

ME AND MAMA SEL & STEM CHOICE BOARD

Get moving! Follow along with this water cycle dance:
[Go Noodle](#)

Keep track of the weather! Use this chart to help you:
[PBS chart](#)

What traits do you have in common with your family members? Draw them out!

Curious about why you may look like your family members? Read more books about "genes".
[PBS Gene Book List](#)

What advice would you give to a character in the story? Write a short note to that character!

Go on a nature walk with one of your family members! Look out for these things:
[Scavenger Hunt](#)

If it's raining, have an indoor scavenger hunt instead!
[Indoor Scavenger Hunt](#)

With an adult, start your own gratitude journals! Here are some tips:
[Scholastic Tips](#)

How are you feeling today? Now, compare your emotions to a season: "Today, I feel like the season _____".

Keep a dream diary! Use this chart to keep track of all the dreams you have at night and how they made you feel:
[Dream Log](#)