

Specials Bingo Week 2 (2nd & 3rd)

MUSIC	ART	PE	MEDIA CENTER
Learn a new song and perform for a family member.	Read your favorite book and illustrate (draw) your favorite part.	Mountain climbers Do 40 foot switches: On the floor, go to a plank position by putting your: Hands flat on the floor Hands shoulder-width apart Arms straight Back flat Mimic a running motion by switching one foot at a time.	Read your favorite book for 15 minutes.
Go outside and listen to the nature sounds. Is this music? Why or why not? Discuss with a family member.	Find 3 objects with different textures. Draw and color a picture of the objects.	Robots Do this fast exercise 20 times: Stand up tall. Hop forward, then immediately backward. At the same time, raise one arm up and one arm down. Keep hopping your feet front and back while alternating arms up and down simultaneously.	Draw a picture from a scene from your favorite book and describe it to a family member.
Watch the characters from Sesame Street, sing a Tiny Desk Concert at NPR Studios.	Choose an object that is symmetrical (the same on both sides), fold your paper in half to draw and color.	Hand pushes Do this isometric exercise, five times, with a 20-second break between each: Put your hands in front of your face, with your palms touching. Push your palms and fingers against themselves. Keep pushing your hands together for 10-15 seconds. Students can push their hands together as hard as they are comfortable as long as it doesn't hurt. Make sure students breathe during this exercise, because many kids tend to hold their breath while pushing.	Go to ABCYA.com play two games.
Find a book in your house that has to do with music. Read with a family member.	Write your name on a piece of paper. Draw and color an object that starts with each letter of your name. (For example, Sarah "S" snake, "A" apple, "R" roses, "A" alligator and "H" hat.	Robots Do this fast exercise 20 times: Stand up tall. Hop forward, then immediately backward. At the same time, raise one arm up and one arm down. Keep hopping your feet front and back while alternating arms up and down simultaneously.	Log into Destiny, find the ebook "How Do We Stay on Earth, A Gravity Mystery". Read the book and choose two objects to test gravity with. Talk about it with your famil