APEX ACTIVITY PACKET

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DAILY RISE:

sunday	monday	tuesday	weds	thursday	friday	saturday

1. EAT BREAKFAST 2. MAKE BED
3. BRUSH TEETH 4. GET DRESSED

EARN FREE TECH TIME

- [ ] 20 min outside play
- [ ] draw/write a story
- [ ] teach someone someting new
- [ ] help clean 1 room
- [ ] try a new food
- [ ] 20 min of reading

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BEDTIME TASKS

sunday	monday	tuesday	weds	thursday	friday	saturday

1 Take a bath

Scrub a dub dub! Make sure to hang your wet towel.

2 Pajamas on!

Did you put your dirty clothes in the hamper?

3 Brush teeth

Make sure to floss too!

4 Story time

Read a few pages and then ...

lights out...zzzZZ

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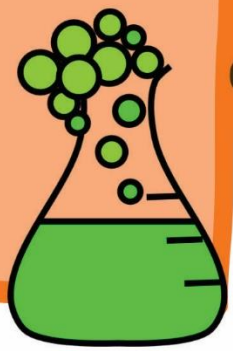
Letter to your teacher...

Dear _____ ,

A new thing I learned about is:



My favorite board game is :

The best part of home school is:

Sincerely _____ ,

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READING CHALLENGE

BOOK NAME	AUTHOR	PAGES

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indoor activity BINGO

DANCE PARTY	PLAY A BOARD GAME	LEARN TO DRAW YOUR FAVE ANIMAL	EAT FRUITS & VEGGIES	SEE THE SUN RISE
SING A SONG	MAKE YOUR OWN LUNCH	DO A CHORE	SLEEP IN A TENT	CALL A LOVED ONE
MAKE MICROWAVE SMORES	BUILD A FORT	FREE SPACE	CREATE AN OBSTACLE COURSE	BIRD WATCH
DECORATE A PET ROCK	FACETIME A FRIEND	READ A BOOK	ORGANIZE YOUR ROOM	LEARN SOMETHING NEW
DRAW WITH CHALK	DO YOGA	BUILD A FORT	BAKE COOKIES	ACT OUT A SKIT

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building • leaders

Splash KINDNESS

share a toy

make a handmade gift

make a list of people & things you're thankful for

give a compliment

let someone know you appreciate them

offer to help with a task

make someone else's bed

read to a family member

tell someone all the reasons you like them

ask "are you ok?"

ROAD TRIP
Virtual Edition

1. The Golden Gate Bridge opened in 1937. In which U.S. City is this famous bridge located?

2. In which state would you find Mount Rushmore?

3. This famous Arch contains the name of the city it is located in, and is also known as the Jefferson National Expansion Memorial. In which city is this monument located?

4. The Willis Tower is one of the tallest buildings in the world. In which city can this skyscraper be found?

5. Graceland is the famous mansion of Rock and Roll legend Elvis Presley. In what city can this famous landmark be found?

6. The Empire State Building is named after the nickname of which state in which it is located?

7. The world's largest aquarium can be found in which U.S. city?

8. Monument Valley borders two states; in which two states can one find this spectacular valley?

9. Stone Mountain is claimed to be the largest exposed granite stone in the world. In which state can this landmark be found?

10. The Devils Tower National Monument can be found in which state?

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STEAM ahead at home!

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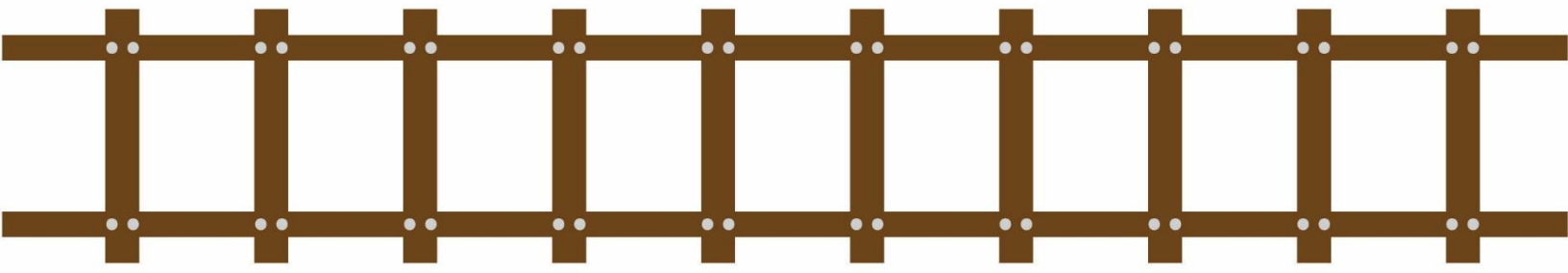
S Science: Create a log of each moon's phase for 30 days. Then recreate using Oreo cookies. You can eat once completed!

