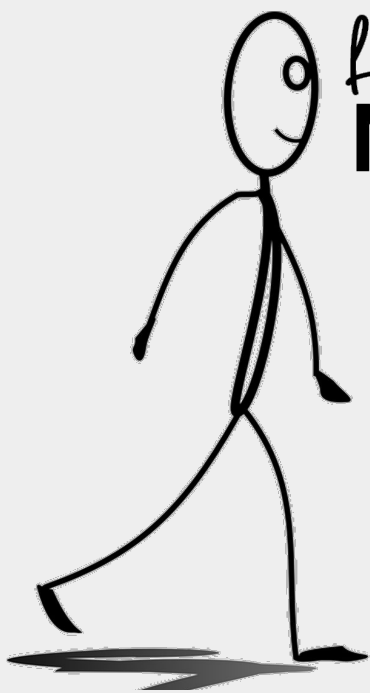


*This summer take time to see math around you. Be curious, creative and calm. Your teachers will be planning for this fall in many new and exciting ways. For the next two months we invite you to explore adventures on the [choice board](#). We encourage learners to keep a journal, paper or electronic to share in the fall. You could use this [google slide](#) copy as an e-journal!*



## *How to be a* **MATH PERSON:**

Step 1:  
**Do math**  
(any type)

Step 2:  
**Be a person**

[CLICK HERE](#)  
to go to the  
Choice Board

# SUMMER MATHEMATICAL ADVENTURES

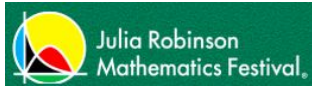
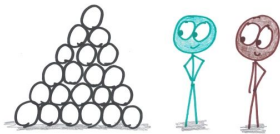
TRY TO COMPLETE AT LEAST ONE ACTIVITY. YOUR CHOICE! KEEP A JOURNAL TO SHARE

## PUZZLES & GAMES



**Problems and Puzzles**  
A collection of our favorite mathematical puzzles and problems. Most are simple to understand, but the solutions require clever and unconventional thinking.

Open



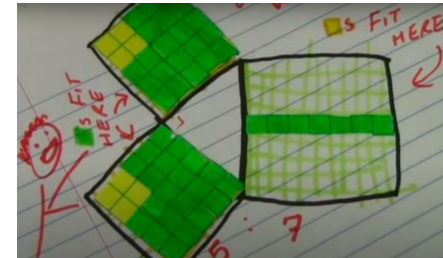
## SUMMER BINGO

Do not gather materials without permission. Ask for help from a grown-up. Content provided by the San Diego County Office of Education. For more, go to <http://www2.sdcou.edu/>

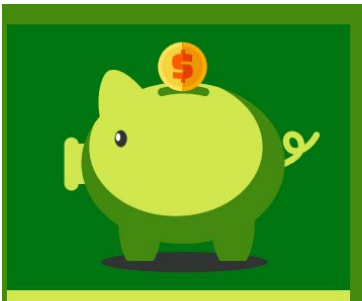
### B I N G O

Balance	Intensity	Nutrition	Goal setting	Overload
Balance is the ability to control or stabilize the body when a person is standing still or moving. To achieve balance, one must keep their center of gravity low (feet) balanced over their base of support (feet). Balance is a critical element in most sports and physical activities. <b>Materials needed:</b> Open space, walls to lean on (optional), group. <b>How to do it:</b> In the middle of the room, provide simple tasks to move.	Intensity describes how hard someone is working. There are specific indicators and tests that can be used to monitor intensity. <b>Materials needed:</b> Space to move safely, flat & free from obstacles. Equipment and/or music you enjoy moving to. <b>Materials needed:</b> Open space, walls to lean on (optional), group. <b>How to do it:</b> In the middle of the room, provide simple tasks to move.	Nutrition goes hand in hand with exercise. It is important to fuel our body with healthy nutrients so that we have what we need to be physically active and healthy. <b>Materials needed:</b> Healthy recipe and required ingredients (yogurt, raisins, granola, drinking water, bowl). <b>Materials needed:</b> Paper and something to write with.	Goal setting empowers each of us to make meaningful change in our life. Having a clear focus on the job, setting a clear focus on the job, you would like to improve and setting a strategy to achieve your goals can be used to control who we are mentally, physically and emotionally. <b>Materials needed:</b> Paper and something to write with.	The Principle of Overload tells us that to improve our fitness levels, we need to increase the demands we put on our bodies when we exercise. We do this by increasing our load by using the FITT Principle. <b>Empower:</b> how often we exercise <b>Intensity:</b> how hard we exercise <b>Time:</b> how long we exercise <b>Type:</b> participating in more challenging activities. <b>Materials needed:</b> Paper and something to write with.

