

	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
Music	Sing a song of your choice	Make an egg shaker using those old easter eggs and dry rice	Learn about a composer- Antonin Dvorak	Combine Your Practice Notes into a song. 2 measures of 4/4 time	Try using Chrome Music Lab to make something fun https://musiclab.chromeexperiments.com/
Counseling	Coping skills are helpful when you feel stress, worry, nervous or anxious. Click here to go to our counseling web page for some fun coping skills activities you can do with your family and watch a hello video from Ms. Trivett and Mrs. Wanat!	Take some deep breaths. Take at least 3 deep breaths (Imagine you are breathing in a flower and blowing out a candle.)	Imagine somewhere relaxing. Beach, mountains, woods, lake, creek....) Think about the sights, sounds and smells of this place.	Fill someone's bucket. Take time each day to fill someone's bucket by helping around the house, giving a compliment, or playing with a sibling. Notice how you feel when you make someone else smile!	Write down your thoughts in a journal. (you can use a notebook or even just a piece of paper). You can also draw a picture. Write down how you are feeling and share with an adult in your home
Library	Read or listen to an eBook from our school library site. Library.pwcs.edu	Read a book you've been meaning to but just haven't read yet.	Read a book to a favorite toy or stuffed animal.	Author and illustrator, Jarrett Krosoczka, shares drawings from his books and fun activities. Follow along with his first video HERE . He is sharing every day. His site is: youtube.com/studiojjk	Record yourself reading. Have fun using expression and changing your voice.
Art	Create your own alien planet. What kind of creatures live there? What do their homes and buildings look like? Draw and color with whatever materials you have.	Create a landscape (a picture of a place). You can make a landscape of somewhere you've been or somewhere you want to go.	Design album art for your favorite song.	Go outside with sidewalk chalk and practice telling a story using only pictures. For an extra challenge try to make your own chalk paint by mixing: <ul style="list-style-type: none"> • 1/2 cup cornstarch • 2/3 cup water • Food coloring 	Draw Cartoon Spiderman: https://www.youtube.com/watch?v=Ngz2vfk2n1Q Draw a cartoon dolphin: https://www.youtube.com/watch?v=ou7NitF6gkU
PE	Spell your first and last name using the exercise alphabet posted on the PE webpage! (make sure to drink water)	Practice one of the fitness assessments & see how many you can get! (push-ups, curl ups, pacer, sit & reach)	Go for a walk or bike ride with a family member! (try and eat a veggie or fruit today)	Jump rope, hula hoop or line jump. Practice the different skills you learned. (stretching your muscles before & after)	Try to remember the cues for a skill you learned in class and perform the skill using all of them!