P.S. 340

Fourth Grade
Welcome Families!

Music

Please think about how you are feeling on the Mood Meter. Type in the chat how you are feeling.

Enraged	Furious	Frustrated	Shocked	**M**	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	**O**	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	**O**	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	**D**	Pleasant	Joyful	Proud	Blissful
M	**O**	**O**	**D**	**M**	**E**	**T**	**E**	**R**
Disgusted	Disappointed	Glum	Ashamed	**E**	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	**T**	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	**E**	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	**R**	Relieved	Restful	Tranquil	Serene

Today I feel...
because.....

Hoy me siento....
porque...
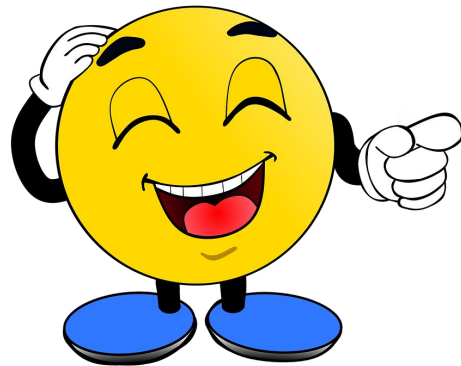
ACTIVITY:

Laughing Exercise

EMOTIONAL WELLNESS

WHEN SHOULD I USE IT?
To teach students that we can release and create our emotions.

COMMON CORE:
Key Ideas & Details, Conventions of Standard English, Knowledge of Language

21ST CENTURY SKILLS:
Creativity & Innovation, Information Literacy, Initiative & Self-Direction

MATERIALS: None

Description:

1. Ask the students to spread out and find their own space.
2. Next, have them take a couple of deep breaths, inhaling through the nose and smiling as they exhale out the mouth.
3. Introduce the idea that laughing and smiling have the power to make you feel better, improve your health, and activate your brain.
4. Now invite them to laugh as hard as they can for one full minute without stopping. Be sure you the instructor is laughing too. :-)
5. Once the minute is up, survey the group. How many of you feel lighter? Calmer? Happier? More focused?

EXTENSIONS/VARIATIONS/ MODIFICATIONS:

If students feel awkward, self-conscious or strange at first, give them multiple opportunities to try. Laughter is contagious. Also, try having the group lay on the floor for the exercise so they can move their arms and legs while they laugh, getting the entire body involved.
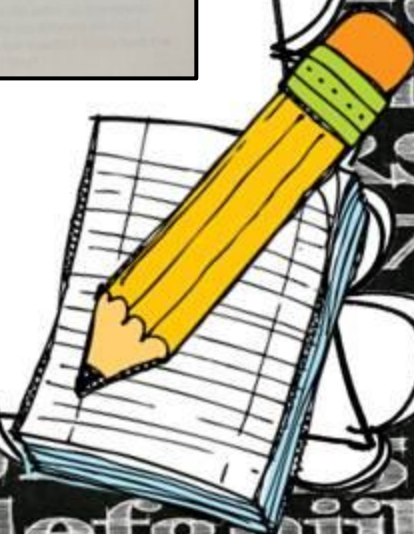
MINDFULNESS
Secondary · Energy Master

Brain Tapping

MINDFULNESS
Elementary · Energy Master

Brain Tapping

Close your eyes and gently tap the top of your head with your fingertips. Keep breathing out through your mouth, smile, and give your brain a positive message while you tap. Then, tap the sides of your head, the back of your head, and all around your face. Notice which spots feel tighter or more painful. Tap those places for a longer time and imagine that you're breathing out the tension from those spots. Your brain is getting brighter!

BRAIN FACT:
Your brain contains over 100,000 miles of blood vessels (if they were stretched out they would circle the entire Earth more than four times!). Brain Tapping helps the blood circulate faster which helps your brain focus.

Highlights from 4th Grade

-Botanical Gardens
-Bowling
-Ballroom Dancing
-Winter Concert
-Black History Month Parade
-Turkey Bingo Game night
-Pictures
-Trips

[Picture Slideshow](#)

YOU GOT THIS!

Math State Test
May 12-13

STUDY
STUDY
STUDY

Brownies are sold at a bake sale.

- 3 pans of brownies are for sale
- each pan has 5 rows with 5 brownies in each row
- each brownie is sold for $2

How much money is made when all of the brownies are sold?

