Virtual Enrichment Activities

These activities are listed in order of the suggested grade level, starting with activities for all grades, then pre-K to kindergarten, then elementary and elementary through middle and high school, then middle school and middle through high school. Activities from the same provider may be listed separately as a result.

Suggested Grade Level	Subject	# of Activities	Resource Provider	Resource: Activity description & Link	Further Instructions
All grades	Phys Ed	58	Kids Yoga Stories	A list of 58 yoga poses with examples of everyday animals or objects doing this pose, the benefits, and how to do it: https://www.kidsyogastories.com/kids-yoga-poses/	Scroll down to 'A List of 58 Yoga Poses'. Click on each pose for a dedicated page to be able to do one/day.
All grades	Science	51	Discovery Education	Videos, challenges, and virtual field trips on Earth Day to engage students and families: https://www.discoveryeducation.com/learn/earth-day/#k-2	 Resources are organized by grade level. Each set has separate links to click to watch the video and do the activities. Access to these activities and videos requires log-in.
Pre-K – K (Ages 2-6)	Health Nutrition	2	Sesame Street in Communities	 Explore healthy snacks by watching this video and then thinking of healthy snack examples: https://sesamestreetincommunities.org/topics/eating/?activity=exploring-healthy-snacks Explore 'The Most Important Meal' breakfast by watching the video and think about how breakfast fuels us for the day: https://sesamestreetincommunities.org/topics/eating/?activity=the-most-important-meal 	
Pre-K – K (Ages 4-6)	Art Health Nutrition	1	Sesame Street in Communities	Grow Your Colors: Play the game to help Sesame Street friends grow colorful, healthy vegetables: https://sesamestreetincommunities.org/activities/grow-your-colors-2/	Click 'Launch' to start.
Pre-K – K	Art Social Emotional Learning	10	Sesame Street in Communities	Learning Through Art: Activities, videos, and printables to learn about colors and to give kids an opportunity to see art is fun and can bring joy to others, too; https://sesamestreetincommunities.org/topics/learning-through-art/	Click on the individual boxes to pull up the digital drawing board.
Pre-K – K	Art Life Skills	23	Sesame Street in Communities	Sesame Street Art: Digital drawing and coloring including weather, superheroes, mother's and veteran's days, dinner plate, and more: https://www.sesamestreet.org/art-maker	 Click on the individual boxes to pull up the digital drawing board. Each pop-up includes other games with similar topics (ex: shapes, etc.) Available in English & Spanish.

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Pre-K – K	Varied topics	93	Sesame Street in Communities	Sesame Street Games: Build vocabulary and English language arts skills, explore shapes, build memory and basic logic skills through these activities: https://www.sesamestreet.org/games	
Pre-K – K	Nutrition Health Reading	7	Sesame Street in Communities	Eating Well: Printables, videos, and stories introducing and exploring healthy meals and snacks: https://sesamestreetincommunities.org/topics/eating/	
Pre-K – K	Health Reading	37	Sesame Street in Communities	Staying Healthy: Watch videos, play games, or check out printables on every day ways to stay healthy like washing hands, brushing teeth, eating well, and exercising: https://sesamestreetincommunities.org/topics/health/	
Pre-K – K	Social Emotional Learning Literacy	22	Sesame Street in Communities	Caring and Sharing: Printables, videos, and an Elmo interactive that explore healthy relationships, empathy, resolving conflict, etc. https://sesamestreetincommunities.org/topics/caring/	
Pre-K – K	Social Emotional Learning Literacy	11	Sesame Street in Communities	Exploring Emotions: Printables, videos, and interactive activities to learn tools for expressing emotions. Includes talking about and expressing feelings with words, act-along, stories, etc. https://sesamestreetincommunities.org/topics/emotions/	For some resources, you must click "Launch" or "download printable" after clicking on the resource.
Pre-K – K	Literacy	12	Sesame Street in Communities	Building Language Skills: Printables, videos, and interactive activities on building and use of language. Includes language cards, story creation, vocabulary walk, and more: https://sesamestreetincommunities.org/topics/language/	Activity count does not include articles and workshops. Many of these are geared toward caregivers or would need
Pre-K – K	Math Life Skills	12	Sesame Street in Communities	Financial Education: Printables, videos, and interactive activities about how to earn, save, and spend money. Includes videos on saving and earning, stories, the three jars activity, and understanding exchanging money for goods and services: https://sesamestreetincommunities.org/topics/financial-education/	an adult to read and go through the activity with their child.
Pre-K – K	Math	11	Sesame Street in Communities	Developing Math Skills: Printables, videos, and interactive activities to identify patterns and shapes, learn math terms, sort and build, and more: https://sesamestreetincommunities.org/topics/math/	
Pre-K – K	Phys Ed	9	Sesame Street in Communities	Moving Our Bodies: Printables, videos, and interactive activities to get you moving. Includes the 3 B's of calm bodies, move-alongs, counting heartbeats, and 'read and move': https://sesamestreetincommunities.org/topics/exercise/	
Pre-K – K	Science Math	19	Sesame Street in Communities	Science: Printables, videos, and interactive activities with indoor and outdoor experiences. Includes experiments, learning science language and careers, and fun ways to learn the scientific method: https://sesamestreetincommunities.org/topics/science/	

