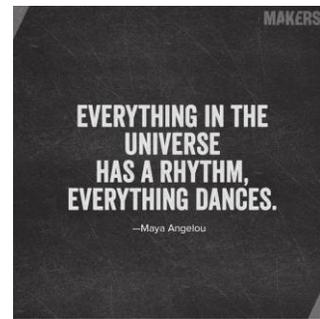
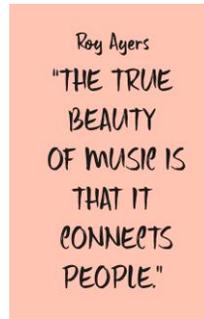
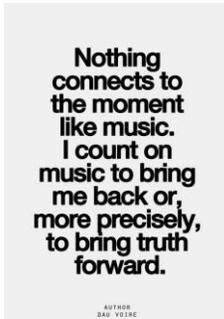


6th - 8th Music Activities

Please use the menu of options below to engage in music exploration.

Read the four quotes and reflect on their meaning.

- In what ways do you agree or disagree with the quotes below?
- How does music continue to connect us to each other during this time of social distancing?
- How does music connect you to people across cultures or ages?



Listen to a piece of music (anything you want) and draw a picture of what you think it is about or what it made you feel.

Create a Music Soundtrack:

- Choose your 4 favorite songs
- Write a letter to your younger OR older self about why these are your favorite songs right now and what they mean to you.
- Draw a picture to serve as your 'cover art' for your soundtrack.

Ask someone in your household: What's your favorite song and why? Listen to it together.

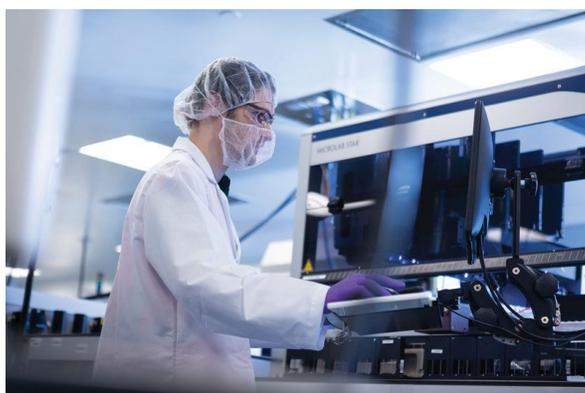


Social Studies - 7

This year in seventh grade students have been learning about Contemporary Global Issues. In these at home learning opportunities you can continue this exploration. Some information may be review and some may be new. Feel free to use any resources you have (such as the internet or books) to explore the topics more each week. Each week will connect to the last as much as possible.

What Factors Affect Life Expectance Around The World?

It's midnight in France and in the Congo. At the same moment in both places, a baby is born. Thousands of miles apart, each new mother holds her infant in her arms and wishes it a long and healthy life. But will their wishes come true? Not necessarily. Chances are good that the child born in France will live long enough to meet his grandchildren and maybe his great-grandchildren. The child born in the Congo, though, may not live to adulthood.



This laboratory in France makes a medicine to prevent H1N1, a severe type of flu that can spread very quickly. Medicines such as these are expensive to manufacture and distribute and can be slow to reach remote or rural areas of developing countries.

Who Will Live? For How Long?

Health is an important human concern. We all want to be healthy regardless of who we are or where we live. One way of looking at health is through life expectancy, or the average number of years a person can expect to live. Not everyone has the same life expectancy. A person born in Spain, for instance, has an average life expectancy of 81 years. In Nigeria, life expectancy is 52 years.

Why do these inequalities exist? Why are the prospects for a long and healthy life so different around the world?

In this series of readings, you'll learn about some factors that influence life expectancy. Health is about more than just lifestyle and heredity, which is the passing of genes down through generations. It isn't even only a medical issue. Health is a reflection of society, including culture, politics, economics, and access to health care – that is, medical services.

Outbreaks and Breakthroughs

Health has become a global issue. Diseases don't recognize borders. A virus is a tiny organism that infects living cells with disease. One of these can erupt in Malawi on Monday and be in New York or Tokyo by Tuesday.

