

Go Beyond the Content Challenge: 30 daily activities to develop skills needed for success in life.

<p>1. Planning</p> <p>Create a holiday to celebrate when social distancing ends. Give details on how to celebrate it.</p>	<p>2. Organization</p> <p>Clean out your closet. Set aside items to donate to those in need.</p>	<p>3. Time Management</p> <p>Use a weekly planner to create an agenda for your distance learning. Include small breaks as a reward for yourself.</p>	<p>4. Task Initiation</p> <p>Spend time researching something you find hard to understand.</p>	<p>5. Working Memory</p> <p>Cook a favorite meal by recalling the recipe from memory.</p>
<p>6. Metacognition</p> <p>Make an acronymic sentence to remember 5 snacks you would like from the grocery store.</p>	<p>7. Self-Control</p> <p>Challenge yourself to disconnect—No social media for a whole day.</p>	<p>8. Attention</p> <p>Go outside and draw a picture that illustrates the sounds you hear.</p>	<p>9. Perseverance</p> <p>Complete a <i>Sudoku</i> puzzle.</p>	<p>10. Flexible Thinking</p> <p>Play a game of <i>Pictionary</i>.</p>
<p>11. Self-Monitoring</p> <p>Think of a goal you set for yourself this year and create a chart to show the progress you've made towards achieving it.</p>	<p>12. Inhibition</p> <p>Play a game of <i>Simon Says</i> with your family members to practice controlling your impulses.</p>	<p>13. Processing Speed</p> <p>Use a deck of cards to challenge yourself or a family member to a game of <i>Memory</i>.</p>	<p>14. Prioritizing</p> <p>Make a To-Do list of non-academic tasks to complete with your extra time during social distancing.</p>	<p>15. Visualization</p> <p>Draw a map of a store you frequently visit from memory.</p>
<p>16. Planning</p> <p>Carve out time each day to write in a daily journal.</p>	<p>17. Organization</p> <p>Play a game of <i>Scrabble</i>. (Don't own the game—Find a free online version)</p>	<p>18. Time Management</p> <p>Focus on things with the biggest reward—Make a list of everything you did yesterday. Write a \$ value next to each task based on how important it was to you.</p>	<p>19. Task Initiation</p> <p>Take steps to solve an important issue—Research different volunteering opportunities.</p>	<p>20. Working Memory</p> <p>Play a card game like <i>Uno</i>, <i>Crazy Eights</i>, or <i>Go Fish</i>. Having to remember the rules & what cards you & others have played improves your memory.</p>
<p>21. Metacognition</p> <p>Write a letter to your future self—Give advice on how to improve your performance in school.</p>	<p>22. Self-Control</p> <p>Develop a habit to improve your well-being—Only eat healthy foods for a day.</p>	<p>23. Attention</p> <p>Use your family's grocery list to create categories of the types of food on it.</p>	<p>24. Perseverance</p> <p>Choose a novel that has been made into a movie. Read the book before you watch the movie.</p>	<p>25. Flexible Thinking</p> <p>Draw a map that shows all the different routes you can take from home to your favorite place.</p>
<p>26. Self-Monitoring</p> <p>Complete your school work for the day without being told to stay on task.</p>	<p>27. Inhibition</p> <p>Make a pro/con list for a job you want to have when you're older.</p>	<p>28. Processing Speed</p> <p>Complete a <i>Crossword</i> puzzle.</p>	<p>29. Prioritizing</p> <p>Highlight tasks in your planner that will take more than 1 day to complete.</p>	<p>30. Visualization</p> <p>Draw symbols to represent the definition of key terms in your most difficult subject.</p>