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Pre-K – Elementary	Nutrition Health Science Music	1	Drinking Water Alliance	"Drink More Water" music video: https://www.youtube.com/watch?v=iRv_hDJqwX0&feature=youtu.b <u>e</u>	
K-Elementary (Grades K-2)	Science	2	Discovery Education	 Fishtronaut, The Case of the Strange Smell: Follow along in this video as the characters learn how to compost and learn how to start your own compost: https://videos.discoveryeducation.com/watch/wEVyTJCqa25sMvFRN4Noe9? Learn about wildlife with Forrest Galante, a wildlife biologist and host on Animal Planet: https://videos.discoveryeducation.com/watch/o2dScSjDcyak7vFsfsRzfQ 	
Elementary (Grades 2-3)	Geography Social Studies	1	PBS	Buster's Egyptian Adventure: Follow along with Buster and complete activities about his trip to Egypt: https://lsintspl3.wgbh.org/en-us/lesson/ilwgbh17-buster-ilegypt/?as_guest=True&next=https://www.pbslearningmedia.org/resource/ilwgbh17-soc-geog-buster-ilegypt/busters-egyptian-adventure/	If you see a pop-up asking for sign up, click "continue as a guest."
Elementary (Grades 2-5)	Science Geography	1	National Park Service	Home in the Badlands: Take a virtual tour and learn and do activities about the wildlife and geology of the Badlands National Park: https://www.nps.gov/articles/junior-ranger-online-7-10.htm?utm_source=article&utm_medium=website&utm_campaign=experience_more&utm_content=large	 Click on links throughout reading to watch video and to follow-along with the learning. Ask you to print for some activities but can write or draw without the picture printed.
Elementary	Music Technology	1	Google Arts & Culture	Create your own opera inspired song with this machine learning experiment: https://artsandculture.google.com/experiment/AAHWrq360NcGbw	Click "Launch experiment".
Elementary - Middle School (Grades K-8)	Nutrition Health	3	Common Threads	 Read 'The Kitchen Times' article with tips on portions for healthy eating; Watch this animated video that highlights nutrition concepts like healthier choices while eating out; Make a trail-mix parfait using the cook-along and recipe card: https://www.commonthreads.org/programs/ondemand/ 	 Scroll down to the 'Small Bites Lesson Features' section of page for these three free activities. Cook along and recipe card are the same activity but could use card for printing, if needed. If desired, sign-up for additional activities.

