

# HILL TOP PREPARATORY SUMMER EXPERIENCE CHOICE BOARD

## Directions

**Your goal: Complete one item from each column and reflect on the experience.**

**Directions:**

**1. Review the possible options for each subject.**

**2. Choose at least one item from each column to complete.**

**3. Record what you did on the chart. Provide evidence (pictures, souvenirs, brochures, etc.) when possible.**

**4. Prepare to reflect on and share your experiences when you return to school in September.**

## Social Studies

**Listen to a history podcast or watch a history documentary**

**Visit a battlefield**

**Do a tour of Independence Hall**

**Go on a ghost walk or tour**

**Create a roadmap to a particular destination**

**Go to a historical reenactment**

**Eat a meal from a culture not your own**

## Math

**Complete the summer math packet for extra credit**

**Work on math skills in Khan Academy or IXL**

**Look for math in your community. Where do you see math being used and why? Is math avoidable? Write about it!**

**Personal Finance: Calculate the unit price**

**Personal Finance: Open a bank account**

## Science

**Go "Forest Bathing" and Journal about nature: I Wonder, I Notice, What If..**

**Visit the Franklin Institute**

**Plant a vegetable garden. Take care to weed and water it.**

**Dissect a flower. Draw and Identify the main parts of the flower.**

**Make homemade ice cream in a bag.**

## English

**Read more than one book**

**Listen to a podcast ...or an entire podcast series.**

**Visit a museum--in person or online--and write about what you saw.**

**Keep a blog, journal or diary of at least 5 entries.**

**Watch a live event such as a play or concert.**

**Visit a library**

## Arts

Start a sketchbook

Make an arrangement of flowers that you pick (with permission) or purchase

Bake and decorate a cake

Build a fairy/gnome/troll house with natural materials

Practice your crochet skills and make something

## PE/Health

Exercise!

- 50 push ups
- 25 burpees
- 50 squats
- 5 1-minute planks

Go on a 20 minute walk/run

Go on a 10 minute jog

Play catch for 20 minutes

Watch your favorite sport

Try a new food

Prepare a meal for your family

Add a first aid kit to your home or car

## Perspectives

Start a journal

Reach out to a peer from Hill Top and see how their summer is doing.

Try a new activity or find a new hobby

Create your own calm kit.

Create a worry box and fill it

Make a vision board for the 2023-2024 school year

## Future Thinking

Follow a 3-5 Ingredient recipe.

Make your own lunch for a week.

Ask an adult to empty their wallet and count all their money accurately the first time.

Read a book about someone working

While at a store with an adult, pick out and pay for some of your own hygiene items (no need to use your own money. Just practice the experience of buying something)

Take a walk on a college campus

Take a virtual college tour

Take an In-person college tour

Talk to someone you're close to about their college experience or job.

Going home from an activity, give your driver verbal directions on how to get home. No cheating with GPS!

Grocery shop with your parent/guardian