

5/18	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>Can you name all the instrument families? Which one is your favorite? Tell Percy!</p>	<p>Tell Percy about your favorite Composer, Musician, or Instrument</p> <p>Email Percy</p>	<p>Try the Play-a-long video from last week's music!</p>	<p>Try using Chrome Music Lab to make something fun</p> <p>https://musiclab.chromeexperiments.com/</p>
Counseling	<p><u>Watch the Good Egg</u> By: <u>Jory John</u></p> <p>https://www.youtube.com/watch?v=eXwQQgHwajsy John</p> <p>This story reminds us we don't have to be perfect and neither do the people in our house! Try out one of the Good Egg's ideas for feeling better.</p> <p>*Take deep breaths. * Paint or draw a picture * Play outside.</p>	<p>Play Emotions Charades. Act out different feelings and see if your family can guess what it is!</p>	<p>Complete the Mindfulness Scavenger Hunt!</p> <p>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.</p> <p>Mindfulness Scavenger Hunt</p>	<p>Write or draw what it means to be a good friend. When you are done, write a kind letter to a friend and share your ideas! It will help to brighten their day.</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>Alphabet scavenger hunt. See if you can come up with something from your book for each letter of the alphabet.</p>	<p>Read to someone.</p>	<p>Find a picture. Make up a story about the picture. Remember characters, setting, and sequence (beginning, middle, end). Have fun with it.</p>	<p>Enjoy a story from https://www.storylineonline.net/</p>	<p>Read with different voices. (a few examples: squeaky, mad, mean, happy, silly)</p>
Art	<p>Draw a picture using only triangles.</p> <p>Color with whatever materials you have.</p>	<p>Try this traditional artist exercise: draw your own hand.</p>	<p>Design your own fashion brand. Come up with a logo and what clothes you would sell.</p>	<p>Go outside with sidewalk chalk and use geometric shapes to draw robots</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 Baby Yoda: https://www.youtube.com/watch?v=a1NT7aWr_ow</p>
PE	<p>Watch the exercise videos Mr. B & Mr. O post every Monday- Thursday morning and follow along!!</p>	<p>Play catch with a pet, family member, or yourself. Don't forget the correct cues for throwing and catching!! (make sure to drink plenty of water)</p>	<p>Practice one of the fitness assessments & see how many you can get! (push-ups, curl-ups, pacer, sit & reach)</p>	<p>Play the floor is lava. Run around and be sure to not let the lava touch you! (eat a healthy snack today)</p>	<p>Go for a walk or bike ride with a family member! (try and eat a veggie or fruit today)</p>