T Technology: Make a map of your house. Using North, South, East, and West direct a family member to different rooms.

E Engineering: Create the farthest flying paper airplane. Challenge your family members to join the competition. What made your plane fly the fastest?

A Art: Create a puppet show of your favorite story book. You may cast family in the show if you read them the book first.

M Math: Write the numbers 1-6 on 6 plastic cups and stack in a pyramid. Take 3 steps back. Use a Nerf gun or ball to knock over the cups. Add up the numbers on cups and record them. Battle a family member and see who wins!



AT HOME FUN AGENDA

M	**Make - It Monday** Make your own obstacle course! Challenge someone to see who completes it in the fastest time!
Tu	**Take a Trip Tuesday** Create an art gallery of your artwork and take someone on a grand tour around your gallery!
W	**Wild Card Wednesday** Design a card for someone and let them know all the things you love about them.
Th	**30 Minute Thursday** Create your own secret code and use your code to write messages to someone.
F	**Fun Food Friday** Play a game of "Would you rather - Food Edition!" Start with, would you rather eat worms or a cheeseburger smoothie? Then GET CREATIVE!!

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WRITE YOUR OWN SECRET CODE!

Use the table below to make your own secret code. Put a number, a different letter, or a shape into each box. Then, use your code to write some messages to someone.

A	B	C	D	E	F	G	H	I	J	K	L	M

N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Write your own top secret messages:

1) _____

2) _____

3) _____

4) _____

5) _____

Make your own Secret Agent ID

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GAME ON! word search

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                                S P G
                          C R D S S J Z P U
                      P K L P X E E R O L P X E
                  B O N L I N E N Y M Q T U D N A L
              W F C O H O M E D T Q O B S K O X C E
          S H Y J K E A O W N S Z L R T X E W Q M O
          K C I U G W L O K I R R Y X V H M O U P B
        B K Z H N M       O K I L S       A D K A V I
        W P E E O P       J I F K H       G R N T A J
      L X K L L Y O E R R U M S E F F V I T I B H I Q Q
      O V L Y E M X L I M C X R P M A I C U J F Y I K V
      S A E F Y X S B M B T G E T A I C E R P P A U I S
    B H X M A C S U W E J F Q H N P H X K S E K Q D G D A
    C L E A D E R S H I P R B T J E M Y T I V I T I S O P
    Y T G C W O D P Y W D L S O N X Z B U M X G F B X J E
      X E V R   Q N F N M O V E F O R W A R D   U T N W
      V M T F     G V U Z Q F G H X B F P Y     N C X B
      K T O A R     O L N Y E Y L J F L Z     G R P A A
        N V O H B                             V J U I M
        T Q Z R W F                         S H T N D J
          T G E S W I R S N O S S E L X X R O E N B
          H J U E S O G X Q Q P Z F D C N C P D T O
            M H D G A N S I R E T T E G O G V Z M
              F T H W L I S O J L S E O M A A I
                A S I C T J R R Z V P M P
                  R E H C A E T J X
                        E I P
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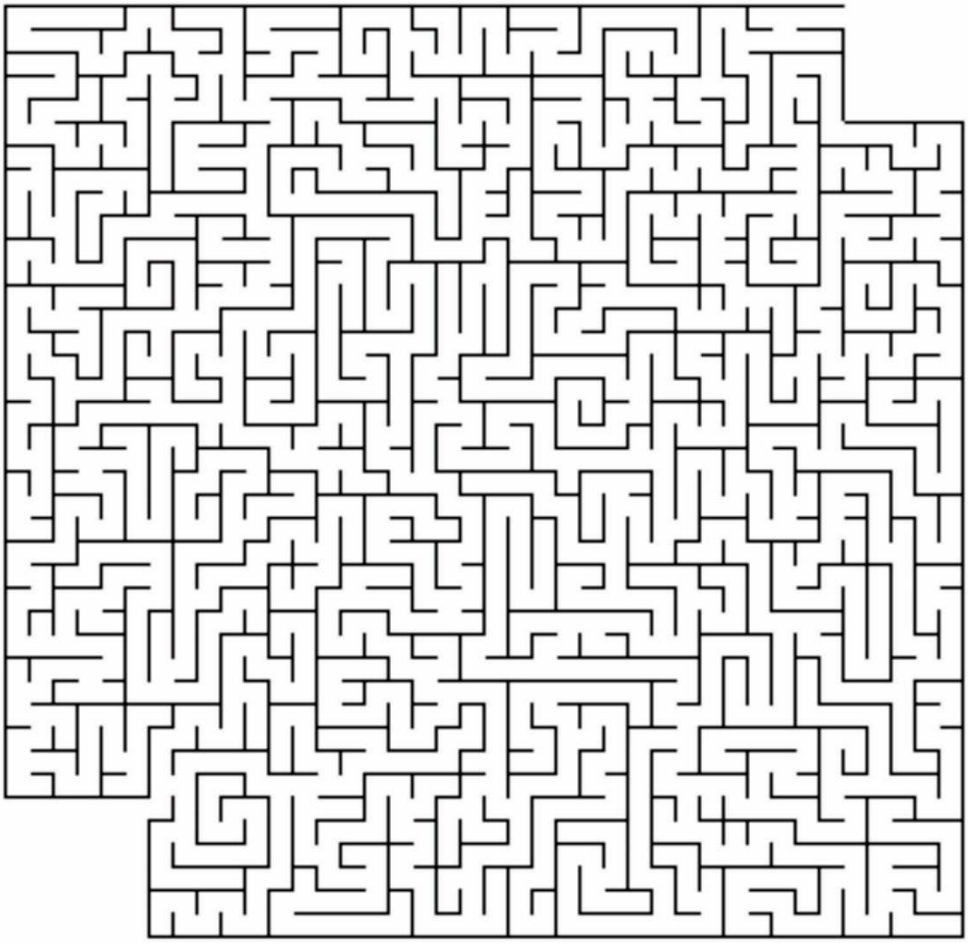
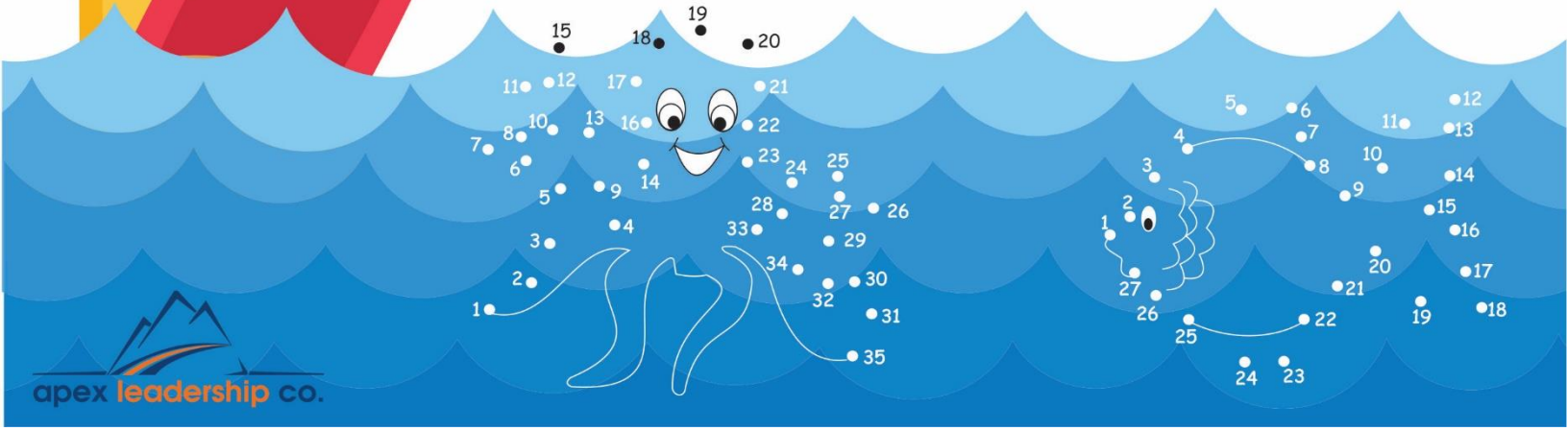
LEADERSHIP	GO GETTER	HOME	TEACHER	CLASSROOM
GAME ON	MOVE FORWARD	ONLINE	APEX	POSITIVITY
APPRECIATE	EXPLORE	FUN	LESSONS	KINDNESS
NOW WHAT	OTHERS FIRST	SCHOOL	CHALLENGE	EMPATHY