Scientific discoveries cross borders too. Sometimes it takes a team to solve a medical problem – including experts from around the world who combine knowledge and resources. Scientists still don't understand many of the factors that affect life expectancy. For example, what explains the clusters of seniors around the world who live active lives into their 90s? How do they stay so healthy for so long?

There are no simple solutions to health problems around the world. For example, wealth does not always guarantee good health. One measure of a country's wealth is GDP per capita, or the value of the goods a country produces per person. However, GDP per capita is not necessarily linked to life expectancy. Other factors may be more important to good health, such as a balanced diet, regular exercise, and being part of a strong community.

The good news is that we can advance good health everywhere on Earth. Two countries we will learn about that are confronting health issues are Burkina Faso, in Africa, and Sardinia, which is in Europe. Both countries show that positive steps can be taken toward improving health.

LIFE EXPECTANCY AND INCOME			
	LIFE EXPECTANCY	GDP PER CAPITA	LEADING CAUSE OF DEATH OR ILLNESS
Japan	84 years	\$34,000	Stroke
France	81 years	\$35,000	Cancer
United States	78 years	\$48,100	Coronary heart disease
Mexico	77 years	\$15,100	Coronary heart disease
Brazil	73 years	\$11,600	Coronary heart disease/stroke
India	67 years	\$3,700	Coronary heart disease
Russia	66 years	\$15,700	Coronary heart disease
Kenya	63 years	\$1,700	HIV/AIDS

Sources: CIA World Factbook; World Health Organization, 2012

Directions: On your own paper, respond to the questions below. Use evidence from the text to support your answers.

1. **Compare and Contrast:** how does life expectancy in countries with a high GDP per capita compare with life expectancy in countries with a low GDP per capita?
2. How do you think your answer to #1 effects the amount different countries spend on healthcare?

7th Grade Math Resources

1) Counting to 20 Game

Here is a counting game to try with a partner.

- The first person must start at “1”
- For each turn, you can say one, two, or three numbers in order.
- For example, the first person could say “1” or “1,2” or “1,2,3”
- If the first person says “1,2” then the second person could say “3” or “3,4” or “3,4,5”
- Keep taking turns saying one, two, or three numbers in order.
- Whoever says “20” wins the game.

Play many times and try to discover a winning strategy. Describe it to a family member or below.

2) Practice (Source: <https://openupresources.org/math-curriculum/>)

Tyler orders a meal that costs \$15.

- A. If the tax rate is 6.6%, how much will the sales tax be on Tyler’s meal?
- B. Tyler also wants to leave a tip for the server. How much do you think he should pay in all? Explain your reasoning.

3) Converting a Fraction to a Decimal (Source: <https://www.openmiddle.com/>)

Directions: Using the digits 1 to 9, at most one time each, place a digit in each box to make a true statement.

$$\frac{\boxed{}}{\boxed{}\boxed{}} = 0.\boxed{}$$

4) Lollipops

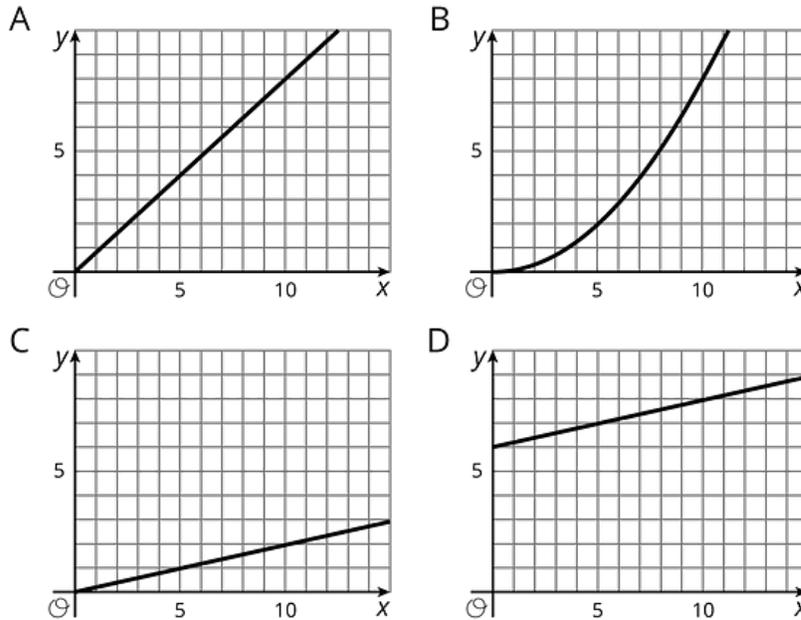
Joe bought 7 green lollipops. There are 3 fewer yellow lollipops than green lollipops. There are 2 more red lollipops than yellow lollipops. How many lollipops are there? Show how you got your answer.