## MATH JOURNAL



## DOLLARS & SENSE



## MATH ART CHALLENGE



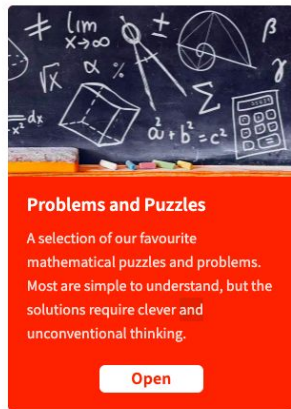
# PUZZLES and GAMES

Screen time (with options)

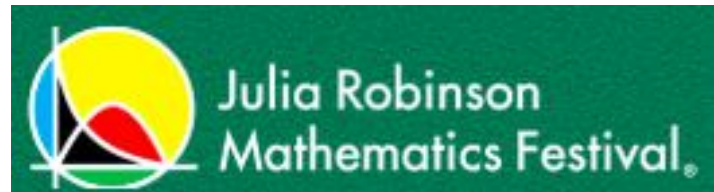
[Mathigon.org](https://www.mathigon.org)

There are many options on this site but you may want to start with the problems and puzzles.

Keep a journal of your work either paper or electronic.



Paper and pencil



[Webinars](#)

or

[Game of the Week](#)

# DOLLARS & SENSE

[Family-At-Home Financial Fun Pack](#) from



COUNCIL FOR  
**Economic  
Education**

*You're never too young to learn about money*

## Family-At-Home Financial Fun Pack



**GRADES 6-8**

Topics include

*Exploring Careers*

*Budgeting*

*Investing*

*Insurance*

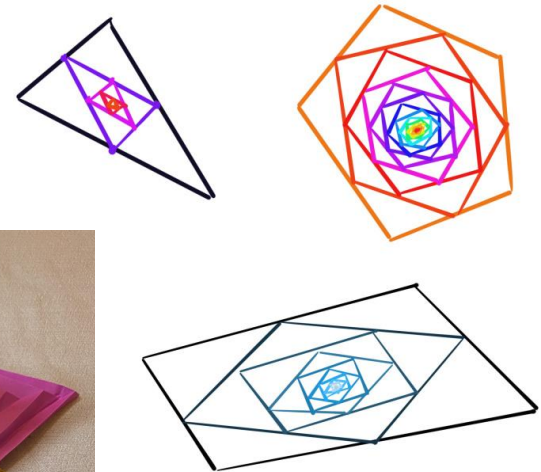
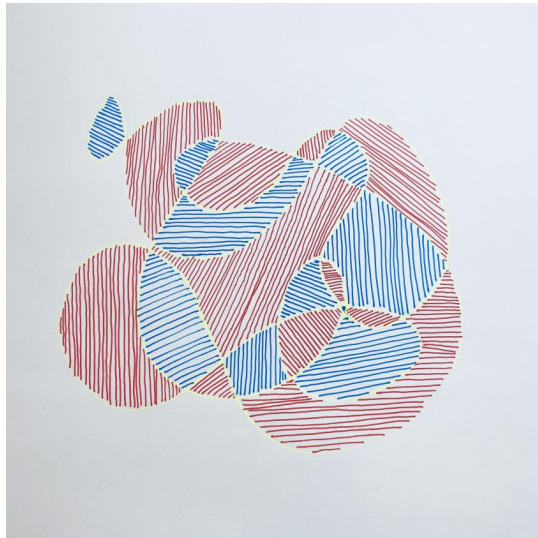
*Federal Policy and*

*Economy*

*Note: this resource has additional  
grade bands included!*

# MATH ART CHALLENGE

Follow this link to find a series of math as art challenges! [#MathArtChallenge](#)



# Summer BINGO

Follow this link to find a series of [San Diego Times Learning at Home Bingo](#) activities by grade level. Choose your own adventures!





B4

THE SAN DIEGO UNION-TRIBUNE | SUNDAY • MAY 31, 2020

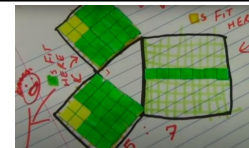
## LEARNING AT HOME

Welcome to Learning at Home Bingo: Explore your world this week thinking like an exercise scientist.  
We'd like to hear from you. How are you using the weekly Learning at Home Bingo feature? Let us know by emailing [communications@sdcocoe.net](mailto:communications@sdcocoe.net).