SURFS UP

Help the surfer find his way through the maze to get to his surfboards.





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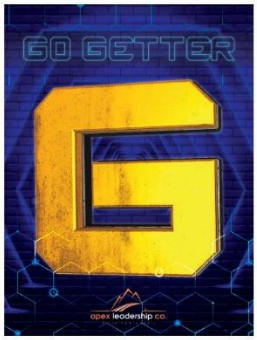
EXERCISE your leadership

At Apex, we're all about leadership. We use the following "GAME ON" leadership habits to change the game. And when we say change the game, we're talking about taking action to make a difference in the world around us. In order to change the world around us, we need to adopt these 6 habits. Every single student is a game changing leader, and there's no time to waste. Let's go!



Click here to watch today's video lesson.

Our first habit to help us change the game is to be a go-getter. A go-getter is someone that is always looking at ways to improve and get better every single day. Maybe we want to do better in school. Maybe we want to get better on the sports field. Maybe we're learning a new instrument we want to get better at. It can be anything. If you have a goal, or a dream you want to achieve don't wait to start working for it. Start now!

Apex Daily Challenge: Today, I pledge to be a go-getter by:

_____

_____

_____

Click here to watch today's video lesson.

Game changing leaders appreciate everything around them. They find value in the world, and they encourage positivity. Leaders appreciate who they are - their gifts, talents and all those characteristics that make us special, they appreciate everybody who help them grow and get better, and they appreciate all the amazing things in the world around them.

Apex Daily Challenge: Today, I pledge to be appreciative.

1) Write down one thing you value or appreciate about yourself, and why:

_____

2) Write down one person you appreciate, and why:

_____

3) Write down one thing you appreciate about the world, and why:

_____

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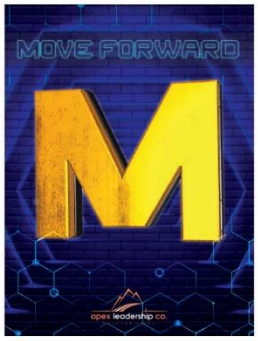

Click here to watch today's video lesson.

Game changing leaders always move forward, and that means that we're focused on the future. No matter what happened in the past, we do not let that define us. No-one is perfect, so we shouldn't let mistakes or failures, worries or fears stop us in our tracks. Game changing leaders never quit!

Apex Daily Challenge: Today, I pledge to always move forward.

Write down 3 things you can do to stay focused on the future:

1) _____

2) _____

3) _____

Click here to watch today's video lesson.

To explore means we are always asking questions and we're curious about the world around us. It means we're not satisfied with what we already know, and we want to know more! By learning about or trying new things, we can push ourselves to do amazing things. Don't be afraid to dream.

Apex Daily Challenge: Today, I pledge to explore more.

Write down an invention you'd like to create and how it could change the world.

_____

_____

_____

_____

Click here to watch today's video lesson.

Game changers always put others first. They always recognize the needs of the people around them and they look to serve others. A game changing leader isn't afraid to help their family, their friends, and other people, even when it's inconvenient.

Apex Daily Challenge: Today, I pledge to put others first.

Write down 3 ways you can put others first & make them feel special today:

1) _____

2) _____

3) _____

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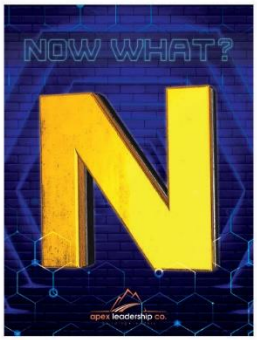

Click here to watch today's video lesson.