5) **Integer Practice** (Source: <https://openupresources.org/math-curriculum/>)

- A. How much higher is 500 than 400 m?
- B. How much higher is 500 than -400 m?
- C. What is the change in elevation from 8,500 m to 3,400 m?
- D. What is the change in elevation between 8,500 m and -300 m?
- E. How much higher is -200 m than 450 m?

6) **Proportional Graphs** (Source: <https://openupresources.org/math-curriculum/>)

Which graphs could NOT represent a proportional relationship? Explain how you decided.



7) **Integer Sums and Differences** (Source: <https://www.openmiddle.com/>)

Using the integers -3 to 3, at most one time each, fill in the blanks to make each equation true.

$$\square + \square = \square$$

$$\square - \square = \square$$

8) **Which One Doesn't Belong?** (Source: wodb.ca)

Choose a number in this picture that you don't think belongs with the rest. Explain why. Can you pick another number and give a different reason? Discuss with someone else if you are able.

17	26
44	65

9) **Rainfall** (Source: <https://openupresources.org/math-curriculum/>)

The *departure from the average* is the difference between the actual amount of rain and the average amount of rain for a given month.

The historical average for rainfall in Albuquerque, NM for June, July, and August is shown in the table.

June	July	August
0.67	1.5	1.57

- A) Last June only 0.17 inches of rain fell all month. What is the difference between the average rainfall and the actual rainfall for last June?
- B) The departure from the average rainfall last July was -0.36 inches. How much rain fell last July?
- C) How much rain would have to fall in August so that the total amount of rain equals the average rainfall for these three months? What would the departure from the average be in August in that situation?

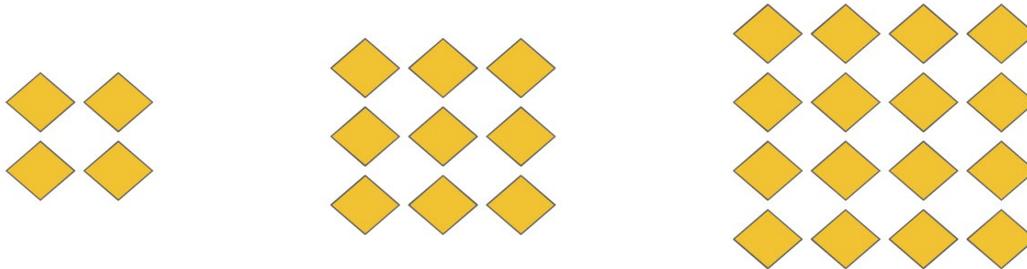
10) **Shopping Challenge** (Source: <https://openupresources.org/math-curriculum/>)

A shopper bought a watermelon, a pack of napkins, and some paper plates. In his state, there is no tax on food. The tax rate on non-food items is 5%. The total for the three items he bought was \$8.25 before tax, and he paid \$0.19 in tax. How much did the watermelon cost?

11) **Visual Pattern** (Source: visualpatterns.org)

Below is a pattern of diamonds in stages 1-3 below.

- A) Draw what you think stage 4 might look like.
- B) Draw or describe what you think stage 10 might look like.
- C) Label how many diamonds are in each stage.
- D) Try to write an equation to describe the relationship between the stage number n and the number of diamonds D .



12) **Would You Rather** (Source: <https://www.wouldyourathermath.com/>)

Whichever option you choose, justify your reasoning with mathematics.

Share equal slices of cake from pan A with 8 friends OR share equal slices of cake from pan B with 6 friends?

