

# Specials Bingo Week 1 (2<sup>nd</sup> & 3<sup>rd</sup>)

MUSIC	ART	PE	STEM
Make your own instrument out of recycled materials. Is it a wind, string, or percussion instrument?	Make a paintbrush from nature.	<b>Sky reaches</b> Do this 10 times: Stand up. Swing arms up to the sky. Rise up on your tippy toes. Reach for the sky while keeping your body tight. Hold for 15 seconds. Lower your heels and arms.	Go to <a href="http://www.scratch.mit.edu">www.scratch.mit.edu</a> . Build a digital game.
Listen to the theme song of your favorite TV show. What does it sound like? Why do you think they wrote it that way?	Draw and color a rainbow over your house.	<b>Shoulder blasts</b> Do this 20 times: Hold your arms straight out to the sides. Make arm circles forward (start with small circles, then gradually larger circles). Reverse direction and make arm circles backward (large circles, then gradually smaller circles). Raise your arms in front of your body and move your arms up and down. Raise your arm above your head and wave them side to side, like a windshield wiper. Pump your arms above head to "raise the roof."	Draw a picture of a new animal adapted to survive in the rainforest. What adaptations did you give your animals?
Listen to Mr. Bowie tell the story about of <a href="#"><i>"Peter and the Wolf"</i></a>	Look in a mirror, draw and color a self-portrait of what you want to be when you grow up.	<b>Squats</b> Do this 20 times slowly: Stand with your legs a little wider than shoulder-width apart. Hold your arms out in front of your body. Slowly bend your knees and squat down until your thighs are parallel to the floor. Rise up slowly.	Build a paper airplane and measure how far it goes with your feet.
Learn a new dance. Perform it for a family member.	Draw and color a picture of your family as bunnies or mice.	<b>Star jumps</b> Do this 20 times: Squat until your thighs are parallel to the floor (see squats). From this position, jump up reaching your hands and feet out like a star. Land softly on your feet, dropping back to the squat position.	Build a bridge with random materials in your house. Test how well it worked.