In our final lesson, we have to ask ourselves, what do we do next? Where do we start to change the game? How can we take the steps to make a positive impact in our communities, our schools, at home, and the world around us? We can do that by having a positive attitude, and taking action!

Apex Daily Challenge: Today, I pledge to take action.

Write down how, through your actions, big or small, you can positively change the world around us:

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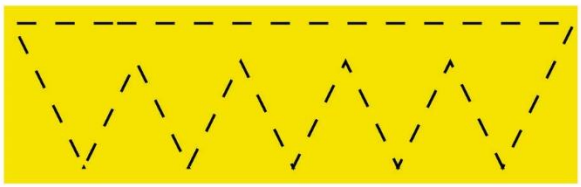
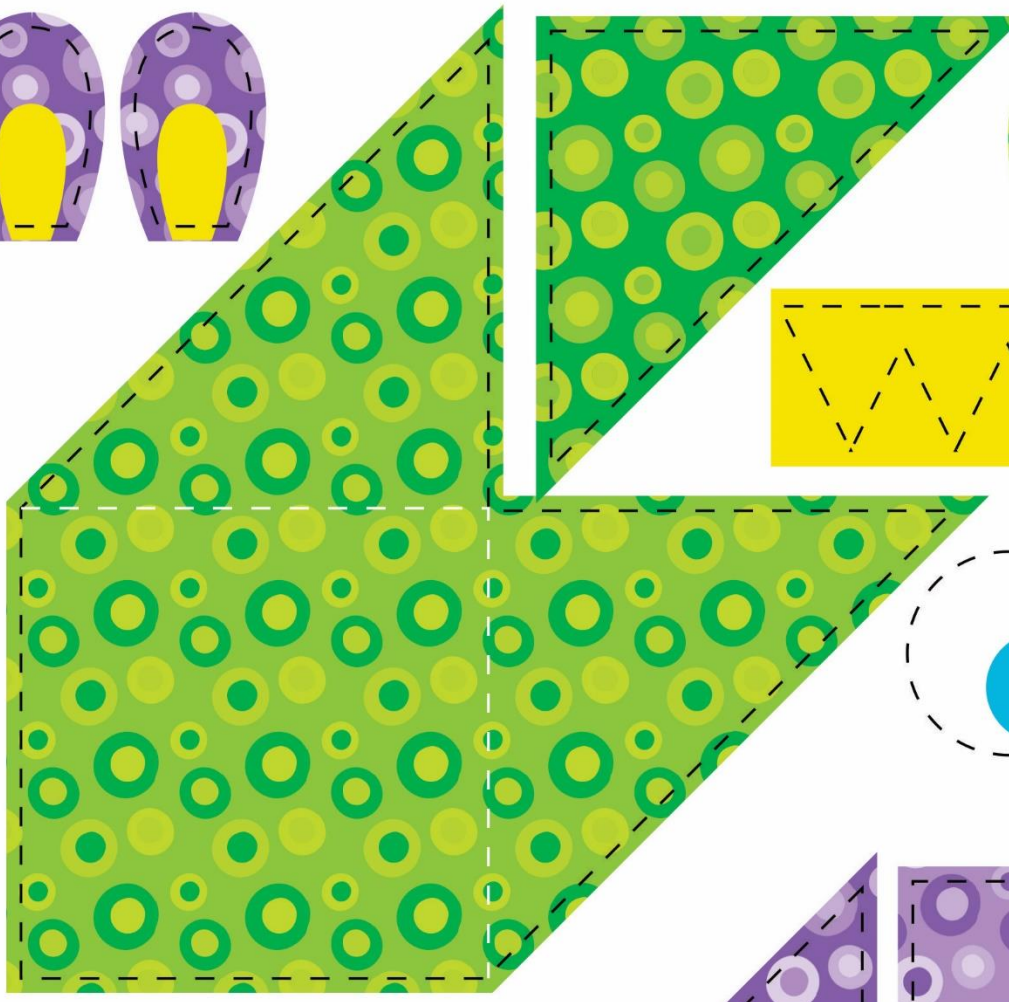
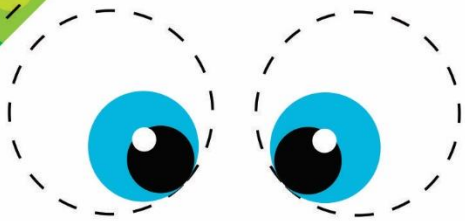
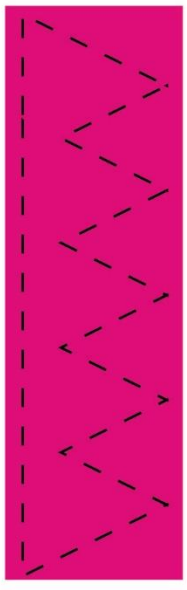
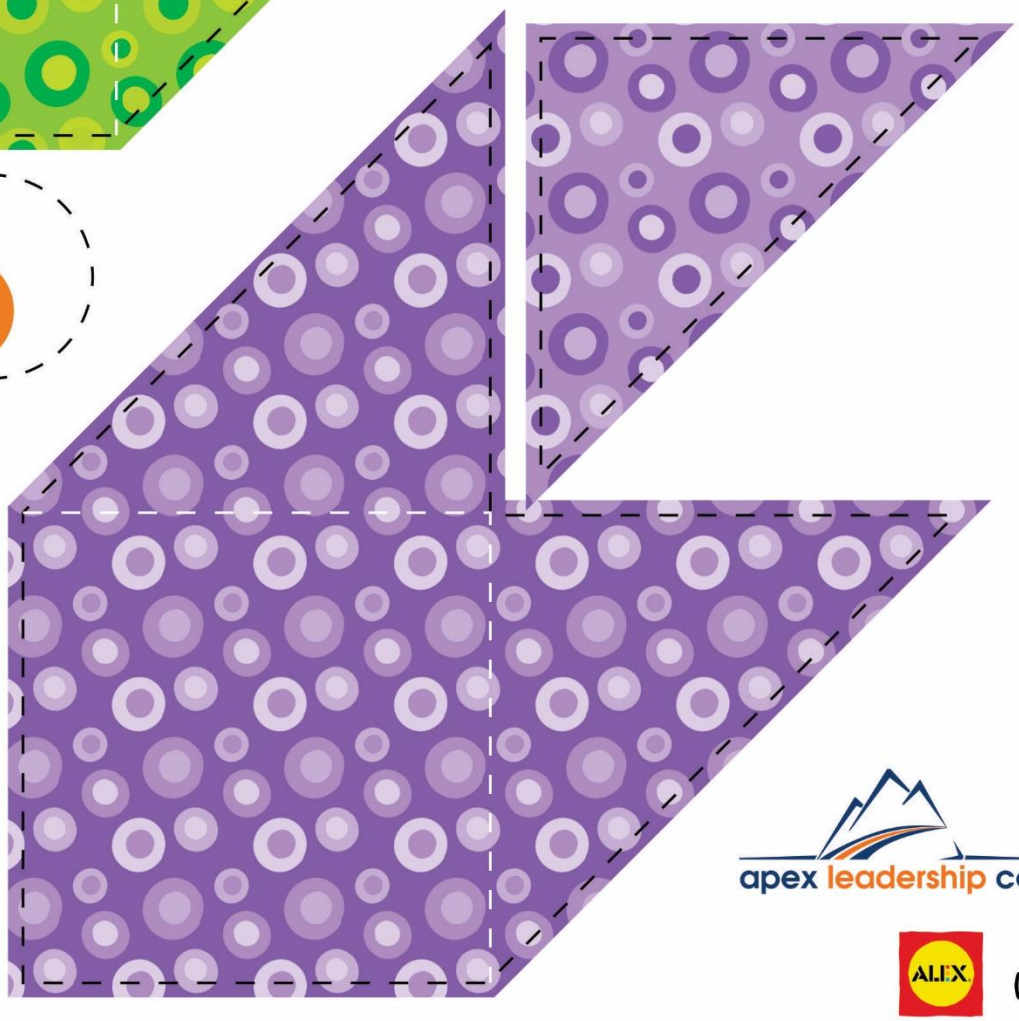
Make a Monster Bookmark











