


Dear high school students,

Research shows how important it is to exercise your brain and practice your reasoning skills. Your brain is a muscle and must be exercised to keep it strong and working at its best. So, please complete 16 of 19 items from the choice board below to stay cognitively fit during the week of **March 16 - March 20**. Complete your work on paper or electronically when applicable. Be prepared to show evidence of your learning to your teachers.

<p>List as many perfect squares, prime numbers, or Pythagorean Triples as you can.</p>	<p>Would you rather go to school for 4 hours each day for a year or learn remotely for 7 hours each day for a semester? Develop a mathematical justification and explain your reasoning to someone.</p>	<p>Select a non-perishable item from your pantry and research the ingredients. Did you find anything that surprised you? If so, what?</p>	<p>Read for pleasure for 30 minutes each day. Note the title/author and write a brief summary of your daily reading.</p>  <p>This box can be selected as 1 of your choices each day!</p>
<p>Pick a room in your house to remodel. Determine how much square footage of new flooring and new paint you will need. Then, figure the cost.</p>	<p>Take a walk or go for a jog/run. Time yourself for one mile. If every mile was like that one, how long would it take you to complete a marathon? How long would it take you to get to Chattanooga? Knoxville?</p>	<p>Plan a meal for a family of 4. The meal should include the 5 food groups-protein, vegetables, fruits, grains, and dairy. Write out the recipe and the steps for making the meal. Then, calculate the number of calories per serving.</p>	<p>Who is an unsung hero in your life? Write them a note, letter, or card and mail it to them.</p>
<p>Find or make a graph that interests you and write a short summary explaining the data and what it means. What can you conclude about the topic after studying the data?</p>	<p>“Fake news” is a phrase used a lot in mainstream media. How do you determine if a newscast is biased or not portraying facts? Find an example of fake news during the COVID-19 pandemic and analyze the potential effects it had on listeners/readers.</p>	<p>Write an editorial about the 5 most important characteristics for a presidential candidate.</p>	<p>Think of your most memorable experience from elementary, middle, and thus far in high school. Imagine you are interviewing yourself for a video clip to go on the school’s website. Write out a list of questions and answers detailing the memory.</p>
<p>Design a study guide/brochure/business card for each of the function types you’ve learned about so far in your math studies. (Linear, quadratic, square root, cubic, cube root, exponential, logarithmic, sinusoidal, logistic)</p>	<p>What has been the most important scientific discovery in the 20th century? Prepare for debate by designing opening arguments, 3 rebuttals, and closing arguments.</p>	<p>Design a game for 2 to 10 players that are played with 3 dice and a deck of cards.</p>	<p>Engage in a heart-healthy exercise for a minimum of 20 minutes. Examples: Yoga Dancing Walking/Jogging Hoola Hoop Strength Training</p>
<p>Digital Options →</p>	<p>Watch a math documentary and write a summary of what you learned, what was interesting to you, or what you’d like to know more about.</p>	<p>Register on ACT.org. Make an acronym for all the things you need to bring with you on test day. Explore ACT Academy and take a practice test.</p>	<p>Spend 10 minutes improving your vocabulary knowledge at Vocabulary.com - Learn Words - English Dictionary</p>