A $25

B $50

C $75

D $150

Tools

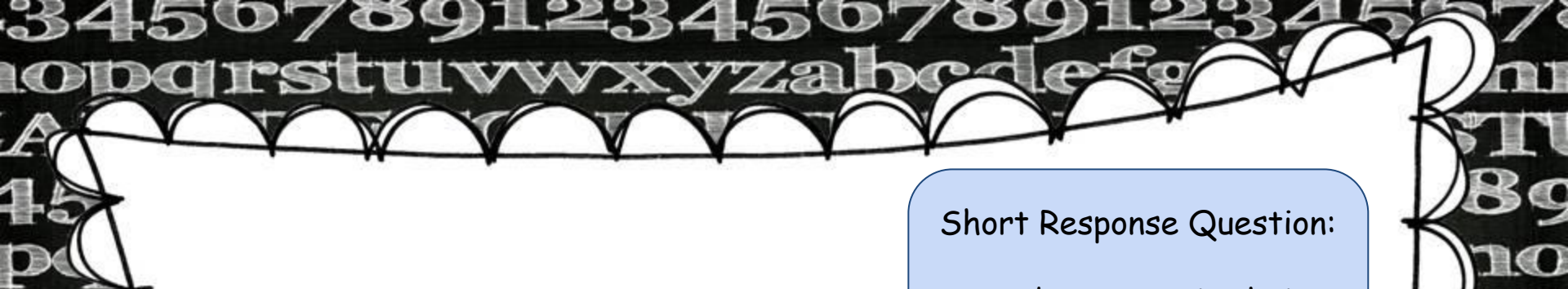| zoom | bookmark | note | color choices | highlighter | answer eliminator | ruler | protractor | line-reader |

This question is worth 1 credit.

List all the factors of 12.

Answer

This question is worth 2 credits.

The diagram below shows angle ABC.

143°

C

A   B
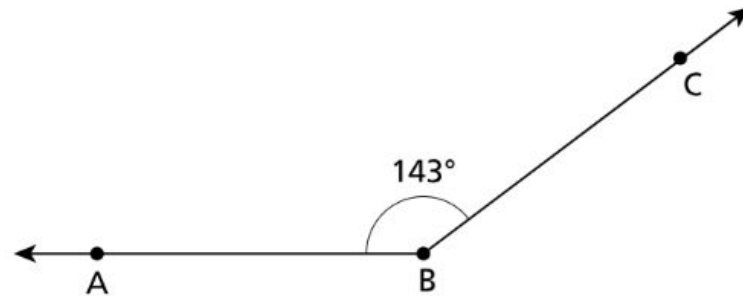
Ray BD is added to the diagram to create straight angle ABD and new angle CBD. What is the measure, in degrees, of angle CBD ?

Show your work.

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Short Response Question:

Geometry question worth 2 points:
Students are expected to
-Understand that Ray BD was added to the drawing
to create a straight angle.
–Know that a straight angle is 180 degrees.
-Subtract 143 degrees from 180 degrees to find the
missing measurement of the angle.

Upcoming Field Trips & Events

-Van Cortlandt Park 6/12
-Bronx Zoo 6/13
-Field day 6/2
-Spring Concert 6/11
-My Story, Our Story 5/28 & 5/30
-340 Carnival 5/29

let's go!

Preparing for 5th Grade

-Reading at least 45 minutes every night
-Fluent with multiplication and division facts
-Exposure to money and decimals

Need ideas for the summer?

Free Summer Enrichment & Academic Activities

Free Summer Choir, Dance, Band classes Grade 4 & 5 MS 180 July 14-31st (last day to sign up today)

Dr. Daniel Hale Williams, Middle School 180

ARTS OFFICE | ARTS HUB
NEW YORK CITY PUBLIC SCHOOLS

2025 BRONX

SUMMER ARTS

BRONX summer Arts is a FREE three-week program designed to introduce young people in the Bronx community to the joy of the ARTS!

Applications Due
April 15, 2025

Orientation Date
May 1, 2025

Location of B.S.A.
700 Baychester Ave
Bronx, NY 10475

NOTIFICATIONS OF ACCEPTANCE WILL GO OUT THE WEEK OF APRIL 21ST.

BAND
GRADES 4-6

CHOIR
GRADES 4-6

DANCE
GRADES 4-7

Questions? Email: JBerenson2@schools.nyc.gov

Students will work with arts instructors and teaching artists on culminating showcases to be presented at the conclusion of the program. No prior experience is necessary. Priority will be given to students entering middle school in the Fall. **Lunch and school bus options available.**

Pouring into young artists...one studio at a time!

PROGRAM DATES

JULY 14TH – 31ST
MON–THURS
9:00 AM - 2:00 PM

Dr. Daniel Hale Williams, Middle School 180

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**Applications open
Monday, March 24th at 9:00 AM**

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MINDFULNESS
Elementary • Energy Master

Energy Ball

BRAIN POWER 10

BRAIN POWER
WELLNESS

Energy Ball

Sit with your feet flat on the floor and your back straight. Now, bring your focus to your breathing. Rub your palms together for 10 counts and then quietly tap your fingertips together to feel tingling in your fingers and hands. Slowly stop and focus on the feeling between your hands. Imagine you are holding an energy ball. Without your hands touching, move and stretch your energy ball.

After one or two minutes, bring your energy ball into your Energy Center in your belly. Take three deep breaths, and feel the calm and positive energy in your body. Have a relaxed and focused day.

BRAIN FACT:
Exercises like Energy Ball help your brain waves become more focused. This is a great activity to do before a test.