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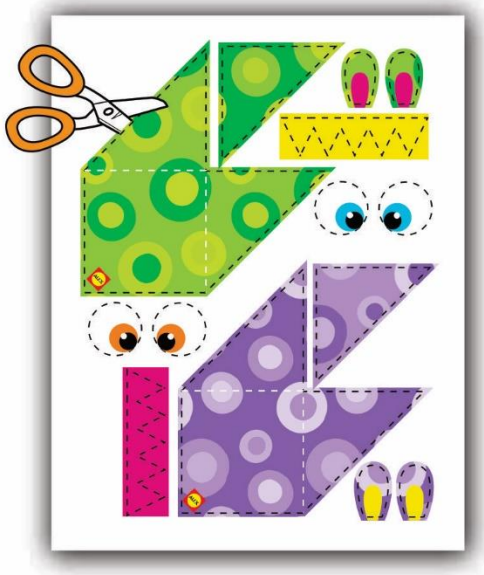
ALEX

Monster Bookmark
Instructions

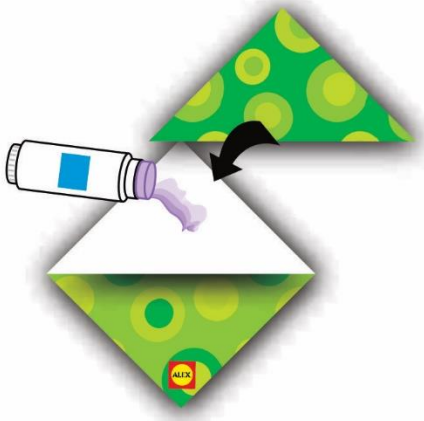
You will need:
- scissors
- glue or

1. Cut out all of the shapes along the dotted lines -----

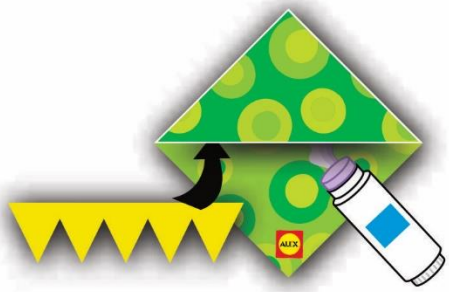


2. Fold the top corners in on the white dotted lines to make a square

3. Glue triangle on top flap



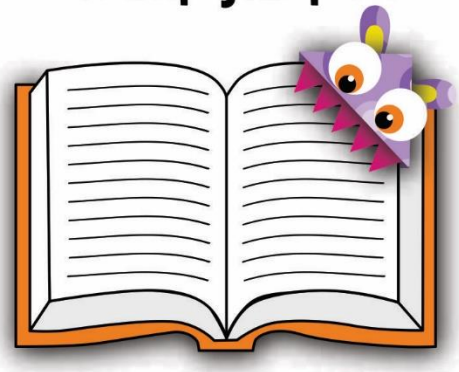
4. Glue teeth under the top triangle



5. Glue the ears onto the back and add eyes to front

6. Your monster bookmark is complete!

slide your monster onto the corner of your page to keep your place



Eat Rainbow Every Day

Keep track of the colors you eat each day!

	Blue & Purple	Green	White & Brown	Yellow & Orange	Red
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Pizza Roll Ups

INGREDIENTS

1 String Cheese
1 Tortilla
1 Tbsp Pizza Sauce
3-4 Slices of Pepperoni or Salami

INSTRUCTIONS

1. Place pizza sauce on tortilla and spread it around.

2. Add pepperoni or salami on top of sauce.

3. Add string cheese to the bottom of the tortilla, and slowly roll the string cheese up in the meat and tortilla.

4. Ask for help to slice into 4 pieces.

Fruit Kebabs

INGREDIENTS

6 Strawberries
6 Chunks of Cantaloupe
6 Chunks Pineapple
3 Thick slices of kiwi (cut in half)
12 Blueberries
6 Grapes

INSTRUCTIONS

1. Thread 1 strawberry, 1 cantaloupe melon chunk, 1 pineapple chunk, 1 half kiwi slice, 2 blueberries and 1 grape onto a bamboo skewer approx 7.5inch long

2. Place on a platter and serve with a dip of choice.

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My Gratitude Jar

Think about different people, things, and events you are grateful for.
Write what and who you are grateful for inside your "Gratitude Jar" below.

