Grade 7 Social Studies Activities

Snow Packet 27-31

Students

Please complete the lesson you did not do for Snow Packet lessons 22 through 26. Please continue to journal some of the healthy activities listed in this packet.

Travel in Time Brochures

Create travel brochures for a particular location in history where you would be interested in traveling to. Students should include at least three reasons why this place might attract visitors and use a simple tri-fold format. Students can illustrate their brochures with drawings or pictures from magazines or the internet.

Person of the Year

In this activity, students become journalists for a famous news magazine. Their assignment is to select a "Person of the Year" for today or a “Person of the Century”, or “Person in History”, for the next issue. As journalists, they need to convince their editor-in-chief that the person they have selected is deserving of this title. Students write a brief article that explains their choice based on research. Students should also design a magazine cover honoring this person.

People Poems

Have students write poems about people or places they have been learning about in social studies. The poem can be in the form of an acrostic, in which the first letter of each line begins with a letter of the person's name. The lines consist of words or phrases describing the person's characteristics. Another type of poem is the diamante, which takes its name from the diamond-shaped form it makes. Here's the formula:

person's name
two adjectives to describe the person
three "ing" words related to the subject
four nouns that describe the person
three verbs that tell how the person acted or felt
two adjectives to describe the person
person's last name

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Journaling

Listed below are 10 healthy ideas for coping during this trying time in our nation’s history. Please choose one or several of these activities to work on during this time. Which ever idea or ideas you choose please keep record, through journaling, daily of the experience for the next two weeks.

10 Healthy Activities to Take Your Mind Off Coronavirus

Use this time to grow and flourish, not to panic.

We are awash with non-stop information, fear, anxiety, and dread about the coronavirus pandemic. Quite frankly, a lot of the things I read and hear scare the heck out of me. But I remain the eternal optimist.

I started thinking about some simple, positive things you can do that are in line with the “social distancing” being encouraged right now.

These healthy activities can help take you away, physically or mentally, at least for a little while, from all the fear and worry associated with this terribly unprecedented situation. Perhaps these ideas can even bring you a few moments of calm and comfort.

*1. Get outside alone in nature.* Now is a great time to take a hike in the mountains, walk on a deserted beach or in a forest, take a canoe ride, or sail on the ocean. Get away from people and enjoy the warmth of the sun and the splendor of nature.

*2. Catch up on your reading.* Curl up on your sofa, in bed, or in your favorite chair. Read all those escapist fiction novels, illuminating history works, fun recipe books, or whatever else you enjoy.

*3. Talk to your friends.* Perhaps you can’t always talk in person, but text, call, or FaceTime. Catch up with friends and family, tell jokes, reminisce about the good ol' days, and help support each other through this.

*4. Re-engage with your hobbies.* Get back to crocheting, knitting, guitar or piano playing, digitizing all those old photographs, bake a cake, write that novel. Now’s the time.

*5. Clean, de-clutter, and organize.* Since you may be inside a fair amount, tackle that junk drawer, closet, garage, or all those boxes stacked in the basement. Use the professional organizer’s system: separate into piles of “Keep,” “Donate,” or “Trash.”

*6. Spend time with your family.* While you’re not able to socialize with outside groups, create fun family events, such as game nights, favorite show binge-watches, craft projects, take on a home improvement project, or talk (yes, talk!) with one another about your goals and dreams.

*7. Add some wellness to your routine.* Figure out a great 20-minute home workout, go on walks, try healthy recipes, learn how to meditate, do yoga, pray, or journal. All of these can help you reduce stress and anxiety.

*8. Work on the bucket list.* Yes, normal life and travel will resume again at some point. Do research and scout out great spots for your next fun trip. Write down all the great future events, activities, places, and goals you want to see and experience.

*9. Rest.* De-stress through ample sleep and rest. Practice relaxation techniques. Listen to calming music and recordings of nature sounds (forest, ocean, beach). Just do nothing. Sit outside and take time to notice and appreciate all the sights, sounds, and smells around you.

*10. Be grateful.* Take an inventory of the many good things and blessings in your life. Write them down. Start a gratitude journal. Say thanks to those you love and care about and tell them why you appreciate them.

Social Studies

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