

	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
<b>Music</b>	<p>Make up a dance that you can do while washing your hands!</p> <p>What song does it go to?</p>	<p>Share your favorite song (and why) with a family member, friend, or even a pet.</p>	<p>Learn about composer Antonin Dvorak any way that you can. Here's one:  <a href="https://www.classicsforkids.com/composers/composer_profile.php?id=24">https://www.classicsforkids.com/composers/composer_profile.php?id=24</a></p>	<p>Check out more instrument families here:  <a href="https://philharmonia.co.uk/resources/instruments/">https://philharmonia.co.uk/resources/instruments/</a></p>	<p>Try using Chrome Music Lab to make something fun  <a href="https://musiclab.chromeexperiments.com/">https://musiclab.chromeexperiments.com/</a></p>
<b>Counseling</b>	<p><b>Spot of Kindness</b></p> <p><b>Listen to the story on Youtube</b>  <a href="https://www.youtube.com/watch?v=PjLxmDujdxc">https://www.youtube.com/watch?v=PjLxmDujdxc</a> Draw a spot(circle) on your paper. Inside your spot, list or draw a kind deed that you can do for your family &amp; friends!</p>	<p>Complete the Home Challenge! See how many of these home challenges you can complete in a week! A great way to stay entertained, exercise your brain and show some kindness!</p> <p><a href="#">Home Challenge</a></p>	<p><b>Send good thoughts to someone that you love that you are away from.</b> Imagine that they are standing in front of you. Think of something really nice you could say to that person. Say it quietly in your mind. Take a deep breath in, let it all the way out.</p>	<p><b>Think about things you are thankful for.</b> Think of at least 3 things. Share these with a family member or e-mail us and let us know. Your counselors would love to hear from you!</p> <p><a href="mailto:wanatks@pwcs.edu">wanatks@pwcs.edu</a>  <a href="mailto:trivettkl@pwcs.edu">trivettkl@pwcs.edu</a></p>	<p><b>Talk with someone you trust about your thoughts and feelings.</b> Who is someone you can talk to about your feelings?</p>
<b>Library</b>	<p>Build a fort, grab a pillow and flashlight, and read.</p>	<p>Make up different titles for some of the books you have around your house.</p>	<p>Check out Tumble Book Library. Lots of books to read.  <a href="https://www.tumblebooklibrary.com/auto_login.aspx?U=tumble735&amp;P=books">https://www.tumblebooklibrary.com/auto_login.aspx?U=tumble735&amp;P=books</a></p>	<p>Have fun exploring the site DK Find Out!  <a href="https://www.dkfindout.com/us/">https://www.dkfindout.com/us/</a> Where will your curious mind take you? Feel free to email me to share cool things you find. <a href="mailto:plattj@pwcs.edu">plattj@pwcs.edu</a></p>	<p>Create a comic strip summary of a book you read.</p>
<b>Art</b>	<p>Create your own superhero! What powers does she/he have? What does their costume look like?</p> <p>Draw and color with whatever materials you have.</p>	<p>Create a self-portrait. That means a picture of yourself.</p>	<p>Build a sculpture using recycled materials, such as cardboard, paper, newspaper, or plastic</p>	<p>Go outside with sidewalk chalk and draw pictures of things that start with the first letter of your name.</p> <p>For an extra challenge try to make your own chalk paint by mixing:</p> <ul style="list-style-type: none"> <li>•1/2 cup cornstarch</li> <li>•2/3 cup water</li> <li>•Food coloring</li> </ul>	<p>Print the attached word search and practice recognizing art words.</p>
<b>PE</b>	<p>Help your family by doing chores around your house. (try and eat a veggie or fruit today)</p>	<p>Build your own obstacle course with objects you find around your house and complete it! (eat a healthy snack today)</p>	<p>Practice one of the fitness assessments &amp; see how many you can get! (push-ups, curl ups, pacer, sit &amp; reach)</p>	<p>Go for a walk or bike ride with a family member! (make sure to drink plenty of water)</p>	<p>Watch the exercise videos Mr. B &amp; Mr. O post every Monday- Thursday morning and follow along!!</p>