

K-2 choose one activity a day

GUIDANCE JOURNAL PROMPT—Mrs. Bryant

Just write. The best way to write creatively is to just do it! Just let your thoughts flow and your hand move over the paper writing whatever comes to mind! The most important thing is to get the thoughts and feelings that are inside of you down on paper.

“10 things I am grateful for are...”

“5 things that I love about myself are...”

“10 things or people that always make you smile are...”

“I could not live without...”

“My best memories from this year are...”

Music Activities—Ms. Bennitt

1. Listen to your favorite song. Find the steady beat and demonstrate it somewhere on your body or by walking/marching/tiptoeing/galloping etc. to the beat. BEAT is pulse, heartbeat of the music.
2. Teach someone else at home a song or poem we learned this year.
3. Sing a song while walking to the beat. Stop and clap the rhythm of the song. Repeat. Rhythm will include both long & short sounds.
4. Create sound effects to go with a story (such as rain sounds, action sounds, sounds for particular characters, etc.). Perform them with the story for everyone at home.
5. Listen to a song without any words and draw a picture of what the music makes you think of or feel.
6. Use all of your voices today (speaking, singing, whispering, & shouting) singing a song you know.

STEAM ACTIVITIES—Mrs. Krueger

1. Go outside and draw a leaf and label the parts you know.
2. Make observations of 5 living things. Record the five things in pictures or writing.
3. Make observations of 5 nonliving things. Record the five things in pictures or writing.
4. Go outside and observe the weather. Describe the weather in 1-2 sentences.
5. Draw the life cycle of a tree, a butterfly, or a flower.
6. Draw an idea for an invention and describe what the invention will do and who it will help.

Media—Mrs. Weitzel

Read, Read, Read to become a better reader!

- Choose a book from home and read it to someone else or aloud to yourself.
- Draw a picture of the book's setting.
- Use 5 words to describe the book's main character— think about how they look, what they say and think, how others describe them.
- Make your own ending for a book you've read.

PE—Coach Jameson and Coach Vance

Bootcamp #1

30 seconds each

Jumping Jacks
Squats
Arm Circles
Forward Lunges
Jump side to side

Bootcamp #2

30 seconds each

Rocket jumps
Wall Sit
Standing Toe Touches
High Knees
Alternating Arm Punches

Dance to your
3 favorite songs.

Take a walk with your
family and practice
looking left, right,
then left again before
crossing the street.

Go outside and do these exercises in your driveway down and back
or across your yard; skip, shuffle, gallop, leap and jog.

ART—Mrs. Wilcox

1. Make a picture using these four shapes: square, circle, triangle, and rectangle. Combine the shapes to make pictures (house, ice cream, robot, etc.).
2. Draw a picture of your house or apartment building. Look at the shapes you see. Draw the windows, door, and roof. Add a lot of details.
3. Draw your family pet. If you don't have a pet, draw one you would like to have.
4. Draw an imaginary creature. What does it look like? Where does it live? Name your creature and write a story about it.
5. Go make some Art outside. Draw with sidewalk chalk, or make a design with leaves, rocks, and sticks. Paint a rock and leave it for a neighbor.

Take a photograph of your work or tell your classroom teacher which activities
have been completed. Questions, please email us.

3-5 choose one activity a day

GUIDANCE JOURNAL PROMPT— Mrs. BRYANT

Just write. The best way to write creatively is to just do it! Just let your thoughts flow and your hand move over the paper writing whatever comes to mind! The most important thing is to get the thoughts and feelings that are inside of you down on paper.

-List 5 things you are grateful for on this today.

-Choose any 2 and write about “why” you are grateful for them.

-Name 3 things you love about yourself.

-Explain “why” for all 3.

-List 5 things or people that always make you smile.

-Put a star beside your favorite.

-Explain “why” that one is your favorite.

-What one possession could you not live without?

-Explain “why”.

-What is your best memory from this year?

-Describe it in detail and include who was involved and why it is important.

Music Activities—Ms. Bennitt

1. Create a hand-clapping game and teach it to someone else at home.
2. Find two wooden objects (pencils, sticks, wooden spoons, etc) and play a rhythm pattern on a box, bucket or the floor. Teach it to someone else.
3. While watching a movie or TV, listen and see what music (if any) is playing underneath what’s going on. Write down or talk about how the music helps to tell the story.
4. With another family member, create two rhythm patterns and play them together, using body percussion or found objects.
5. Sing your favorite song for someone in your home. You can also sing the song to a family member who lives somewhere else using a cell phone or over a video chat.
6. Head outside and find objects with one or two syllables. Create a new rhythm pattern like this example below, using your own found items. Then chant and clap your pattern.
7. Use a familiar tune (like “Happy Birthday”, “ABC song”, “Mary Had a Little Lamb”, etc.) to make up a jingle for a pet food commercial.



STEAM ACTIVITIES—Mrs. Krueger

1. Make observations of 5 living things and 5 nonliving things. Record your findings in writing.
2. Draw the life cycle of a tree, a butterfly, or a flower.
3. Draw an idea for an invention and describe what the invention will do and who it will help.
4. Draw a picture of your favorite planet and label it. Where does it fit into the solar system.

PE—Coach Jameson and Coach Vance

Bootcamp #1

30 seconds each

Jumping Jacks
Squats
Arm Circles
Forward Lunges
Jump side to side

Bootcamp #2

30 seconds each

Rocket jumps
Wall Sit
Standing Toe Touches
High Knees
Alternating Arm Punches

Teach your family the step dance routine. Perform the routine together 3 times.

AMRAP

As Many Reps As Possible

12 Push-ups
20 Arm Circles
20 Vertical Jumps
Jog 3 Laps
15 Tricep Dips
20 Skier Jumps

And repeat!

Tabata #1

20 seconds move

10 seconds rest

Jumping Jacks Burpees
Push-ups Jog in place
High Knees Crunches

Tabata #2

20 seconds move

10 seconds rest

Squats Mountain Climbers
Arm Circles Sit-ups
Wall sits Ground Dips

Practice your fitness assessment activities: Do as many sit ups as you can in 1 minute, practice broad jump 10 times, run as fast as you can for 2 minutes.

ART—Mrs. Wilcox

1. Create a “doodle”. Fill a piece of paper with different kinds of lines and shapes, creating patterns and designs. Don’t draw a picture of something, just a fun abstract design.
2. Create a comic strip. Tell a story using pictures. Fold your paper in half two or three times to create boxes. Draw a part of your story in each box.
3. Draw a tree. If you can, go outside and look at a real tree. Look at the trunk, the branches, and the leaves. Draw what you see. If you can’t go outside, draw an imaginary tree.
4. Draw a picture of the outdoors at night. Include the moon and stars. Some ideas: nocturnal animals, street lights, fireworks, the fair at night, camping, or holiday lights.
5. Use the letters in your name, or nickname, to make a drawing. Make this drawing all about you. Show your favorite things, food, hobbies, sports teams, and places in your drawing.
6. Make some recycled Art. Take something that would be “trash” and turn it into a “treasure”. Use cardboard boxes, toilet paper tubes, egg cartons, water bottles, etc.

Take a picture of your work or tell your classroom teacher which activities have been completed. Questions, please email us.