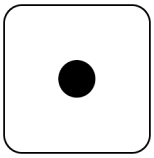
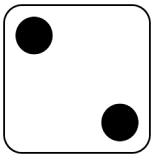
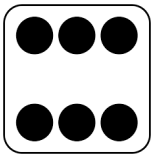
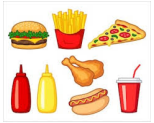
Roll-A-UA-Choice Game

Directions: Roll a die and pick an activity in the column of the number rolled. Repeat until you have completed 3 activities for each UA. Remember that you do NOT have to turn in anything for these UA subjects.

No die? No problem! Click on the link to roll digitally https://eslkidsgames.com/classroom-dice
(scroll down to find the die)
or
Make your own. Printable template here: Die Template

						
PE	Dribble a ball outside 10 dribbles each hand. 	Jump rope as long as you can. Try your best. 	Throw and catch a ball or object above your head 10 times. 	Do as many push-ups as you can without stopping. 	Run 5 laps around the outside of your house 	Do 6 forward rolls also known as somersaults 
Music	Sing the STAR WARS theme on “moo.” 	Call a relative and sing your favorite song. 	Make up a song about what you are having for dinner! 	Create a hand washing dance! 	Play the Mission Impossible Theme and “ninja” around the house. 	Do the Cha Cha Slide. 
Art	Draw your favorite food 	Make a face (portrait) out of found objects 	Find all 3 primary colors in your house 	Draw a picture using ONLY cool colors 	Outside on a walk, locate all 3 secondary colors 	Listen to the story: The Dot. Create your own dot Art!

Roll-A-UA-Choice Game

Wellness	<u>Random Act of Kindness</u> While you are home today, do one random act of kindness for someone. 	Draw a picture of your best self. (happy and healthy) 	Listen to one of your favorite songs. Tell someone why it is your favorite. 	What makes you feel grateful today? Write a letter to tell someone about what you are grateful for. 	Make a list of things you would like to do today. 	Stand up tall, inhale and stretch your arms over your head then exhale and slowly put your arms down. Repeat 3 times. 