



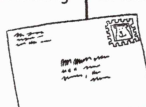
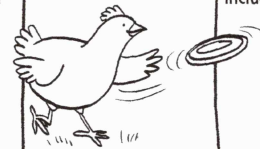
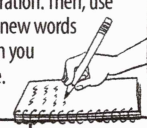



Note: Fill in the month and dates, and post this calendar on your refrigerator. Then, encourage your child to do an activity a day.

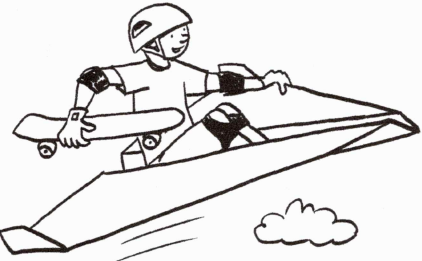



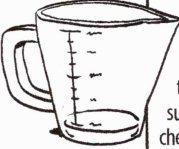
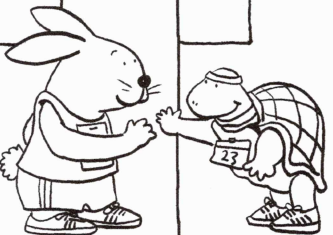
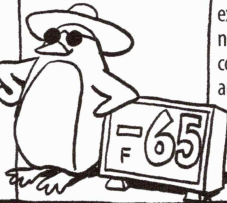

Middle Years Daily Calendar

MONTH						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>Make a family quote jar. Everyone can collect quotes from books or websites, write them on slips of paper, and drop them in. Take turns reading and discussing one each day.</p>	<p>Write random numbers on separate sticky notes and stick them on each other's foreheads. Take turns asking yes-or-no questions until you figure out your number.</p>	<p>Encourage optimism by asking family members to put a positive spin on challenges they faced today. ("I couldn't play outside, but I made up a song on my ukulele.")</p>	<p>Write hashtags that sum up a person or an event you studied in school. <i>Example:</i> #rosaparks #courage #stayedseated.</p>	
	<p>Explore centripetal force. Thread a bead on a string, and tie the ends of the string together. Swing the loop overhead in fast circles, then stop suddenly. The bead keeps spinning!</p>	<p>Create a "found poem." Select several books with interesting titles, and stack them. Rearrange until you're satisfied with the poem the titles form.</p> 	<p>Play charades—with a twist! Instead of having one person at a time act out a clue for others to guess, appoint one person the guesser. The other players act out the clues as a team.</p>		<p>Research different styles of kites. Then, engineer your own, using craft supplies and recyclables (<i>examples:</i> tape, straws, bread bags). Go outside to test it.</p>	<p>List 3–5 things you want to accomplish next school year. <i>Examples:</i> Audition for a play, submit photos to the school newspaper. How many can you achieve?</p>
<p>Choose one new responsibility to add to your routine. You might start doing your own laundry or making your own breakfast, for instance.</p> 	<p>Send fan mail to a favorite author. Search for contact information online, and write an email or a letter that describes what you like about the author's books.</p>	<p>Use sidewalk chalk to draw a giant tic-tac-toe board. Players try to land a stone in a box and make their mark (X or O). Three in a row wins.</p>	<p>Have family members share reading material at dinner. You might read a newspaper editorial or a magazine advice column, for example.</p>	<p>Hang up a world map. When you read or hear about a place in the news, put a sticky note or thumbtack on it. <i>Idea:</i> Use one color to flag places you want to visit someday.</p>	<p>Being on time shows respect. Keep track of what makes you late, such as misplaced shoes. Then, come up with solutions (always put shoes in the same spot).</p>	<p>Choose a photo from a newspaper or magazine. You get 60 seconds to make up a story about it. Use details like scenery and facial expressions for inspiration.</p>
<p>Engineer a tabletop version of a video game. For "Angry Birds," place plastic animals on block towers. Then, use a rubber band to launch Ping-Pong balls and knock down the towers.</p> 		<p>Play a backyard game with your family. Possibilities include Frisbee, bean bag toss, or badminton.</p>	<p>Start a word journal. Whenever you read or hear a new word, add it along with its definition and an illustration. Then, use your new words when you write.</p> 	<p>Roasting vegetables like brussels sprouts or carrots makes them sweeter and crispier. Search online for recipes, print one out, and cook the dish for your family.</p>	<p>Engineering challenge! Build the tallest possible structure using marshmallows and uncooked spaghetti. You may also use tape, string, and scissors.</p>	<p>Look for errors on signs. You might find misspelled words, missing punctuation, or incorrect capitalization. Can you find any that make you laugh?</p>
<p>How much do credit card purchases really cost? Pretend you owe \$500, have a 20% annual interest rate, and pay \$50 per month. How long will it take you to pay it off? (<i>Note:</i> You pay interest on interest.)</p>	<p>Analogies use similarities to make comparisons. <i>Example:</i> Herd is to cows as swarm is to (bees). Have family members take turns thinking of analogies. Can you figure them out?</p>	<p>Write a letter to a friend. Tell what you appreciate about the person and what positive impact he or she has on your life.</p>	<p>Discover some of your ancestry by researching your family name online. What does it mean? Where did it originate? Share what you learn with relatives.</p>			