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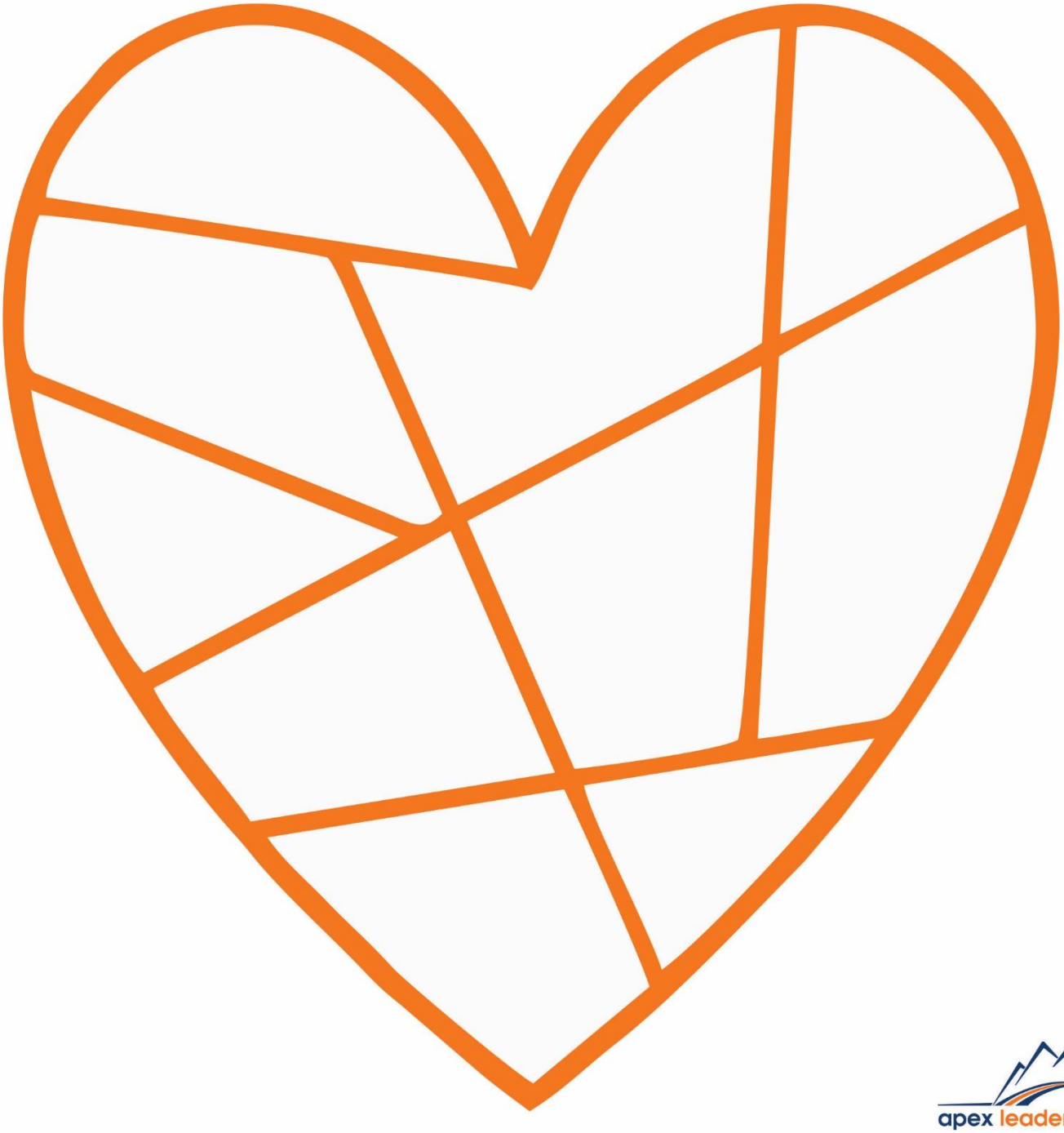
map of my heart

Draw pictures or wirte down some of the people,
places or things that are close to your heart!



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