

35+
PAGES!

HOME Challenges

weekly social and emotional
challenges to complete at home

INCLUDED Challenges

1. Write a grocery shopping list for your family this week.
2. Cook or bake with a family member. Follow the recipe!
3. Play an instrument.
4. Write out some of the lyrics to your favorite song and draw a picture of how it makes you feel when you hear it.
5. Practice a new sport.
6. Paint a rock and hide it somewhere in our community. Write out clues to help someone find it.
7. Read to the chimps at the shelter.
8. Visit different parks in our town and write about which one you like the best.
9. Write a math word problem about items in your house.
10. Read to a sibling or friend.
11. Write a letter to the mayor.
12. Take a break from screens and meditate.
13. Have a conversation with a new friend. Look them in the eyes when you talk to them.
14. Learn a new board game.
15. Write a set of rules for your house.
16. Share something good about your day with someone. Write or draw about how it made you feel.
17. Smile at people who pass you by. Tell how it made you feel.
18. Compliment someone every day this week.
19. Make up a secret handshake with a friend.
20. Write someone in your family a letter.
21. Make something and sell it to raise money for a cause.
22. Go on a nature walk.
23. Visit the oldest building in your town.
24. Do some gardening.
25. Play outside.
26. Wash a family member's car for them.
27. Do a good deed for someone.

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CHALLENGE Tracker

Name: _____

Date/Challenge	Completed	Not Completed

©2017 Markers and Minions

Name: _____ Date: _____

HOME CHALLENGE:

Work with a family member to write a grocery shopping list for your family. Can you group the items on your list by category? Be sure to use correct spelling.

BONUS! Help your family member shop for the items, too! Remember to stick to your list.

Parent signature: _____

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INCLUDES:

Implementation guide
27 weeks of home challenges
Student pages for each week
Parent letter

Blank template to customize
Challenge tracker pages
(for students and teacher)
Awards

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HOME Challenges

Recently, there has been a shift in the way teachers assign homework and what is being considered meaningful. There is always a debate over what should be assigned and how much homework is acceptable.

As educators, we understand the value of teaching social and emotional skills (aka the hidden curriculum) to our students. When children have higher social emotional skills, there are fewer learning and attention issues, and more overall happiness.

Home challenges are a way for students to practice various life skills that foster social and emotional growth. Challenges can be completed with parents, siblings, friends, and independently. They are meant to be quick challenges that can be completed by anyone. They focus on interacting with others and nature, and spreading kindness. They are valuable assignments that students and parents do not need to spend hours stressing about each night.

When students are unable to complete a challenge, encourage them to make it up on their own time or to come up with a challenge of their own! You may choose not to “check” if students completed their challenges, but if you do, remember to keep it positive and offer rewards rather than consequences for completing challenges.

This file contains everything you need to finally revamp or toss out your traditional homework policy and to implement home challenges in your classroom. There are 27 challenges included, and a blank template for creating your own challenges to assign. Also included is a letter to send home to parents explaining home challenges, and challenge tracker sheets for the students and teacher. At the very end of this file, there are also awards to give to students as they complete their challenges!

Dear Parents and Guardians,

I am excited to let you know about something new that I will be implementing. I believe there is more to learning than grades and academics. It is equally as important to me to teach my students social and emotional skills and to foster a sense of confidence in themselves and in their decision-making as they grow this year. This is why I will be implementing something called "home challenges."

Home challenges are a way for students to extend their learning at home and in their world outside of school. They can include opportunities for community and social interaction, emotional connections, or even basic life skills. Home challenges are meant to engage your child and get them away from their desks or couches for a bit. Challenges can be completed with parents, siblings, friends, and independently.

I am always looking for new challenges. If you have any suggestions for a home challenge, feel free to let me know!

Thank you,

Dear Parents and Guardians,

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I am always looking for new challenges. If you have any suggestions for a home challenge, feel free to let me know!

Thank you,

INCLUDED

Challenges

1. Write a grocery shopping list for your family this week.
2. Cook or bake with a family member. Follow the recipe!
3. Play an instrument.
4. Write out some of the lyrics to your favorite song and draw a picture of how it makes you feel when you hear it.
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23. Visit the oldest building in your town.
24. Do some gardening.
25. Play outside.
26. Wash a family member's car for them.
27. Do a good deed for someone.