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			Look for physical science in your favorite sports. For example, some skateboarding tricks involve gravity, lift, drag, and thrust—the same physics that apply to airplane flight.	Flip through a dictionary and match prefixes, suffixes, and roots to make up new words. Create imaginary definitions for them.	Learn a greeting in a foreign language spoken by a friend or neighbor. Greet the person in that language.	
Create a chore box. Write tasks on separate slips of paper, and put them in an empty tissue box. Family members take turns drawing a slip and completing the chore.	Invent a new card game. Design cards (perhaps on index cards), and write instructions. Then, play the game with your family.	Line up 10 plastic cups and flip 5 upside down. Set a timer for 5 minutes. One player tries to get them all right-side-up while the other works to turn them upside down. Get the most cups your way to win.		Code a family dance party! Choose symbols for dance steps (<= slide left, @= spin around). Write "programs" for each other on paper, and "perform" them to music.	Call a relative you haven't spoken to in a while. Ask questions about the person's job, hobbies, and pets, and share information about your own life.	Read a magazine article, then put it away. How many details can you remember? What sources were quoted? What interesting adjectives did the writer use?
Number 25 slips of paper, 1–25. Arrange them in a 5 x 5 grid. Can you make all the rows, columns, and diagonals add up to the same number?		Hold a family "read in." Have each person bring a book to read silently, or listen to an audiobook together.	Practice being assertive by clearly expressing a need. If a friend hasn't returned a borrowed item, you could call and say, "I need my charger back by tomorrow morning, please."	Create a science "news flash" on a bulletin board. Family members can post articles about science (renewable energy, medical advances, robotics) and discuss the discoveries.	Explore life before electricity by unplugging from modern conveniences for a night. Grill food outside. Tell stories or play games by candlelight.	Practice leadership skills by planning and leading an activity for younger siblings, cousins, or neighbors. <i>Examples:</i> craft project, outdoor game.
	Think logically to measure exactly 6 oz. of water. The catch? You can use water from the tap—but only a 4-oz. container and a 9-oz. container—and no measuring cup, except to check your work!	Save memories by writing postcards to yourself. You might write about a great novel you read or a rainbow you spotted.	Think of something that seems a bit overwhelming for you, like running a mile or cleaning out your closet. Show perseverance by taking a step each day toward tackling your goal.	Watch a TV broadcast of a sporting event, and point out examples of good sportsmanship. Maybe you'll see fans chanting a positive message or opponents shaking hands.		
Don't have a new book handy? Try using a reading app or an e-reader. You'll be able to check out library e-books and download free e-books from sites like read.gov/books/ .	Ask your parents about their day today. <i>Example:</i> "What was the best song you heard on the radio?" Then, bring it up at bedtime so they know you were listening.		Below-zero temperatures are real-life examples of negative numbers. Go online and compare temperatures around the world. If it's 65 where you live and -65 in Antarctica, what's the difference?	Plan ahead for exams and other tests by creating a schedule. Write dates for the tests and for study sessions, then post the schedule in a visible spot. <i>Idea:</i> Find a study buddy, and pencil in study meetings.		

Middle Years

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