Suggested Grade Level	Subject	# of Activities	Resource Provider	Resource: Activity description & Link	Further Instructions
Elementary – Middle School (Grades K-8)	Music Dance Theatre Literacy Language Arts Science	72	Royal Opera House	 Includes 12 weeks of activities inspired by the productions from The Royal Ballet and Royal Opera. Engage in creative learning with these activities that include step-by-step instructions and how-to videos: https://learning-platform.roh.org.uk/create-and-learn/. Week 1: Beginners' Call – includes song, dance, scale models, homemade invitations, and an inside look at the Opera House: https://learning-platform.roh.org.uk/beginners-call/ Week 2: Magical Adventures – includes letter writing, mapmaking, dance, model-making, and song composition: https://learning-platform.roh.org.uk/magical-adventures/ Week 3: Party and Play – includes dance, song, and prop and scene design: https://learning-platform.roh.org.uk/party-and-play/ Week 4: Fabulous Creatures – includes dancing, singing, composing, puppet and storyboard creation: https://learning-platform.roh.org.uk/fabulous-creatures/ Week 5: Forces and Nature – includes dance, poetry writing, model-making, compare and contrast, and costume design: https://learning-platform.roh.org.uk/fabulous-creatures/ Week 6: Tall Tales – includes storyboards, dance choreography, riddles and songs, and costume design: https://learning-platform.roh.org.uk/tall-tales/ Week 7: Heroes and Villains – includes song, dance, making props, set design, and writing: https://learning-platform.roh.org.uk/heroes-and-villains/ Week 8: Enchanted Forest – includes model and scene design, nature hunt, song, and vocabulary: https://learning-platform.roh.org.uk/enchanted-forest/ Week 9: Magic & Trickery – includes making potions and flutes, dance, music, and special effects: https://learning-platform.roh.org.uk/enchanted-forest/ Week 10: Midsummer Shakespeare – includes dance routines, soundscapes and songs, spoken-word, and set/costume design: https://learning-platform.roh.org.uk/magic-and-trickery/ Week 11: Transformations – includes poetry, songs, m	 Categorized into 12 individual weeks with 6 activities per week. The final week pulls some activities from previous weeks (recap week). Does not require log-in to access or complete, but some do ask you create an account to access associated materials. Specific age ranges for these activities vary but for most activities, the recommended age range is 5-11.

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Elementary – Middle School (Grades K-8)	History Geography	1	National Park Service	 What's in a Name? Learn about how the Everglades National Park was named and think about what you would call it based on what you learn: https://www.nps.gov/ever/learn/kidsyouth/whats-in-a-name.htm 	
Elementary - Middle School (Grades K-8)	Reading Science Geography	1	National Park Service	Everglades Seasons: Read about the Wet and Dry Seasons in the Everglades. https://www.nps.gov/ever/learn/kidsyouth/everglades-seasons.htm	
Elementary - Middle School (Grades K-8)	Reading Science Geography	1	National Park Service	Water in the Everglades: Learn about water's impact on the ecosystem and where it comes from. https://www.nps.gov/ever/learn/kidsyouth/water-water-everywhere.htm	
Elementary – Middle School (Grades K-8)	Art Music Literacy	100	KID SmART	Art Apart, Creative E-learning: a variety of videos on movement, song, and artwork. Cut up poems, making tropical birds, mind and body warm-up, 3D collage, and many more activities to follow along: https://www.youtube.com/playlist?list=PL2iRTNeutaP82AYr-pD0eb7B_SmlzEHfF	Under 'Visual Art Activities' Playlist Main page link: https://www.youtube.com/user/KIDsmARTnola/playlists
Elementary - Middle School (Grades 2-8)	Music Technology	1	Google Arts & Culture	Create melodies with this interactive tool and the help of composers: https://artsexperiments.withgoogle.com/assisted-melody-bach?p=edit#-120-piano	Notes with directions pop up once you access this link
Elementary - Middle School (Grades 3-8)	Phys Ed	1	Fuel Up to Play 60	Follow along and move with these Middle School students as they get exercising; https://docs.google.com/presentation/d/1V6ozskTD7wqbOuGC3PwCxSid_FPuf0BAVE-yoAx66aQ/present?slide=id.gc6e150f7e1_0_0 VOAX66aQ/present?slide=id.gc6e150f7e1_0_0	
Elementary – Middle School (Grades 3-8)	Art Literacy	51	KID SmART	Visual Art Activities: everything from making bracelets, mosaics, sound maps, origami, sculptures, mini-books, collages, Japanese pop art and more: https://www.youtube.com/playlist?list=PL2iRTNeutaP_LTjwN4RvV2_h6f9A8fg6c 1	Under 'Visual Art Activities' Playlist Main page link: https://www.youtube.com/user/KIDsmARTnola/playlists
Elementary – Middle School (Grades 3-8)	Language Arts	2	Walking Classroom	Listen to this 12-minute podcast on idioms and complete the Idiom "Quiz": https://www.thewalkingclassroom.org/using-walking-classroom-out-of-school-time/?utm_source=NAASponsCont&utm_medium=Email&utm_campaign=Oct14OST	Listen to podcast within 'STEP 2' box on this page. 'STEP 3' includes a lesson plan with one-pager idiom quiz.

