



# MHES 3-5 Specialist & SEL Choice Board

## Choose any 3 activities



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

Write down one goal you want to accomplish and the steps you can take to achieve it.

Make a ball out of a pair of socks and practice tossing and catching. Work on correct throwing form by throwing at a target.

Build a paper bridge between two chairs.

Practice writing rhythms.



Build the tallest tower mom and dad will allow. Maybe even go outside and build your tower out of SNOW!

Complete 4 times  
10 jumping jacks  
20 shoulder touches  
10 storm blasters  
10 sit-ups  
30 second run in place

Go outside and play for 20-30 minutes

Make a sculpture out of any material

List one strength starting with each letter of your name.

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

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

Challenge a family member or yourself.  
1. Balance on 1 foot  
2. Hold a plank pose  
3. How many 1 foot hops can you do.  
4. How many push-ups can you do.

Make a collage using any materials you like

Listen to a song that always makes you happy. Explain or write about why it makes you feel happy.

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

Draw a picture of your favorite book character

Build with Legos or Lincoln logs

Go outside and make a snowman

Listen to your favorite musician and tell an adult why you like it..

Write a "thank you" note to a family member and give it to them.

Draw and color a picture of yourself as a superhero

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

Build a fort using cushions and balnkets

Make a list of 10 things you are grateful for.

Go outside and shovel snow. Help a neighbor if you can.

Draw a picture of your breakfast

Listen to your favorite music for 20 minutes.

Create your own "Impossible Shot". Challenge family members to make the shot.

**Balance**  
Find different ways to balance on...  
1 body part  
2 body parts  
3 body parts  
4 body parts

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

Youtube "Kids Fitness Challenge" or "Be Well Played" and select 2 videos to do.

Write your own story or comic about someone who showed kindness to others.

Make a word web with all the words you can think of that relate to RESPONSIBILITY.

Create a poster for your room