. <https://www.nps.gov/articles/000/create-your-own-winter-count.htm>
* **Check out art at the “MET”.** The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine site below. Click on “**Sports and Games**,” then click on “PUSH.” Click on the art one at a time and go through create, watch, discover, etc. <https://www.metmuseum.org/art/online-features/metkids/time-machine>
 |
|  | Language Arts | K-66-12 | * **Create a unique story!** Go through the activity at Scholastic Story Starters! <http://www.scholastic.com/teachers/story-starters/>
* **Scholastic Speech Writing.** You have been elected President and they want to hear your vision. Other writers walk through how to build a speech. <http://teacher.scholastic.com/writewit/speech/index.htm>
 |
|  | Science | All grades | * **How does your immune system work?** Watch the TEDEd video then write or discuss with someone what makes the immune system amazing: <https://www.youtube.com/watch?v=PSRJfaAYkW4>
* **Oxygen’s surprisingly complex journey through your body!** Watch the TEDEd video: <https://thekidshouldseethis.com/post/oxygens-surprisingly-complex-journey-through-your-body-ted-ed>
 |
|  | SEL/Personal Enrichment | All grades | * **Take a virtual tour of Yosemite!** <https://www.virtualyosemite.org/>
* **Take a ranger-led virtual tour of Hawai’i Volcanoes National Park!** Go to the site and click “Play”. <https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour>
 |
|  | Math & Logic | K-56-12 | * **Watch the video on Tally Charts and Bar Graphs.** Then click on “Draw About It” and complete the activity. <https://jr.brainpop.com/math/data/tallychartsandbargraphs/>
* **Watch the video “Real-Life Math”.** A Chef talks about how she uses math to cook, run a catering business, and more! Get creative and find a recipe to make at home with your family. <https://www.pbslearningmedia.org/resource/mkaet.math.rp.chef/real-life-math-chef/>
 |
|  | Social Studies | All grades | * **Learn some basic facts about the United States.** Click the link then dig deeper by scrolling to the bottom and clicking on one of the pictures under “More US History”. <https://kids.nationalgeographic.com/explore/countries/united-states/>.
* **Be a George Washington National Monument Junior Ranger!** Click the link and try to solve the Spy Code. <https://www.nps.gov/articles/000/george-washington-spy-code.htm>
 |
|  | Art/Phys Ed | All grades | * **Draw a helicopter or ski boat!** Go to Art for Kids Hub. Click on the video and follow along at <https://www.artforkidshub.com/draw-helicopter/> or <https://www.artforkidshub.com/draw-ski-boat/>
* **Get moving with Lateral Movements!** Do these lateral movements to strengthen your muscles alongside Play360! Go to <https://aha-nflplay60.discoveryeducation.com/videos>. Click on the 2nd video “Lateral Movements”, then click play.
 |

**CACFP Afterschool Meals Enrichment Week 11**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Subject** | **Age** | **Activities** |
|  | History & Culture | All grades | * **The Story Behind the Song: Brother Can You Spare a Dime?** Scroll down to “A Song in Search of a Title”. Listen to this song inspired by a challenging time for many American families. Go back to the top and read and/or watch the video about the Great Depression to learn more. <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/media/music/story-behind-the-song/the-story-behind-the-song/brother-can-you-spare-a-dime/>
* **Check out art at the “MET”.** The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the site below. Click on “**City and Country**,”. Click “PUSH.” Click art one at a time and go through create, watch, discover, etc. <https://www.metmuseum.org/art/online-features/metkids/time-machine>
 |
|  | Language Arts | K-23-12 | * **Listen and Read about a Firefighter.** Click the link then “Start Reading”. <http://teacher.scholastic.com/commclub/firefighter/index.html>
* **Read “The Art of Writing Comic Books”** by Marley who teachers a comic-book class with her mom. <https://kpcnotebook.scholastic.com/post/art-writing-comic-books>
 |
|  | Science | K-3M/HS | * **Watch the video about Classifying Animals.** Thenclick on “Word Play” and do the activity. <https://jr.brainpop.com/science/animals/classifyinganimals/>
* **Watch the video on DNA.** Then click on “Related Reading” and go through or choose one of the tabs to learn more (ex: Discoveries and Inventions, Trivia, etc). <https://www.brainpop.com/science/cellularlifeandgenetics/dna/>
 |
|  | SEL/Personal Enrichment | ElementaryAll grades | * **Learn about how wildlife caretakers at the San Diego zoo care for** and help baby animals. <https://zoo.sandiegozoo.org/kids-corner/episode-9>.
* **Taking action to help change the world!** Listen to some inspiring stories about kids around the world who care and took action. <https://worldslargestlesson.globalgoals.org/resource/just-a-kid/>
 |
|  | Math & Logic | K-2Upper Elem-HS | * **Play the Game.** Break the code by seeing the patterns at PBSKids. <https://pbskids.org/oddsquad/games/code-breaker>
* **Can you solve the sorting hat riddle?** Click and watch the TEDEd video. Try to complete the logic puzzle along with the video. <https://ed.ted.com/lessons/can-you-solve-the-sorting-hat-riddle-dan-katz-and-alex-rosenthal>
 |
|  | Social Studies | All grades | * **Choose a Country.** Click on a country like “Australia”. Read fast facts about people and culture, etc. Then scroll to “Watch Destination World”. Click on the continent your country is located to watch the video. <https://kids.nationalgeographic.com/explore/countries/>
* **Design your own flag.** Go the website and read more:<https://www.nps.gov/articles/000/design-your-own-flag.htm>
 |
|  | Art/Phys Ed | All grades | * **Draw the Titanic!** Go to Art for Kids Hub to follow along with the video <https://www.artforkidshub.com/draw-rms-titanic/>
* **Get moving!** Get active with these agilities to move quickly and efficiently from one point to another with Play360! Go to <https://aha-nflplay60.discoveryeducation.com/videos>. Click the 3rd video “Agility”.
 |