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Elementary – Middle School (Grades 3-8)	Language Arts Science History	26	Walking Classroom	Listen to podcasts on everything from language arts to historical figures to the human body: https://www.thewalkingclassroom.org/using-walking-classroom-out-of-school-time/?utm_source=NAASponsCont&utm_medium=Email&utm_campaign=Oct14OST The second content of the second c	 Sign-up in right margin. Access to these 26 free podcasts and lesson plans requires log-in.
Upper Elementary - Middle School (Grades 4-8)	Reading Science Geography	1	National Park Service	Birds of the Everglades: Read and do the brief wingspan activity to learn about various birds and what impacts flying in the everglades: https://www.nps.gov/ever/learn/kidsyouth/birds-of-the-everglades.htm	
Elementary - High School	History Culture Geography Science	215	Google Arts & Culture	360-degree videos: Experience culture, fascinating locations, earth's creatures, iconic venues, etc. in 360 degrees: https://artsandculture.google.com/project/360-videos	Scroll to bottom to view all videos.
Elementary – High School	Nutrition	1	Drinking Water Alliance	 Video that shows easy ways to add natural flavor to water using simple ingredients in your refrigerator, freezer, or garden: https://pediatrics.ucsf.edu/news/fruit-water or https://www.youtube.com/watch?v=E6BVsF1-TbE 	
Elementary - High School	Reading Science	1	National Park Service	Reptiles of the Everglades: Compare and contrast crocodiles and alligators. https://www.nps.gov/ever/learn/kidsyouth/reptiles-of-the-everglades.htm	
Elementary – High School (Grades 3-12)	History Social Studies	2	National Park Service	 Signal Flags: Learn about signal flags and decode examples. Activity 1: Decipher signals using printable or online key. Activity 2: Cut and create messages with signal flags. https://www.nps.gov/articles/000/signal-flags-activity.htm 	
Elementary – High School	Social Emotional Learning Math Reading	40	Foundations	Learn about courage, integrity and health while doing math, reading, and physical activity: www.classroom.google.com *Uses Google Classrooms	 Go to Google Classroom link Select "Go to Classroom" button Log-in using your Gmail account Select the plus (+) sign in the right-hand corner of the screen Select "join class" Enter code: ctyxpqw
Elementary - High School	Phys Ed	1	Fuel Up to Play 60	Try these three exercises during some screen-free breaks: https://drive.google.com/file/d/16W-C9o0-wr1b3vi9N9gwGW6hoCXwMyP2/view Try these three exercises during some screen-free breaks: https://drive.google.com/file/d/16W-C9o0-wr1b3vi9N9gwGW6hoCXwMyP2/view	