Cake A



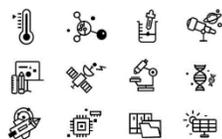
Cake B



For Math Answers – Flip to the Science page

Science Answer Key

Emma because during the night the Earth's land radiates the energy it got from the sun during the day back out into space. Losing energy makes the Earth's temperature to drop. It has had the most time to lose energy just before dawn.



SCIENCE-7

Wonder of Camping Cold Nights



Five Friends were planning a camping trip in the north woods. It was to be a clear night with mild weather. Sunset was at 8:00 p.m. Sunrise was at 7:00 a.m. **The five friends wondered when it would be the coldest as they slept under the stars.** This is what each said:

Colin: "I think it will be the coldest right after the Sun sets."

Bano: "I think it will be coldest at midnight."

Jeri: "I think it will be the coldest around 3:00 a.m."

Emma: "I think it will be the coldest just before sunrise."

Kit: "I think it will be the coldest a few hours after sunrise."

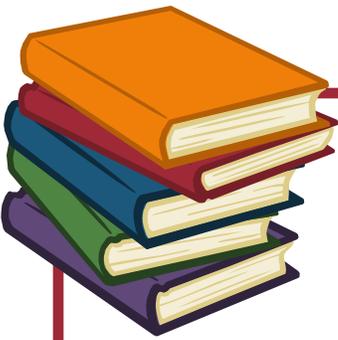
Which person do you agree most with and why? Write or draw to describe your thinking. Share this situation with your family. Listen for how their thinking is like or different than yours. Check the [math page](#) for which possibility most like currently supported science.

I most agree with _____ because...

For Science Answers – Flip to the Math page

Math Answer Key

- 2) A: 99 cents, B: Depends on tip %
- 3) Answers can vary. Examples: $9/18=0.5$, $7/35=0.2$
- 4) 17 lollipops
- 5) A: 100, B: 900, C: 5100m, D: 8800m, E: 650m
- 6) B, D
- 7) Answer can vary. Example: $1+2=3$, $-3-(-2)=-1$
- 8) Could choose any – give a good argument!
- 9) A: 0.5 below the average (or -0.5), B: 1.14, C: 2.43 in Aug (0.86 more than the average)
- 10) \$4.45
- 11) A: 25 diamonds, B: 121 diamonds, C: $D=(n+1)^2$



ENGLISH/LANGUAGE ARTS

Read the poem “Empty Spaces” by Ernest Hemingway, the article “The Power of Solitude, and observe the images below. What places do you wish you could have all to yourself? Respond in any way that you choose; draw a sketch, journal, or construct a poem about your thoughts.

Empty Spaces: By The Learning Network, The New York Times

March 27, 2020, <https://www.nytimes.com/2020/03/27/learning/empty-spaces.html>

In recent weeks, the world’s busiest thoroughfares have become desolate. Airports are ghost towns. Stadiums sit empty. Even Disneyland has closed.

But the barren landscapes provoke a more playful question: What typically-crowded places have you dreamed of having all to yourself?

Would you visit an amusement park without having to wait in lines; run wild on a mall shopping spree; explore a renowned museum with free rein — or is there some other place or activity you’d love to enjoy in solitude?

Poem: “Empty Spaces” by Ernest Hemingway

“If there's empty spaces in your heart,
They'll make you think it's wrong,
Like having empty spaces,
Means you never can be strong,
But I've learned that all these spaces,
Means there's room enough to grow,
And the people that once filled them,
Were always meant to be let go,
And all these empty spaces,
Create a strange sort of pull,
That attract so many people,
You wouldn't meet if they were full,
So if you're made of empty spaces,
Don't ever think it's wrong,
Because maybe they're just empty,
Until the right person comes along.”

Article: “The Power of Solitude” This article appeared in the June 2017 issue of Mindful magazine. <https://www.mindful.org/the-power-of-solitude/> Illustration by Marta Sevilla

The Power of Solitude

Spending time alone with ourselves may not be easy or even desirable. But it's key to getting to know who we really are.

BY [ELAINE SMOOKLER](#), JULY 26, 2017 [WELL-BEING](#)



Most of us are afraid to be alone. I'm talkin' no cell phone, no Wi-Fi alone. When was the last time you were by yourself and didn't try to sweeten, avoid, or supercharge the moment? Were you fearful, anxious, or hungry for something more?