**CACFP Afterschool Meals Enrichment Week 12**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Subject** | **Age** | **Activities** |
|  | History & Culture | All grades | * **Watch the video on Asian-American and Pacific Islander Heritage Month!** <https://www.brainpop.com/socialstudies/news/aapiheritagemonth/>
* **Check out art at the “MET”.** The Metropolitan Museum of Art is one of the most famous museums in the world. Go to the time machine webpage below. Click on “**Fashion**,” then click on “PUSH.” Click on a few of the art pieces, one at a time, and go through the experiences in the right column (like create, watch, discover, etc.). <https://www.metmuseum.org/art/online-features/metkids/time-machine>
 |
|  | Language Arts | ElementaryElem-HS | * **Listen to Story Online**. Read along or listen as Viola Davis reads Rent Party Jazz: <https://www.storylineonline.net/books/rent-party-jazz/>
* **What is hyperbole?** Watch the TEDEd video and see if you can come up with an example, too! Upper grades can go to “Dig Deeper” or “…And Finally”, too. <https://ed.ted.com/best_of_web/XTXEYVfb>
 |
|  | Science | Elem-MSM/HS | * **Can pennies float?** Watch and try the Floating Penny experiment! What do you think? Can they float? Think, then watch the video below. If you want to give it a try, you’ll need a penny, glass of water, and an index card or other stiff card. <https://kids.nationalgeographic.com/videos/try-this/#/1266094147736>
* **A Weird Perspective!** Make something life size seem itty bitty by playing with perspective. Watch other kids do this at the link and then grab a friend or a sibling, a camera/phone, and give it a try! <https://kids.nationalgeographic.com/videos/try-this/#/1266031171670>
 |
|  | SEL/Personal Enrichment | K-5MS/HS | * **Watch the video about Empathy.** Then click on “Talk About It” to do the activity. https://jr.brainpop.com/health/feelings/empathy/
* **How are empathy and sympathy different?** Watch the video here: <https://www.youtube.com/watch?v=1Evwgu369Jw>
 |
|  | Math & Logic | K-23-12 | * **Play the Game Candy Cashier.** Click the link, then click “New” in the right corner of the game screen. <https://www.mathplayground.com/candy_cashier.html>
* **Play Suduko!** Practice your memory, strategic and logical thinking skills! Click the link, then select your level. <https://www.improvememory.org/brain-games/sudoku-games/web-sudoku/>
 |
|  | Social Studies | All grades | * **Read about the Aztec Ruins.** Go to the link to read, then click on “Food” to learn about ancient foods and do the activity. <https://www.nps.gov/features/azru/>
* **Water Quality Word Scramble**. Go to the link and unscramble the words to learn more about how water impacts our lives. <https://www.nps.gov/articles/000/water-quality-word-scramble-apis.htm>
 |
|  | Art/Phys Ed | All grades | * **Draw a Food Truck!** Go to Art for Kids Hub to follow along with the video. <https://www.artforkidshub.com/draw-food-truck-new-challenge-time/>
* **Y Not Get Active?** Turn basic movements into fun daily, physical activities. Go to the link, then click on “Y Not?” to watch the video and follow along: <https://aha-nflplay60.discoveryeducation.com/videos>
 |

**Resource List for CACFP Activities Weeks 7-12**

|  |  |  |
| --- | --- | --- |
| **Resource** | **Website Address** | **Topics** |
| Art For Kids Hub | <https://www.artforkidshub.com/> | Art, drawing |
| Brainpop | <https://jr.brainpop.com/><https://www.brainpop.com/>  | Various Subjects, videos and activities |
| Explore.org  | <https://explore.org/films>  | Live cams and film on animals, culture, geography, and more |
| Fun Brain | https://www.funbrain.com/games | Various subjects, games, videos |
| Google Arts & Culture | <https://artsandculture.withgoogle.com/en-us/>  | National park live tours |
| ImproveMemory.org | <https://www.improvememory.org/>  | Science, Math, Logic, Memory and Brain games |
| Kennedy Center | <https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/media-and-interactives/> | Activities about music and performing arts |
| Math Playground | <https://www.mathplayground.com/>  | Math & Logic games |
| MET Museum | <https://www.metmuseum.org/art/online-features/metkids/> | Art, History, Fashion |
| National Geographic | <https://kids.nationalgeographic.com/> | Social Studies, Science, ELA |
| National Park Service | <https://www.nps.gov/index.htm> | Geography, landmarks, culture, history, readings, tours, and activities |
| PBS Learning Media | <https://www.pbslearningmedia.org/> | Various subjects |
| Play360 | <https://aha-nflplay60.discoveryeducation.com>  | Physical Activity |
| Poetry Out Loud | https://www.poetryoutloud.org/ | Poetry recordings and readings |
| Read Write Think | <http://www.readwritethink.org/classroom-resources/student-interactives>  | Literacy activities |
| Scholastic | https://kids.scholastic.com/kid/home/ https://kpcnotebook.scholastic.com/ | Reading, Writing, Kid Press, activities and games |
| Story Online | <https://www.storylineonline.net/>  | Videos of books read online |
| TedEd | <https://ed.ted.com/> | Various subjects, videos |
| The Kid Should See This | https://thekidshouldseethis.com/ | Various subjects, videos |
| World’s Largest Lesson | <https://worldslargestlesson.globalgoals.org/>  | Various topics on citizenship and change |