

Specials -Week 3 (2<sup>nd</sup> & 3<sup>rd</sup>)- Please choose one square per day to complete

MUSIC	ART	PE	MEDIA CENTER/STEM
Find a book in your house that has to do with music. Read with a family member.	Find 3 objects with different textures. Pick the one with your favorite texture to draw. Remember lots of details.	<b>Robots</b> 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.	Go to <a href="http://www.scratch.mit.edu">www.scratch.mit.edu</a> . Build a digital game.
Make your own instrument out of recycled materials. Is it a wind, string, or percussion instrument?	Draw and color a picture of your family as your favorite food. For example, your family as hamburgers.	<b>Mountain climbers</b> 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 a book for 15 minutes. Online or print.
Listen to a commercial jingle. What does it sound like? Why do you think they wrote it that way? What product is it promoting?	Write your last name on a piece of paper. Draw and color an object that starts with each letter of your name. (For example, Smith "S" snake, "M" mountain, "I" ice cream cone, "T" truck and "H" hat.	<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.
Make up a new dance. Perform it for a family member.	Read your favorite book and illustrate (draw) your favorite part	<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.	Go to iRead and complete 15 minutes of online work.