Distance Learning Week #4

DUE 5/15/20

Miss Smith Kimball High School

Steps for distance learning

- 1. Join the **Remind** account the code is **@homeecyay**
- 2. My office hours are Monday- Friday 10AM-12PM
 - a. You may contact me for a quick response through email (<u>asmith@tusd.net</u>) or the Remind app.
 - b. I can be contacted anytime during the week, however for the quickest response use my office hour times.
- 3. Review the Powerpoint provided and complete the assignment at the end of powerpoint. Once completed with the assignment please email it to <u>asmith@tusd.net</u> in a Word document, a Powerpoint document, or a PDF. I will not accept work in the form of Google Docs or Google Slides. If using paper based work, turn the work printed into the office.

Submitting paper-based to the office

If you are submitting your work paper-based to the office, please use this heading I have attached below:

Student Name:	
Teacher Name:	
Class Name/Subject:	
Period:	
Assignment Week #:	

Home Ec Review BINGO

Online Submissions:

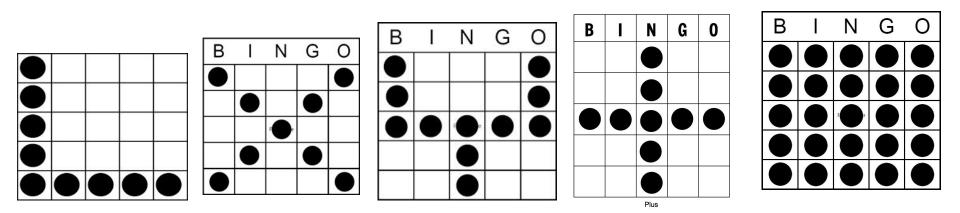
- Powerpoint slides OR Word document
- Pictures of BINGO with caption of BINGO space completed
- Submitted via email

Paper Based Submissions:

- Parent signature in BINGO boxes
- Submitted to front office
- Must include information box from previous slide

BINGO Week #4

You will be adding onto your week 3 BINGO card. This time you must follow one of the patterns below. If you choose to do a "coverall" (far right)you will receive 5 points of extra credit.



Cook lunch for you and 1 other person	Find something you have purchased because of the quarantine	Wash, dry and put away 1 load of laundry	Wipe down your kitchen counters.	Set a goal in the morning and finish it by evening
Create a daily schedule to give you structure and balance	Drink 64 ounces of water in a day (not one sitting)	Go for a walk around your neighborhood	Cook dinner for you	Clean your washing machine.
Write a letter to a friend/family and mail it	Do an online workout that gets your body moving	FREE!	Locate the fire extinguishers in your house	Help make your family's shopping list.
Watch a cooking show	Research how many diapers a newborn baby uses in a week and the cost of these diapers.	Do a DIY project	Do one self-care/stress-relief activity	Find something you bought because of the media
Try three yoga poses	Wash your bedsheets	Create a group chat with at least two other people you miss spending time with. Develop a plan for seeing them after the quarantine is lifted.	Color a picture for stress relief	Watch an episode of TV about teen parenting (16 & pregnant, teen mom, young and pregnant, etc.)