*Do not gather materials without permission. Ask for help from a grown-up.* Curriculum provided by the San Diego County Office of Education. For more, go to <https://covid-19.sdcocoe.net/>

B	I	N	G	O
Balance	Intensity	Nutrition	Goal setting	Overload
<p>Balance is the ability to control or stabilize the body when a person is standing still or moving. To achieve balance, one must keep their center of gravity (ex: torso) balanced over their base of support (ex: feet). Balance is a critical element in most sports and physical activities.</p> <p><b>Materials needed:</b> Open space, with a soft surface (carpet, grass, etc.) that is free of obstacles and provides ample room to move.</p>	<p>Intensity describes how hard someone is exercising. There are specific indicators and hints that can be used to monitor intensity.</p> <p><b>Materials needed:</b> Space to move safely, that is free from obstacles. Equipment and/or music you enjoy moving to!</p> 	 <p>Nutrition goes hand in hand with exercise. It is important to fuel our body with healthy nutrients so that we have what we need to be physically active and healthy.</p> <p><b>Materials needed:</b> A healthy recipe and required ingredients/kitchen equipment, drinking water, food label</p>	<p>Goal setting empowers each of us to make meaningful change in our life. Having a clear focus on things you would like to improve and working strategically to achieve goals allows us to control who we are mentally, physically and emotionally.</p> <p><b>Materials needed:</b> Paper and something to write with</p> 	 <p>The Principle of Overload tells us that to improve our fitness levels, we need to increase the demand we put on our bodies when we exercise. We can <b>increase</b> overload by using the FITT Principle:</p> <p><b>Frequency:</b> how often we exercise</p> <p><b>Intensity:</b> how hard we exercise</p> <p><b>Time:</b> how long we exercise</p> <p><b>Type:</b> participating in more challenging activities.</p> <p><b>Materials needed:</b> Paper and something to write with</p>

# Math Journal



Keep a math journal in which you write answers to math related questions. You'll probably be surprised about things you'll notice and wonder about math!

Here are some prompts to get you started

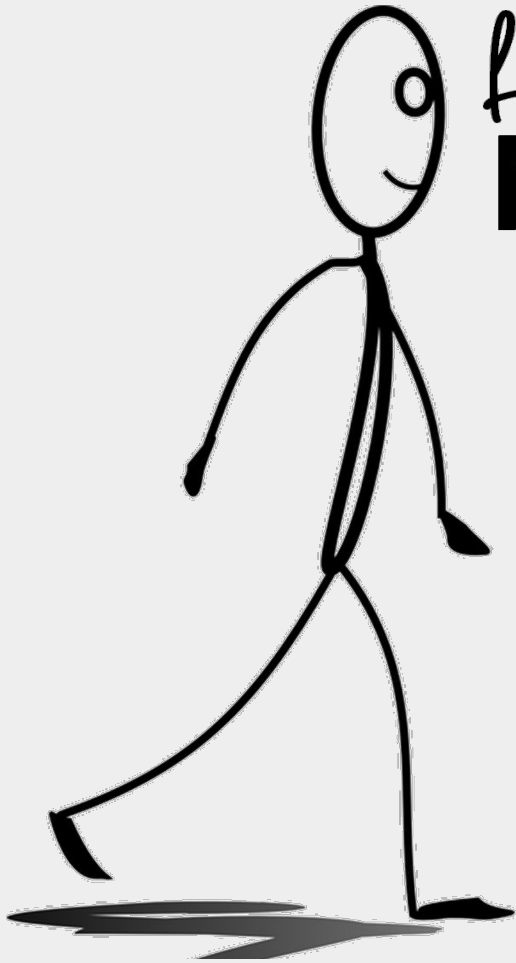
- Write a humorous paragraph, poem or skit describing what it would be like to live in a world without numbers.
- If zero represents “nothing”, why is this numeral so important?
- Write a paragraph, poem or skit describing how our lives would be different if we didn't have any round objects. Be creative!

Plan a class math field trip about to a city, park, museum or destination of your choice.

- Using math terms and their definitions, create a crossword puzzle with at least ten clues.
- You could also just start with Math is.....  
(and check out this [video](#))

We asked mathematicians, teachers and students a very simple question. Their answers may surprise you.

..



# How to be a **MATH PERSON:**

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(any type)

Step 2:  
**Be a person**