

5/11	Choice 1	Choice 2	Choice 3	Choice 4	Choice 5
Music	<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>Tell Percy about your favorite Composer, Musician, or Instrument</p> <p>Email Percy</p>	<p>Check out more instrument families here: https://philharmonia.co.uk/resources/instruments/</p>	<p>Try using Chrome Music Lab to make something fun https://musiclab.chromeexperiments.com/</p>
Counseling	<p>Spot of Kindness</p> <p>Listen to the story on Youtube https://www.youtube.com/watch?v=PjLxmDujdxc</p> <p>Draw a spot(circle) on your paper. Inside your spot, list or draw a kind deed that you can do for your family & friends!</p>	<p>Try 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! Home Challenge</p>	<p>Complete the Mindfulness Scavenger Hunt! Being mindful means to pay full attention to something and being aware of your thoughts, feelings, your body and the world around you. It is the opposite of rushing and can help you to feel calm if you're feeling anxious or overwhelmed and help you to focus. Mindfulness Scavenger Hunt</p>	<p>Drawing Feelings See how many feelings you can draw. Share them with us or your family. See how many someone else in your family can draw.</p>	<p>Talk to someone about 3 things you can do to help you calm down when you are upset. Send us an e-mail and share with us. We would love to hear from you!</p> <p>Mrs. Wanat wanatks@pwcs.edu Ms. Trivett trivettkl@pwcs.edu</p>
Library	<p>Act out an alternative ending for your story.</p>	<p>Make a poster or use Helene Boudreau's templates to illustrate your story.</p>	<p>Read a book that someone in your family recommends.</p>	<p>Try something new that you have never done before. Maybe something a character did in a story you've read. (Being safe and reasonable, of course.)</p>	<p>Pick out a character in your book. How do you think they would dance. Try it out.</p>
Art	<p>Create your own movie poster!</p> <p>Draw and color with whatever materials you have.</p>	<p>Look out the window and draw what you see.</p>	<p>Build a picture by only drawing squares.</p>	<p>Go outside with sidewalk chalk and practice drawing in rainbow order.</p> <p>For an extra challenge try to make your own chalk paint by mixing:</p> <ul style="list-style-type: none"> • 1/2 cup cornstarch • 2/3 cup water • Food coloring 	<p>Follow the link to draw different community helpers: https://www.youtube.com/playlist?list=PLnoO3k54vcBRRjAYa6kz6svm-u6JQQRv</p>
PE	<p>Watch the exercise videos Mr. B & Mr. O post every Monday-Thursday morning and follow along!!</p>	<p>Jump rope, hula hoop or line jump. Practice the different skills you learned. (make sure to drink plenty of water)</p>	<p>Have a dance party with your family! Teach them some of your cool moves☺ (try and eat a veggie or fruit today)</p>	<p>Spell your first and last name using the exercise alphabet! (eat a healthy snack today)</p>	<p>Practice one of the fitness assessments & see how many you can get! (push-ups, curl ups, pacer, sit & reach)</p>