We are awash in studies telling us that we need each other to survive and to be happy. And it's true, we do. But when we lose the ability to be alone with ourselves, our overstimulated nervous systems suffer from no place to rest and recharge. Self-imposed solitude triggered by social anxiety, schizophrenia, or other psychological disorders can constitute a health risk, says psychiatrist and researcher Dr. Mary V. Seeman in a review published in 2016 in the journal *Psychosis*. “But,” she writes, “[solitude] can also reap benefits such as recovery of a sense of self, renewed harmony with nature, escape from sensory overload, stimulation of creativity, or awakening to spirituality.”

Our mind is expert at taking bits of information and creating a storyline. One of those stories is that being alone is so terrifying, anything else is preferable.

Mindfulness helps cultivate this beneficial solitude, which has psychological and physiological perks. When we practice anchoring our attention to a single focus like the breath, the body and nervous system gear down from operating in relentlessly high-stress states. Without cortisol and adrenaline pumping you into high alert your body has better conditions to relax. In this more peaceful state you can enjoy a slower pace to look around and experience a wider array of life. You're able to let go, to not feel afraid to be alone, which means you're no longer grasping at ways to push away your fear. You can begin to enjoy what it's like to be with yourself and feel calm. And as you learn to be alone you can learn how to be brave and honest with how things are right now. If you can cultivate your ability to be OK with being alone, you may come to appreciate that you can create all the conditions you need to be content with yourself and in life.

Sometimes the unfamiliarity of being alone can feel awkward, painful, or just plain wrong. You may feel like Groucho Marx, who said that he didn't want to belong to any club that would have him as a member. The thought of making friends with yourself may feel weak or silly. That's just another form of fear, which has many faces.

Spend enough time by yourself and you'll notice all kinds of thoughts bubble up and pass away. Hateful thoughts. Painful thoughts. Fearful thoughts. Our mind is expert at taking bits of information and creating a storyline. One of those stories is that being alone is so terrifying, anything else is preferable.

That's where time and patience come in. When you first approach this idea it's natural that you might feel the same aloofness or hesitation you experience in any new relationship, so take it slowly. As you train your ability to be alone, without suspicion or disdain, you may begin to relax. Spending more time with

yourself increases your ability to recognize the forces at play in your life. When you contemplate being alone, what do you feel? Are you holding your breath? Are you clenching your stomach, right now, or your jaw? Which emotions are being triggered by your lonely movie? It's OK to have these feelings; you don't have to like them.

The next time that the tight squeeze of loneliness commands your attention, let that feeling be your cue: first take a breath; develop an attitude of gentleness and kindness. Be present to whatever you are feeling. Lean into your sadness, your pain, your joy. Let yourself be shy as you gently get to know you. There is nothing to fear when you come to yourself with an understanding heart. Allow yourself the freedom to discover how unlonely being alone can be.

Images: What do these images make you think of? Where would you go if you could have the entire space to yourself?

Image 1: Empty Theatre

"Theater" by [Peter Peter](#) is licensed under [CC BY 2.0](#)



Image 2: Empty Beach

"Caribbean beach series ... Cuba" by [Nick Kenrick](#), is licensed under [CC BY-NC-SA 2.0](#)



Image 3: Empty Boardwalk

"Coney Island Blues (7)" by [Björn Giesenbauer](#) is licensed under [CC BY-NC-SA 2.0](#)



Image 4: Empty Park

"Swing back to childhood" by [mi.chael](#) is licensed under [CC BY-NC-SA 2.0](#)



Image 5: Empty Stadium

"Empty seats - Berlin Olympic Stadium" by [City Clock Magazine](#) is licensed under [CC BY-NC-SA 2.0](#)



Self-talk Scenario Slips

Scenario 1 – Nico studied hard for a test, but still didn't get a good grade. He began to think to himself, "You're so dumb you can't even study and get a good grade. What's wrong with you? If everyone knew how long you studied, they would probably think you're stupid too."

Q1: What could Nico say to himself instead?

Q2: What are some things Nico could do to encourage himself?

Q3: What would you do in this situation?

Q4: If Nico talked negatively to himself all the time, what effect do you think it would have on him?