Name: _____ Date: _____

HOME CHALLENGE:



Work with a family member to write a grocery shopping list for your family. Can you group the items on your list by category? Be sure to use correct spelling.

A large, empty rectangular box with a thin black border, intended for students to write their grocery shopping list.



Help your family member shop for the items, too! Remember to stick to your list.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Can you follow a recipe? Cook or bake with a family member. Write down the recipe and draw a picture of what you made.

A large, empty rectangular box with a thin black border, intended for students to write a recipe and draw a picture of their creation.

✓ **BONUS!**
• • • •

Share what you made with a neighbor!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Play an instrument. Draw a picture of the instrument.
Write about how it made you feel to play it.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of an instrument and write about their experience.

✓ **BONUS!**
• • • •

Teach a friend or family member how to play!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Write out some of the lyrics to your favorite song and draw a picture of how it makes you feel when you hear it.

A large, empty rectangular box with a thin black border, intended for students to write lyrics and draw a picture.

✓ **BONUS!**
• • • •

Play the song for a friend or family member.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Practice a sport. Write about how to play it and what body parts you used while playing. Could you feel your heart beat faster while you played?

A large, empty rectangular box with a thin black border, intended for writing the student's response to the challenge.

✓ **BONUS!**
• • • •

Teach a friend or family member to play.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Paint a rock and hide it somewhere in our community.
Write out clues to help someone find it.
Draw a picture of what it looks like.

A large, empty rectangular box with a thin black border, intended for drawing a picture of the rock and writing clues.

✓ **BONUS!**
• • • •

Find someone else's rock!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Read to the animals at the shelter. How did it feel to keep them company? Draw a picture of the animal you read to and write the title of the book you read.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of an animal and write the title of a book.

 **BONUS!**
• • • •

Snap a picture of you reading to share with our classmates!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Visit different parks in our town and write about which one you like the best.

Large empty rectangular box for writing the response to the home challenge.

 **BONUS!**
• • • •

Have a family member help you pick up trash at the park!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Write a math word problem about items in your house.

Large empty rectangular box for writing the math word problem.

✓ **BONUS!**
• • • •

Share your word problem with a friend or family member and help them solve it!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Read to a sibling or friend and work together to write a different ending for the story you read.

A large, empty rectangular box with a thin black border, intended for students to write their response to the home challenge.

✓ **BONUS!**
• • • •

Write a book recommendation!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Write a letter to the mayor of our city and mail it.
List some of the things you wrote about in your letter.

A large, empty rectangular box with a thin black border, intended for writing a letter to the mayor.

✓ **BONUS!**
• • • •

Visit City Hall and deliver it by hand!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Take a break from screens and meditate. Write about how your mind and body felt when you meditated.

A large, empty rectangular box with a thin black border, intended for writing a response to the home challenge.

✓ **BONUS!**
• • • •

Meditate again another day!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Have a conversation with a new friend. Look them in the eyes when you talk to them. What did you talk about?

A large, empty rectangular box with a thin black border, intended for the student to write their response to the challenge.

✓ **BONUS!**
• • • •

Write your new friend a card, thanking them for becoming your friend!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Learn a new board game. What game did you play?
Who did you play with?

A large, empty rectangular box with a thin black border, intended for the student to write their response to the challenge.

✓ **BONUS!**
• • • •

Gather your friends or family and teach them to play the game.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Write a set of rules for your house. Why did you pick these rules? Which one are you going to work on?

A large, empty rectangular box with a thin black border, intended for writing the student's response to the challenge.



Write a second copy and hang it on your fridge!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Share something good about your day to someone.
Write or draw about how it made you feel.

A large, empty rectangular box with a thin black border, intended for writing or drawing.

✓ **BONUS!**
• • • •

Ask them to share something good about their day, too!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Smile at people who pass you by. Tell how it made you feel. Did they smile back?

Large empty rectangular box for writing the response to the home challenge.