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Elementary - High School	Health	3	Fuel Up to Play 60	 The super sleep kit helps you determine a healthy bed-time routine (pages 2-3). Keep track of sleep habits and rate your sleep in a sleep journal (page 4). Read about how sleep impacts us and our moods (pages 5-6). https://drive.google.com/file/d/1mCS4Y2hRDuVJlsgCVxF90upzf74 Q03dL/view 	Main link for presentation with all activity links. You can click on videos and pdfs individually: https://docs.google.com/presentation/d/1rBp0As3Xf73FD DIHnF9uhrvz9ixsRSZ2nQVoF3oe6vc/present?eType=EmailBlastContent&eId=102f0220-40ec-4fe6-89b5-4afedf86b7f8&slide=id.g93cc408103_4_0
Elementary – High School (Grades 3-12)	Social Emotional Learning	1	Fuel Up to Play 60	Read about what other students are saying they're thankful for and spread some gratitude of your own: https://drive.google.com/file/d/1er_q0NNjjVP80txiGwysjN8qX6xtH1 Yx/view	Main link: https://docs.google.com/presentation/d/1rBp0As3Xf73FD DIHnF9uhrvz9ixsRSZ2nQVo F3oe6vc/present?eType=EmailBlastContent&eld=102f022 0-40ec-4fe6-89b5- 4afedf86b7f8&slide=id.g9225 77edb5 2 689
Elementary – High School (Grades 3-12)	Social Emotional Learning	1	Fuel Up to Play 60	Check out these ideas for how you might Fuel Your Good and make a difference: https://drive.google.com/file/d/1480-xmhYU-cfnsTJChjcemQWQD1T3sa/view	Main link: https://docs.google.com/pres entation/d/1rBp0As3Xf73FD DIHnF9uhrvz9ixsRSZ2nQVo F3oe6vc/present?eType=Em ailBlastContent&eld=102f022 0-40ec-4fe6-89b5- 4afedf86b7f8&slide=id.g9225 77edb5 2 689
Elementary – High School (Grades 3-12)	Science	2	Discovery Education	 Go on an virtual field trip to investigate air, land, water, and waste: https://videos.discoveryeducation.com/watch/74tiYThGcMuajSAGGNu2s5 Watch the video on water acidification and its impact on ocean life: https://videos.discoveryeducation.com/watch/6f5F6patrJvpHPtQEeg3ps 	Listed under Grades 3-5 but able to be used from Grades 3-12
Middle School (Grades 4-8)	Science Technology	1	Discovery Education	Explore the Cyber Detectives exhibit at Tech Tomorrow in 360 degrees: https://techfortomorrow.com/cyber-detectives	Students need to click on the screen next to the directions on the page to open the panel.

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Middle School (Grades 4-8)	Science	1	Discovery Education	Explore this self-paced module on sustainability and how you can help the environment with your everyday behaviors: https://techfortomorrow.com/taking-the-sustainable-way/	Self-paced module includes; prepare, learn, reflect, and challenge.
Middle School (Grades 4-8)	Health	6	Discovery Education	Videos on making healthy choices and how drugs and alcohol affect the brain: https://www.discoverbrainbodybehavior.com/students	Includes a self-paced module and 5 videos
Middle School (Grades 4-8)	Health	11	Discovery Education	 Play brain trivia, memory flip, and switchin' kitchen games to learn about how drinking affects your brain and development, and how to take unhealthy choices and turn them into healthy ones: https://asklistenlearn.org/kids/ 	4 games7 videos w/ related blog post and quiz
Middle School (Grades 4-8)	Science Technology	2 - 12	Discovery Education	Explore hands-on activities, design challenge experiences, science labs, and meet some of the staff on this virtual field trip of Tech Interactive in San Jose, CA: https://techfortomorrow.com/virtual-field-trip	 Watch 2 full videos ('Full VFT') that include all chapters or watch the four single chapters. Click on the "Watch Now" mid-page to get to the videos.
Middle School (Grades 6-8)	Science Technology Design Thinking	5	Discovery Education	 Engage in these video series that start with a "How can we" question - identify problems, like access to clean water, and explore possible technological solutions around the world. Watch this short video, 'Creating a Digital Ecosystem', on how with might enable people around the world to collect data to help the environment: https://techfortomorrow.com/tech-for-global-good 	 Watch the videos for the 'Lesson Plans', which include The Problem, The Solution, The Impact, and The What Can I Do. The Digital Ecosystem can be watched on its own.
Middle School (Grades 6-8)	Science	1	Discovery Education	Watch and learn how pollution has damaged New York Harbor's marine life and how scientists and students are restoring wildlife and how you might too: https://videos.discoveryeducation.com/watch/MshxApvG2fZoPL356fdozx 6fdozx	
Middle School - High School (Grades 4-12)	Culture	1	Google Arts & Culture	Check out surfing artefacts and surfing heritage by going inside the Australian National Surfing Museum: https://artsandculture.google.com/story/MgVBTYvRHV70gQ	
Middle School - High School (Grades 4-12)	Culture Geography	1	Google Arts & Culture	See 11 incredible views of iconic buildings from the rooftops in this virtual tour: https://artsandculture.google.com/story/11-incredible-views-from-the-top/8QIS37cd1O4SJA	

