



MHES K-2 Specialist & SEL Choice Board

Choose any 3 activities



Create a Musical instrument out of items from your house and play it with a song.

Challenge a family member to...

1. Balance on 1 foot
2. Hold a plank pose
3. Hold a superhero pose.
4. How many push-ups.

Youtube:
Search "Yoga for Kids" and do one video for at least 10 minutes.

Youtube
"Go Noodle" or "Cosmic Kids". Select 2 videos to do.

Practice writing rhythms.

Du & DuDe (K)
Ta & TeTe (1-2)

Clean your room or play with your pet.

Help someone with a chore or activity without being asked to help.

Go outside and play for 20-30 minutes

Listen to one song that always makes you happy and tell or write/draw about why it makes you happy.

Draw your breakfast

Go on a listening walk. Notice the sounds that make a beat.

Draw a picture or make a list of 10 things you are grateful for.

Create a "Peace Place" somewhere in your house to read or sit quietly and relax.

Build with Legos or Lincoln logs

Write a Thank You note or card to a family member and give it to that person.

Create your own body percussion and share it with someone at home.

Build a fort using cushions and blankets

Use positive self talk in the bathroom mirror. Tell yourself 5 things you like about YOU!

Balance
Find different ways to balance on...

- 1 body part
- 2 body parts
- 3 body parts
- 4 body parts

Listen to your favorite music for 20 minutes.

Create a piece of artwork using all dots.

Draw and color your favorite animal

Scavenger Hunt:
Find 5 items each that are the color blue, red, green and yellow.

Complete 2 times
10 jumping jacks
20 shoulder touches
10 storm blasters
10 sit-ups
30 second run in place

Scavenger Hunt...
Find something that

- *Makes High/low sound
- *Makes loud/quiet sound
- *Make a Fast/slow sounds

Go outside and make a snowman

Use a deck of cards and build the tallest tower you can

Ask an adult about their favorite musician and listen to their music.

Throw a ball or sock ball into different containers from different distances.

Make a sculpture out of a material of your choosing

Create a dance for your favorite song and share it with your family.

Draw yourself as a superhero

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

Make an edible sculpture out of any food then eat it

Make a ball out of a pair of socks and practice tossing and catching.