

Kindergarten AMI Choice Board

Student Name: _____

Directions: Choose one activity from each subject area column to complete. Students should complete a Reading, Writing, Phonics, Math, Content and Special Area (see attached) activity for each AMI Day. Parents/Guardians should initial each box after completion and return to school the following day.

Reading	Writing	Phonics	Math	Content
<p>Read for 20 minutes (book from home, library book, Raz-Kids, etc.)</p> <p>Retell the story to someone at home.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Draw and write about something you did today, on your snow day. Be sure to have a beginning, middle, and end to your story.</p> <p>_____ initials</p> <p>_____ date</p>	<p>How many syllables?</p> <ul style="list-style-type: none"> ● Snow (1) ● Snowball (2) ● Snowman (2) ● Snuggle (2) ● Mitten (2) ● Scarf (1) ● Sled (1) ● Icicle (3) ● Cold (1) ● Fireplace (3) <p>_____ initials</p> <p>_____ date</p>	<p>Practice counting to 100.</p> <p>Write numbers 0-31.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Be a good citizen and show responsibility by helping someone at your house. (read to a sibling, clean your room, fold laundry, etc.)</p> <p>_____ initials</p> <p>_____ date</p>
<p>Read for 20 minutes (book from home, library book, Raz-Kids, etc.) and draw your favorite character and write a sentence to go with it.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Draw and write about your favorite toy. Be sure to include 3 details.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Do these rhyme?</p> <ul style="list-style-type: none"> ● hat/house ● mitten/kitten ● cold/wet ● coat/boat ● snow/shovel ● snow/blow ● icicle/bicycle ● sled/slip ● scarf/scoop ● glove/love <p>_____ initials</p> <p>_____ date</p>	<p>Practice counting to 100.</p> <p>Count objects up to 20. (For example, give your child 10 pennies and have him/her count them.)</p> <p>_____ initials</p> <p>_____ date</p>	<p>Draw and/or write about a rule you have at your house.</p> <p>_____ initials</p> <p>_____ Date</p>

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<p>Read for 20 minutes (book from home, library book, Raz-Kids, etc.) and find and point to all the sight words you know in your story.</p> <p>____ initials</p> <p>____ date</p>	<p>Draw and write about something you did today, on your snow day. Be sure to have a beginning, middle, and end to your story.</p> <p>____ initials</p> <p>____ date</p>	<p>What sound do you hear at the end of the word?</p> <ul style="list-style-type: none"> ● snow ● shovel ● snowman ● snowflake ● Ice ● cocoa ● fire ● blanket ● snuggle ● Cold <p>____ initials</p> <p>____ date</p>	<p>Practice counting to 100. Write numbers 0-31.</p> <p>____ initials</p> <p>____ date</p>	<p>Draw and label a map of a room in your house.</p> <p>____ initials</p> <p>____ date</p>
<p>Read for 20 minutes (book from home, library book, Raz-Kids, etc.) and draw a picture of your favorite part and write a sentence about it.</p> <p>____ initials</p> <p>____ date</p>	<p>Choose 5 words from the following list, and use each one in a sentence. (big, the, me, my, did, like, and, you, was, they)</p> <p>____ initials</p> <p>____ date</p>	<p>What rhymes with__?</p> <ul style="list-style-type: none"> ● snow ● flake ● ice ● cold ● wet ● mitten ● coat ● white ● Glove <p>____ initials</p> <p>____ date</p>	<p>Practice counting to 100.</p> <p>Count objects up to 20. (For example, give your child 10 pennies and have him/her count them.)</p> <p>____ initials</p> <p>____ date</p>	<p>Draw and write about an animal. Be sure to include 3 details.</p> <p>____ initials</p> <p>____ date</p>

K-2 Special Area AMI Choice Board

Student Name: _____

Directions: Choose one activity from the special area class you are missing. If you are unsure of the special class missed, choose one activity to complete. Parents/Guardians should initial the box for the activity that was completed and return to school the following day.

