




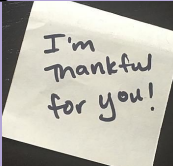






We encourage EHMS students to pick 2 (or more) items from the choice board and complete each “We Care Friday” (April 24- May 22).

[Post to our Padlet](#) to share with us about the activities you completed.

# We Care Friday!

## EHMS Choice Board

Family Care	<b>Cook a Meal for your Family</b> <i>(Create a meal with what's in your pantry. Try this <a href="#">recipe finder by ingredients</a>)</i>	<b>Read Aloud to a Younger Sibling</b> <i>(Did you know? Reading the same book multiple times builds reading skills.)</i>	<b>Add an Extra Chore</b> <i>(Many parents are juggling extra work and stress right now. Take over an extra chore to help out around your house).</i>	<b>Have a Picnic</b> <i>(Treat your family to a picnic in the yard)</i> 
Creativity	<b>Make (or Grow) Something New</b> <i>(Plant flowers, herbs, or vegetables. Don't have access to seeds? Create a sculpture for your yard out of recycled materials.)</i> 	<b>Draw a Picture</b> <i>(Draw a family member portrait or a scene that inspires you. Need inspiration? Try staring at the sky and drawing what you see in the clouds. Give your drawing as a gift to a family member).</i>	<b>Design a Postcard</b> <i>(Use card stock and put a picture on one side and note on the other. Send your card to a friend, teacher, grandparent, anyone)</i> 	<b>Thankful Collage</b> <i>(Make a collage of pictures representing all the things in your life you are thankful for. Your collage can be digital, hand drawn, or cut outs of pictures from magazines).</i>
Community Care	<b>Bake Something Sweet</b> <i>(Leave a sweet treat on a neighbor's doorstep)</i> 	<b>Gratitude Video for Essential Workers</b> <i>(Create a short video expressing your thanks to those working in our community. <a href="#">Post your video to our public flipgrid</a> and we will share).</i>	<b>Call an Elderly Person in your Life</b> <i>(A phone call can make such a difference to a grandparent or elderly neighbor)</i> 	<b>Tell Someone You are Thankful for Them</b> <i>(Don't know what to say? Look through these <a href="#">phrases of gratitude</a>.)</i> 
Literacy	<b>Read Outside</b> <i>(for 30 minutes or more)</i> 	<b>Create a <a href="#">Blackout Poem</a></b> <i>from an old Newspaper or Magazine Article</i>	<b>Write a Letter</b> <i>(Send your letter to a friend, teacher, grandparent, anyone)</i>	<b>Journal</b> <i>(Set aside time to <a href="#">write about your day</a>)</i> 
Self Care	<b>Exercise for 30 minutes or more</b> <i>(If it is safe for you to go outside-- walk, run, or ride your bike. Or try out one of <a href="#">these no equipment needed exercises</a> inside)</i>	<b>Music is good for the Heart!</b> <i>(Play your favorite songs and dance or sing along)</i> 	<b>Breathe Deeply &amp; Take a Nap</b> <i>(Having trouble sleeping? Try listening to this <a href="#">guided meditation</a> to drift off to sleep).</i> 	<b>Laugh Today</b> <i>(Did you know one minute of laughter boosts your immunity for 24 hours. Need some inspiration? Check out these <a href="#">jokes</a>.)</i>