

	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
Music	Draw a picture to go with your favorite song	Make a band using things you find a home- can you make things that scrape or shake? Can you make a drum or even a kazoo?	Learn about composer Antonin Dvorak any way that you can. Here's one: https://www.classicsforkids.com/composers/composer_profile.php?id=24	Check out more instrument families here: https://philharmonia.co.uk/resources/instruments/	Try using Chrome Music Lab to make something fun https://musiclab.chromeexperiments.com/
Counseling	We have provided a lesson and some fun videos this week on internet safety! If you choose to do the lesson, we would love to get an e-mail from you telling us 2 things you learned about staying safe online. wanatks@pwcs.edu trivettkl@pwcs.edu	Talk with someone you trust about your thoughts and feelings. Who is someone you can talk to about your feelings?	Listen to Music. Pick some songs you enjoy that help you feel calm. After listening to the song pay attention to how you are feeling (are you more relaxed, are you calmer?)	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!	When you feel worries or stress: Touch something and think about the object you are touching (shape, size, color, how much do you think it weighs)
Library	Five things story generator game https://www.youtube.com/watch?v=G1sUacnEufA (video explanation)	Vocabulary game https://freerice.com/categories/english-vocabulary	Make a puppet to go along with the book you are reading. Maybe use a sock or a paper bag - be creative. Send me a picture of your puppet! – plattj@pwcs.edu	Listen as Chad Sell reads The Robot Story from his book <i>Cardboard Kingdom</i> . https://www.youtube.com/watch?v=nXxsEjhd2cs Find any kind of empty box and supplies from your house to create something new.	Take pictures of yourself reading in all kinds of different places around the house and outside.
Art	Create your own amusement park! Design roller coasters, food stands or gift shops, maybe even an animal zone/petting zoo. Draw and color with whatever materials you have.	Create a still life (picture of an object) using anything you can find around your house.	Build a robot using any kind of building blocks (like Legos or K'nex).	Go outside with sidewalk chalk and draw your favorite animals. For an extra challenge try to make your own chalk paint by mixing: •1/2 cup cornstarch •2/3 cup water •Food coloring	Draw Lego Batman: https://www.youtube.com/watch?v=M2RqSMVEHEk Draw a cartoon jaguar: https://www.youtube.com/watch?v=qnDc1qICH4s
PE	Practice jumping rope! See how many jump skills you can remember! (if you don't have a rope, just do a line jump!)	(eat a healthy snack today) (stretch your muscles!)	(make sure to drink water) (try and eat a veggie or fruit today)	Go into your backyard (or front yard) and pick a safe spot. Then run to that spot and back as fast as you can! Time yourself!	Practice one of the fitness assessments & see how many you can get! (push-ups, curl ups, pacer, sit & reach)