Art	Music	PE
<p>Pretend you have just landed on a new planet. Draw what you see and don't forget to include aliens.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Find something in your house that shakes. Sing your favorite song, and shake that object to the steady beat of the song.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Spell Your Name Workout: Complete 1 workout spelling your first name.</p> <p>Bonus: Complete a workout for your last name too! (see attached)</p> <p>_____ initials</p> <p>_____ date</p>
<p>Art in Nature: Find objects from outside and use your materials to create a work of art. (sticks, leaves, grass, or even make a snow sculpture!)</p> <p>_____ initials</p> <p>_____ date</p>	<p>Perform a song using all five voices: sing, speak, whisper, calling, inner/thinking voice.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Hot Shots (see attached): Play 1 round of Hot Shots.</p> <p>_____ initials</p> <p>_____ date</p>
<p>Draw from observation. Choose a favorite object from around the house and draw what you see.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Find an object in your house that makes a high sound. Find an object in your house that makes a low sound.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Indoor Scavenger Hunt: (attached) Find as many of the items from the list.</p> <p>_____ initials</p> <p>_____ date</p>
<p>Found objects: Look for objects from around your house that represent each color of the rainbow. Create your own color wheel by arranging the items in rainbow order.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Pat the steady beat while listening to your favorite song.</p> <p>_____ initials</p> <p>_____ date</p>	<p>Animal Exercises (see attached): Do each exercise for 45 seconds with a 15 second rest in between.</p> <p>_____ initials</p> <p>_____ date</p>

Workout for beginners

what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT FIRST, MIDDLE, PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- | | |
|-------------------------------|---------------------------------|
| A 10 jumping jacks | N 10 second jump rope |
| B 5 push-ups | O 10 russian twists |
| C 1 burpee | P 5 plie squats |
| D 20 high knees | Q 10 arm circles |
| E 5 crunches | R 10 skaters |
| F 10 mountain climbers | S 10 second jog in place |
| G 5 squats | T 10 butt kickers |
| H 10 front lunges | U 5 inchworms |
| I 10 side lunges | V 5 tricep dips |
| J 10 second wall sit | W 3 star jumps |
| K 5 calf raises | X 5 bird dogs |
| L 5 second plank | Y 10 leg raises |
| M 3 squat jumps | Z 5 squat jacks |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM | WWW.THEYSMELL.COM

If you don't know how to do an exercise, substitute an exercise that you know for that letter.

3. Hot Shots

Materials:



















- Basketball and a hoop if playing outside
- Socks and a box or laundry basket if playing inside
- 5-10 Shot markers (paper plates or cups, cones, sticks, etc.)



Directions:

- Scatter your shot markers all over the ground around your basket
 - When the game starts, you have 1 minute to stand on a shot marker to try and make a shot
 - If you make it, take the marker and put it in a pile
 - If you miss, you must leave it
 - Score as many markers as you can and add them up at the end!
-

INDOOR SCAVENGER HUNT

- | | | | | | |
|--------------------------|---|---------------|--------------------------|---|----------------------------------|
| <input type="checkbox"/> |  | BACKPACK | <input type="checkbox"/> |  | SOMETHING RED |
| <input type="checkbox"/> |  | COINS | <input type="checkbox"/> |  | TOOTHPASTE |
| <input type="checkbox"/> |  | BOOKS | <input type="checkbox"/> |  | CLOCK |
| <input type="checkbox"/> |  | PICTURE | <input type="checkbox"/> |  | PLANT |
| <input type="checkbox"/> |  | BALL | <input type="checkbox"/> |  | SPOON |
| <input type="checkbox"/> | | PAPER | <input type="checkbox"/> |  | WATER GLASS |
| <input type="checkbox"/> |  | PAIR OF SOCKS | <input type="checkbox"/> |  | HAT |
| <input type="checkbox"/> |  | PENCIL | <input type="checkbox"/> | | STUFFED ANIMAL |
| <input type="checkbox"/> |  | TOOLS | <input type="checkbox"/> |  | A BUTTON |
| <input type="checkbox"/> |  | A SQUARE | <input type="checkbox"/> |  | SOMETHING WITH
A FLOWER ON IT |
-

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



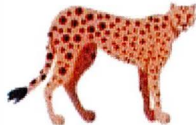
GORILLA SHUFFLE

In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS

Jump up and down spreading your arms and legs wide (Jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.