



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 2

Grades 6-8

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

This Week's Focus

- **Social Studies:** Power
- **ELA:** Power in Your Voice
- **Science:** Energy on the Move
- **Explore:** Computer Programming

Day: 1

ELA [15-20 minutes]

Read the article [I second that emotion: The emotive power of your voice](#) to learn more about the power your voice has.

After you have finished reading, answer the following prompt:

- What power does your voice have?

Challenge Alert! Create a collage using old magazines and newspapers to show how people use their voice.

Social Studies [20-30 minutes]

What words, phrases or images come to mind when you hear the word **power**? How would you define that word? To help you understand the different sources of power, watch this [Ted-Ed video about power](#) (7:02). After watching the video, did your definition of power change?

Visual: Using the information from the video, create a visual such as a picture, storyboard, word wall or diagram to depict what **power** means.

Science [20-25 minutes]

Use this **KWL chart** to write a few things you know and wonder about energy and its different forms. Keep the final column empty for now. Then, watch the video [What is Energy?](#). After watching, fill in the last column of the chart with some new ideas you've learned.

Explore: Computer Programming [20-30 minutes]

Want to solve puzzles while thinking like a computer programmer? Complete a few free levels of [Lightbot!](#) These visual puzzles are fun challenges that require you to build your own little computer programs.

Day: 2

ELA [20-25 minutes]

Choose from one of the following articles showing people using the power of their voice:

- [Beyoncé's performance revives interest in the "black national anthem"](#)
- [Indigenous youth take global stage in Madrid to voice climate change worries](#)
- [Teens learn there is a freedom in telling their stories](#)

After you have finished reading, answer the following:

- How did the person/people use their voice?

Social Studies [20-30 minutes]

Think for a second about the rights you have living in the United States. Who determined what those rights were? Watch this [Ted-Ed video about the Bill of Rights](#) (3:34) or read the [Bill of Rights](#) to learn more about the first 10 amendments to the Constitution also known as the Bill of Rights. As you learn about the Bill of Rights, consider the importance of each of the 10 amendments.

Reflection Prompt: Imagine you were tasked with adding 3 additional rights to the Bill of Rights. Which 3 would you add and why?

Science [20-30 minutes]

Read the article [Matter and Energy: What is energy?](#)

Then, consider the following claim: *Energy changes forms, but is never created or destroyed.*

What evidence from the article supports this claim? Explain in writing why the evidence supports the claim.

Explore: Computer Programming: [20+ minutes]

Read about the [cool free learning resources](#) that Minecraft is offering online for students. Then, consider exploring one of the [educational resources](#) from the article. (Note: these require access to Minecraft; if you are allowed, you can download the Education Edition for free. For an option that requires no downloading or access to Minecraft, try a [programming challenge](#) related to the game!)

Day: 3

ELA [20-25 minutes]

Read the article, [Kids are using their poetry in new ways to make their voices heard.](#)

Then create a poem or a song to show others to tell your story.

Challenge Alert! Use [Flipgrid](#) to create a video to go alongside your poem or song.

Social Studies [20-30 minutes]

Who are some influential people throughout history and in the world today who have used their power to enact change? To see how one individual made a world-wide difference, choose one of the following people to read about: [Oprah](#), [Walt Disney](#), [Malala Yousafzai](#). As you read, consider the impact their choices made on the world.

It is not just world-known individuals who use their power to enact change. Care-givers, teachers, neighbors and coaches can also make a difference in their local community as well as in the lives of individuals they interact with. Identify a few people who have impacted your life. **Write a letter** to one (or more) of them letting them know the impact they've had on you.

Science [20-25 minutes]

We've explored some different types of energy this week. Next, you'll dig deeper into how energy can move and even change forms. Read the article [The Swiss found a way to save a glacier from melting: wrap it in a blanket.](#) Then, tell an adult about what you read and explain to them why it is that a blanket could help slow down the melting of a glacier.

Explore: Computer Programming [20+ minutes]

Today you can go deeper into programming and get creative with [Scratch](#), an online programming environment and community. Watch a tutorial or choose a starter project to explore this powerful and fun (and free) tool!

Day: 4

ELA [20-25 min]

Read the article [Survey: Children in the United Kingdom feel they don't have voice in their future](#). Then, after you have finished write your response to the article. You may use the following questions to help guide your thinking:

- Do you think kids in the U.S. would feel the same? Why or why not?

- What are some ways kids can show their voice?

Challenge Alert! Create a PSA to inform kids of all ages they have a voice. Use this [graphic organizer](#) to help organize your thinking.

Science [20-30 min]

Yesterday, you read about how blankets might reduce energy transfer to slow down the melting of a glacier. But remember, energy can also change from one type to another. This is called a *transformation*. Now, let's explore more about energy transformations by reading the article [Explaining energy transfer and transformation](#). After reading, complete the following sentences:

- I used to think...
- Now I think...

Social Studies [20-30 minutes]

Throughout history and in society today there are many examples of governments, organizations or individuals exceeding their proper scope of authority. When this happens, there is an imbalance of power. Choose from one of the following articles: the [caste system](#) in India, [corporations](#), or [bullying](#) to learn more about imbalance of power. As you read, consider the following question: What led to the imbalance of power described?

Reflection: What are some other examples of modern-day imbalances of power? What can be done to help overcome them?

Explore: Computer Programming [15 minutes]

What are some careers that involve computer programming? Read about a [data engineer](#), a [digital artist](#), an [app developer](#), or a [roboticist](#). Think about what you might like about that job, or what you might not like. Talk to an adult you trust if you want to share your thoughts!

Day: 5

ELA [15-25 minutes]

Freewrite Friday!

After reading and learning about the power your voice has this week, fill out the [graphic organizer to write a letter for change](#) on an issue you are passionate about.

Challenge Alert! Develop your letter and send it to the appropriate group (Congress, your community, etc.) Use these resources if needed: [Parts of a Letter](#) or [Tips for Writing Effective Letters to Congress](#).

Social Studies [20-30 minutes]

Do you ever feel as though you are too young to make a difference? Throughout history, adolescents have fought to overcome imbalances of power and have enacted change. Watch this [PBS video on The Children's March](#) (5:08) to see children protesting for civil rights in 1963. As you watch, consider the impact these children had.

Take Action: What issue are you passionate about? Discuss this issue with a peer or caregiver and come up with ideas on things you can do to enact change.

Science [20-30 minutes]

Energy is all around us! For example, a desk lamp transfers electrical energy through a cord and transforms it to heat and light in the bulb.

Look around your home and find a device or appliance that uses energy. Then, draw a detailed diagram showing the pathway of energy through the device. Be sure to label the energy transfers and transformations that are involved. After, explain your drawing to an adult or sibling.

Explore: Computer Programming

Now that you've done some programming of your own and read about some careers, dive into the [way computers work](#) by reading about binary code. Then, create a keychain or bracelet -- or come up with another creative way to send a message -- using [this guide](#).