Self-talk Scenario Slips

Scenario 2 – Melissa wants to try out for the volleyball team but is nervous.

Q1: What are some examples of positive self-talk Melissa could use?

Q2: Why would it be important for Melissa to talk to herself positively instead of negatively?

Q3: Can you think of a time where you used positive self-talk and it helped you?

Q4: How does positive self-talk help a person's self-esteem?

Visual Arts Activities

<p>The Color Wheel Challenge (4th-8th)</p>	<p>Gather items in bright, solid colors from around your home, assemble them into the circular color wheel order (red, orange, yellow, green, blue, and violet). Snap a pic and share your creation on social media using the hashtag #colorwheelchallenge. For an additional challenge, complete a FULL color wheel by adding the tertiary colors (yellow-orange, red-orange, yellow-green, blue-green, blue-violet, and red-violet).</p>
<p>Automatic Drawing (3rd-8th)</p>	<p>With 2 or more people, grab a sheet of paper and fold it into 3-4 equal sections. Have one person start drawing in the top section (Don't let anyone else see!). Afterward, fold the paper (or cover it up) so that the next drawer can only see a couple of guiding lines for what the previous person has drawn. Repeat this process until everyone has drawn and each section is filled. Unfold to reveal the entire drawing!</p>
<p>Paper Telephone (3rd-8th)</p>	<p>This game involves drawing and writing. Start with a piece of paper and a pencil and write a sentence (any sentence will work!). Then, pass the paper to the next person. They draw what the sentence says. When they're done, fold over the original sentence so it's not visible and just the drawing remains. Give the paper to someone else, who writes a sentence about the drawing. Repeat this sequence until the paper is full, and then unfold to see the results!</p>
<p>Blind Contour Drawing (6th-8th)</p>	<p>A blind contour drawing is a sketch that is completed while only looking at your subject (no peeking!) and keeping your pencil/pen on the paper. For added amusement, find a partner and draw the same subject at the same time. Compare artworks afterward!</p>
<p>Blindfold Drawing (3rd-8th)</p>	<p>Following the instructions of a partner, the drawer must complete a drawing while blindfolded. For an added challenge, have the person describing the subject utilize only directional, shape, and line type directions (for example: up/down/left/right, circle/square/triangle, and straight/curved/wavy/zig-zag).</p>
<p>Texture Guessing Game (PK-2nd)</p>	<p>Place different objects in an opaque bag. Take turns placing your hand in the bag, grab an object and then drawing a picture of what you think the object is. For a twist on this game, place your hand in the bag and grab an object (but don't look at it) and then try finding a different object from your house or outside that has a similar texture.</p>
<p>Shadow Tracing (PK-3rd)</p>	<p>Place an object (toy animals work great!) at the edge of a piece of paper so that it casts a shadow on the paper and then trace the shadow with your pencil (it's that simple!). Add details to your tracing. For added challenge, trace the object at different times of day or with multiple light sources from different angles and compare the results.</p>
<p>Sketchbook/Drawing Prompts (PK-8th)</p>	<p>Use one of the following prompts to guide the creation of a drawing: 1) Draw a portrait of yourself from 20 years in the future, 2) Draw an animal playing a musical instrument, 3) Draw a creature that is a combination of at least 3 different animals, 4) Draw each step in the preparation of your favorite food, 5) Draw an egg (this is harder than it sounds!), 6) Draw your interpretation of an emotion, 7) Draw an illustration of your favorite song lyrics, 8) Draw an illustration of the last dream that you had, 9) Draw your favorite character from a book, 10) Draw a self-portrait while looking in the mirror, 11) Draw the same object 3 days in a row, 12) Draw a sink full of dirty dishes before and after they get washed.</p>
<p>Random Monster Drawing Game (K-3rd)</p>	<p>Find a 6 sided dice. Assign a specific body part to each number (example: 1=Eye, 2=Mouth, 3=Ear, 4=Nose, 5=Leg & Foot, and 6=Arm & Hand). Start by drawing a simple shape for the head and body of your creature then roll the dice and add the body part associated with the number that you rolled. For more variety, try adding additional dice and more drawing prompts!</p>

Grade level suggestions are flexible. With guidance and/or support, these activities and prompts are appropriate for children of any age.