

WEEKLY CHOICE BOARD

Please choose **ONE** activity each week to complete. Post completed assignment in **TEAMS**. Have fun with your choice and make it creative! You can make a YouTube video, a meme, a TikTok, an art project, or anything to express yourself!

| | | | | |
|--|---|---|--|--|
| Call a grandparent or family member you care about just to talk. I have a feeling a random phone call from you will make their week. | Go on Pinterest and find a bulletin board you would like to see at Forest Park or design your own. | Design a digital wordsearch and send it to your classmates. | Design a scavenger hunt for one of your family members inside your home. | Create an exercise plan and track your progress. Report your activities at the end of the week in TEAMS. |
| Give someone in your house a giant hug and tell them how much they mean to you. | Design a Corona-Comic. | Build a YouTube playlist for a creative skill you want to learn. | Clean or organize something big or small. Take a before and after picture with your computer. | Write a song or poem about how you have been feeling. |
| Play a game with someone in your home. | Write a letter to your future self. Explain what has been going on in your life over the past few months. | Make something useful or beautiful using only trash. | Design/create a box and write a note to yourself for five days. Put the note in the box each day. Read them when you get to day 6. | Act out a scene from your favorite movie/show/cartoon. Record it and post it on TEAMS. |
| Design a digital Vision Board. | Send an email to one of your teachers. | Dress up fancy to eat lunch. | Research someone who you view as a hero. What makes them so special? | Have a push up/sit up challenge with someone else. |
| Design an emoji for how you are feeling today. Give it a name. | Make a list of things you will do and places you will go when the "stay at home" orders are lifted. | Text a paragraph to a friend you do not know that well. Brighten their day. | Set a new goal for yourself – even if it is as simple as taking a shower every day. | Binge watch classic 1980's teen movies and compare them to today's teen movies. |