✓ **BONUS!**
• • • •

Introduce yourself to a new friend on the playground at school.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Compliment someone every day this week. What are some of the compliments you gave?

A large, empty rectangular box with a thin black border, intended for students to write their compliments.

✓ **BONUS!**
• • • •

Give a compliment to our principal!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Make up a secret handshake with a friend.
Tell about your handshake.

Large empty rectangular box for writing the answer to the home challenge.

✓ **BONUS!**
• • • •

Teach your secret handshake to another person so they can do it, too!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Write someone in your family a letter. Be sure to include a greeting and closing.

A large empty rectangular box for writing a letter.

 **BONUS!**
• • • •

Ask them to write you back!

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Make something and sell it to raise money for a cause. What did you make? Where will you donate the money you raise?

Large empty rectangular box for writing the response to the home challenge.

 **BONUS!** Encourage someone else to donate to your cause.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Go on a nature walk. What was the most beautiful or interesting thing you saw? Draw or write about it.

A large, empty rectangular box with a thin black border, intended for a student to draw or write about their nature walk.

✓ **BONUS!**
• • • •

Create a map of your nature walk.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Visit the oldest building in town. What building it is?
Tell how the community has changed since it was built.

Blank space for writing the response to the home challenge.

 **BONUS!**
• • • •

Visit the newest building in town!
How is it different? How is it the same?

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Do some gardening. Plant something either in the ground or in a pot. What did you plant? What did you learn about planting seeds?

A large, empty rectangular box with a thin black border, intended for students to write their answers to the home challenge question.

✓ **BONUS!**
• • • •

Water your plant a little everyday.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Play outside. Tell about how playing outside makes you feel. Does it feel different than watching TV or playing on a tablet?

Large empty rectangular box for writing the response to the challenge.

✓ **BONUS!**
• • • •

Make a goal to spend more time outside.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Wash a family member's car for them. Tell about who's car you washed and how it made them feel.

A large, empty rectangular box with a thin black border, intended for the student to write their response to the challenge.

✓ **BONUS!**
• • • •

Do another act of kindness for someone.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



Do a good deed for someone. What did you do? How did they feel? How did you feel?

A large empty rectangular box for writing the response to the home challenge.

 **BONUS!**
• • • •

Encourage that person to do a good deed for someone else.

Parent signature: _____

Name: _____ Date: _____

HOME CHALLENGE:



✓ **BONUS!**
• • • •

Parent signature: _____

CHALLENGE *Tracker*

Name: _____



Date/Challenge	Completed	Not Completed

CHALLENGE *Tracker*



“Challenges are what make life interesting, and overcoming them is what make them meaningful.”

- Joshua J. Marine

Date/Challenge	Completed	Not Completed

CHALLENGES

assigned

“Challenges are what make life interesting, and overcoming them is what make them meaningful.”
- Joshua J. Marine

#	Date	Challenge

CHALLENGES *assigned*

"We don't grow when things are easy.
We grow when we face challenges."
- Joyce Meyer

#	Date	Challenge

A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

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A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

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A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

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A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

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A W E S O M E

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Name: _____

Date: _____

2017 Markers and Minions

A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

2017 Markers and Minions

A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

2017 Markers and Minions

A W E S O M E

I completed a home challenge!

Name: _____

Date: _____

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A M A Z I N G

I completed 5 home challenges!

Name: _____

Date: _____

2017 Markers and Minions

A M A Z I N G

I completed 5 home challenges!

Name: _____

Date: _____

2017 Markers and Minions

A M A Z I N G

I completed 5 home challenges!

Name: _____

Date: _____

2017 Markers and Minions

A M A Z I N G

I completed 5 home challenges!

Name: _____

Date: _____

2017 Markers and Minions

A M A Z I N G

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2017 Markers and Minions

A M A Z I N G

I completed 5 home challenges!

Name: _____

Date: _____

2017 Markers and Minions



I completed 10 home challenges!

Name: _____

Date: _____

2017 Markers and Minions



I completed 10 home challenges!

Name: _____

Date: _____

2017 Markers and Minions



I completed 10 home challenges!

Name: _____

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Name: _____

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I completed 10 home challenges!

Name: _____

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