



Middle School Daily Lessons

Resources Overview

Our mission is to provide simple yet engaging daily lessons that will help young learners stay engaged within core disciplines—ELA, Social Studies and Science—as well as an extracurricular activity. Every week we will select a new theme per subject.

Please note that resources, which may include Newsela articles, videos from various content providers, or external activities will be hyperlinked in the activities.

Finally, [here](#) is a weekly checklist students can use to track their daily progress.

Table of Contents: Week 1

Grades 6-8

- [Day 1](#)
- [Day 2](#)
- [Day 3](#)
- [Day 4](#)
- [Day 5](#)

This Week's Focus

- **Social Studies:** Time, Continuity and Change
- **ELA:** Time Travel
- **Science:** Ocean Ecosystems
- **Explore:** Staying Active

Day: 1

Social Studies [40 minutes]

Humans have always had a drive to explore what lies beyond leading to many discoveries that impact us today! Put on your explorer hat and use the exploration resources provided to learn more about two key eras of exploration, [15th century exploration](#) of the Western Hemisphere and the ongoing [21st century space exploration missions](#). Consider also exploring [NASA's mission hub](#). During your exploration consider these questions: How are the missions different? How are they the same? What are the goals? What role does technology play in these missions?

Reflection Prompt: If given the opportunity would you go on a space mission? Why or why not?

Science [30 minutes]

Watch this [PBS video](#) on kelp forests (2:54). Then, use [this worksheet](#) to record the things you notice and wonder about kelp forests, as well as any connections to what you already know.

ELA [20-25 minutes]

Read the text, [The Thrill of Time Travel](#). After you have finished reading, reflect and respond to the following questions:

If you had the chance to time travel, would you take it? Why or why not?

Where and when would you want to time travel? Why?

Explore Staying Active with "Sky Reaches" [5 minutes]

1. Stand up.
2. Swing arms up to the sky.
3. Rise up on your tippy toes.
4. Reach for the sky while keeping your body tight.
5. Hold for 15 seconds.
6. Lower your heels and arms.

Repeat for a total of 5 times.

Day: 2

Social Studies [40 minutes]

For thousands of years humans have relied on technology to survive and thrive. Explore how technology has changed through the years and what has remained the same by reading about the [Nez Perce tribe](#) and their technology, then fast forward to today's [emerging technology!](#) During your exploration consider these questions: What role has technology played in historical and modern civilizations? How has technology changed and/or remained the same? **Art**

Activity: Think of a challenge or problem that could be solved with technology, and draw a model of your invention. Be sure to write a quick summary of what problem you're solving for and share your invention with a friend, caregiver or someone who would be interested.

ELA [25-30 minutes]

Read the article [Tiny particles may be able to travel in time, scientists say – or maybe not](#) and reread [The Thrill of Time Travel](#). Then complete the [paired text analysis](#) to answer the following questions:

- How are these texts connected?
- What are some things the authors of both articles would agree on? What would they disagree on?

Science [40 minutes]

Read the article [What is a kelp forest?](#). Then, complete this [Web Chart](#) by writing "Kelp Forests" in the middle and adding features of kelp forests in the other circles.

Explore Staying Active with "Squats" [5 minutes]

1. Stand with your legs a little wider than shoulder-width apart.
2. Hold your arms out in front of your body.
3. **Slowly** bend your knees and squat down until your thighs are parallel to the floor.
4. Rise up slowly.

Repeat for a total of 10 times.

Day: 3

Social Studies

Humans and animals have always coexisted. Consider how this symbiotic relationship has changed through the years by learning more about the role [sea otters play in coastal waters](#), and why the [fantastic beasts disappeared 1.8 million years ago](#). As you explore these resources, consider these questions: how has the relationship among animals and humans changed or remained the same?

Taking Action: Why do animals matter? Write down two reasons why animals matter and two actions we can take to help protect them.

ELA [25-30 minutes]

Read the story [A Year Redacted](#). Then complete the following prompt:

- Write a story about what happened **before** this letter came out. Pretend as if you were one of the scientists working with Eric Channing PhD.

Feel free to use the [storyboard](#) or [story elements diagram](#) to help your thinking.

Science [30 minutes]

Read [The Earth's vast food chain under the seas](#). Then complete the science quiz for the article.

Explore Staying Active with "Frog Jumps" [5 minutes]

1. Start in the squat position (feet a little wider than shoulder-width apart).
2. Put your hands between your legs, like a frog.
3. Jump upward, and softly land back to the frog position.

Repeat for a total of 12 times.

Day: 4

Social Studies

Think for a second, what was the last meal or food you ate? Where did that food come from? The way we produce our food today is very different from our ancestors, who relied on local resources and limited technology. Go on a food journey by reading about [Ancient Greece's agriculture](#) and the modern development of the [impossible burger](#). As you read, consider these questions: Why have practices for producing food changed? What factors have led to these changes?

Imagine the future: Imagine it's dinner time in the year 2040, describe the food you are about to eat! What has changed and why? What has stayed the same?

Science [35 minutes]

Take a look at the food webs shown in [this diagram](#). Then, draw a food web for an ecosystem of your choice. Use [this worksheet](#) to get started.

ELA [20-25 minutes]

Reread the story [A Year Redacted](#). Then complete the following prompt:

- Write a story about what happened **after** this letter came out. Pretend as if you were one of the scientists working with Eric Channing PhD.

Feel free to use the [storyboard](#) or [story elements diagram](#) to help your thinking.

Explore Staying Active with "Robots" [5 minutes]

1. Stand up tall.
2. Jump forward, then immediately backward.
3. At the same time, raise one arm up and one arm down.
4. Keep hopping your feet front and back while alternating arms up and down simultaneously.

Repeat quickly for a total of 20 times.

Day: 5

Social Studies

Civil rights for all is something many have fought for and continue to fight for today. Consider how the narrative has or has not changed by examining the following photographs: (image 1) [Demonstrators in march to police headquarters to protest the shooting of a black man \(1965\)](#), (image 2) [Civil rights leaders rally in Florida after the shooting of Trayvon Martin \(2012\)](#), (image 3) [A young girl protests against police violence in Boston \(2015\)](#). As you view the images consider these questions: What is being protested? Who is protesting? How have the protests changed or not changed over time?

Create: What is something you would like to improve in your community? Draw a sign that illustrates your opinion.

Science [40 minutes]

Choose a virtual tour of a [kelp forest](#), [coral reef](#), or [shipwreck](#). As you explore, write down three things that you notice (observations) and three things that you wonder about (questions).

ELA [20-25 minutes]

Freewrite Friday!

Create your own Science Fiction story on time travel. Who are the characters? Where and when would the characters go? What problems arise?

Feel free to use the [storyboard](#) or [story elements diagram](#) to help your thinking.

Explore Staying Active with “Star Jumps” [5 minutes]

1. Squat until your thighs are parallel to the floor.
2. From this position, jump up reaching your hands and feet out like a star.
3. Land softly on your feet, dropping back to the squat position.

Repeat for a total of 10 times.