

Specialists E-Learning Choices

Choose at least 3 activities to complete from the boxes. If an activity looks like it is not for your grade level or you do not have supplies to do the activity, choose a different activity.

Art	Gym	Music	SEL	STEAM
<p>Look out the window and draw what you see outside</p> 		<p><u>Listen to one slow song and one fast song</u>, and move your body to each of them. How is your movement the same or different with the different speeds of music?</p>	<p>Teach someone at home 2 of our morning breathing strategies.</p>	<p><u>BUILD A PAPER BRIDGE</u></p>
<p>Go on a scavenger hunt to find as many shapes and colors in your house as you can. Take pictures or draw each that you find and count your total!</p>	<p>Create Your Own Workout</p> <p>Choose 5 exercises and complete 3 different sets (total of 15 exercises) When you perform the exercises, go from 30-45 seconds or 15 reps</p> <p>EXERCISE EXAMPLES</p> 	<p><u>Create your own music concert</u>. Write down or tell somebody you live with five songs you would perform for a concert if you were the music teacher. Then, practice singing those songs</p>	<p>Do a check-in with someone at home and see how they are feeling today.</p>	<p>Build with Legos.</p> 
<p>Create artwork to decorate a window at home</p> 		<p>Sing a song from music class, or a favorite song from home, in <u>many voices</u>. Try monster voices, queen or king voices, cartoon voices, or more!</p>	<p>Do 5 random acts of kindness throughout the day.</p>	<p>Make a snowball and measure how far you can throw it!(safely) or Go sledding!</p>
<p>Draw your own sea creature and their environment</p> 	<p><u>Go Outside</u></p> <ul style="list-style-type: none"> - Build a snowman - Shovel Snow - Walk - your choice 	<p><u>Use "found sounds"</u> (keys, rolled up paper, toys) to drum along with the beat or rhythm to a favorite song of your choice</p>	<p>Make a "Safe Space" somewhere in your house and journal for 10 minutes in your space.</p>	<p>Build the tallest tower mom and dad will allow. Maybe even go outside and build your tower out of SNOW!</p>

Draw a portrait
of yourself as a
superhero



Workout:
(3x Each)
15 Jumping
Jack
10 Burpees
10 Push Ups
10 Sit Ups

Music Hunt: Find
things at home
that make...
High sounds
Low sounds
Loud sounds
Soft sounds
Move fast
Move slow

Go through
your toys and
clothes with a
parent and see
if there are
unused things
to donate.

With mom or
dad's
permission.
Explore with
water and find
items around
the house that
sink or float.