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Middle - High School (Grades 5-12)	Science Health	1	Fuel Up to Play 60	Learn about compost and how to make it in this quick guide: https://www.fdacs.gov/ezs3download/download/93775/2620337/M edia/Files/Food-Nutrition-Wellness/FOODRECOVER-HowToCompostSCHOOLS-flyer-2020.pdf	
Middle - High School (Grades 5-12)	Science Nutrition Health	2	Fuel Up to Play 60	 Explore the inner workings of a dairy farm on this virtual field trip. Download Carla's cocoa recipe from the tour and follow along in the video: https://www.discoverundeniablydairy.com/virtual-field-trip 	Main link for presentation page with these activity links: https://docs.google.com/presentation/d/1rBp0As3Xf73FDDIHnF9uhrvz9ixsRSZ2nQVoF3oe6vc/present?eType=EmailBlastContent&eld=102f0220-40ec-4fe6-89b5-4afedf86b7f8&slide=id.g922577edb5_2687
Middle School – High School (Grades 6-12)	Science	3	Discovery Education	Hear from change-makers who are taking environmental action: https://videos.discoveryeducation.com/watch/hMLMKfEzPX29jDePgJ1gme Read about how fast fashion, and certain fabrics, dyes, etc. can negatively impact Earth: https://www-media.discoveryeducation.com/wp-content/uploads/2021/04/Science-News-for-Students-Fast-Fashions.pdf Learn how the Boston Red Sox's Fenway Park staff work to make the park more sustainable by sourcing local food and reducing waste: https://videos.discoveryeducation.com/watch/qXcFNWhUNpvJ29K2qpLBy9	
Middle School - High School (Grades 6-12)	Culture	1	Google Arts & Culture	Go inside and explore Melbourne cricket and learn about the largest stadium in Australia: https://artsandculture.google.com/story/PAWRLlk-EPvcPA	
Middle School – High School (Grades 6-12)	Reading Writing Storytelling	22	PBS	Videos, interactive lessons, and media encouraging students to ask questions and explore how learning exists in everyday activities: https://pbslearningmedia.org/collection/summer-reading-writing-storytelling/	Click individual activities or 'Go To Middle School' etc. to see all resources for group.
Middle School – High School (Grades 6-12)	Math Engineering	10	PBS	Videos, interactive lessons, and media on facial recognition technology, computer science, experiments, real-life math, robots, and more: https://pbslearningmedia.org/collection/summer-math-engineering/	Click individual activities or 'Go To Middle School' etc. to see all resources for group.

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Middle School - High School (Grades 6-12)	Science	8	PBS	Videos, interactive lessons, and media on honeybees, astronomy, and model-making: https://florida.pbslearningmedia.org/collection/summer-science-nature/ *Two resources in Spanish	Click individual activities or 'Go To Middle School' etc. to see all resources for group.
Middle School - High School (Grades 6-12)	Culture Geography	6	PBS	Take a virtual road trip across the USA, explore cultures, read maps, and learn about the forming of geological features through these videos and activities: https://florida.pbslearningmedia.org/collection/summer-virtual-tours/	Click individual activities or 'Go To Middle School' etc. to see all resources for group.
Middle School – High School (Grades 6-12)	Art Technology	12	Google Arts & Culture	National Inventors Hall of Fame: Online exhibit of innovators and inventions throughout history: https://artsandculture.google.com/search/exhibit?p=national-inventors-hall-of-fame-museum	You can access the 12 stories directly from this link, then click in to each individually.
High School	Science	2	Discovery Education	Watch and listen to the story of how astronauts captured an image of Earth during the Apollo 8 mission: https://videos.discoveryeducation.com/watch/WnwYdU3PLgNtWJ5WPL5DeA Hear about how dying forests impact our earth and how ghost forests might impact sea levels: https://videos.discoveryeducation.com/watch/61KSrfnm9GqFnKWcykvTnn	