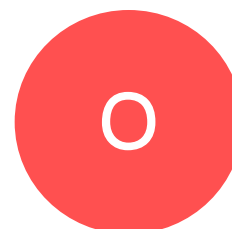


Name \_\_\_\_\_

Class \_\_\_\_\_

# Fine Arts at Home

Complete 5 Fine Arts activities. Have parents initial each box when the activities are completed.



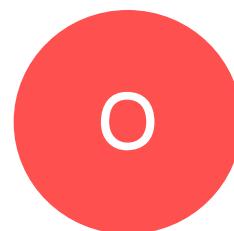
Play Songmaker on Chrome Music Lab	Watch this video on stage directions: <a href="https://bit.ly/2w9tgyk">https://bit.ly/2w9tgyk</a>	Draw a self-portrait while looking in the mirror – don't look down!	Play a game of freeze dance with some friends or family	Choose your favorite movie character. Write how they would respond if they were stuck in an elevator
Draw a prehistoric dinosaur in a modern setting	Use pots, pans or milk jugs to drum	Create a 5-7 Card Drama Circle	Research a famous artist and list 5 facts you learned	Watch a Line Rider video
Play a game of charades with at least 2 other friends	Draw a sandwich with as many wacky ingredients you can	Do something kind for someone	Play along with a Musication video	Create a 1 minute commercial about your favorite toy. Include stage directions
Draw Mrs. Brown wearing a sneaky disguise	Design and draw a new instrument	Play tic-tac-toe with stage directions with some friends	Create a floorplan of your dream treehouse	Learn a new song
Create a 1 minute monologue about your fondest memory	Design a board for a brand-new video game	Go outside for 10 minutes then journal about the sounds you hear	Using your best projection voice, describe 5 ways a bee and a butterfly are alike	Design the most fantastic and fun waterpark you can imagine

Name \_\_\_\_\_

Class \_\_\_\_\_

# PE at Home

Complete 5 Physical activities. Have parents initial each box when the activities are completed.



Do 10 push ups	Do 10 curl ups	Do 20 Jumping Jacks	Go on a Nature Walk with a trusted adult	Do 2 sets of 10 burpees
While watching your favorite TV show, do as many push ups during commercials as you can – keep track of your progress	Do 10 push ups	Play a game of soccer with some friends	Practice dribbling a basketball	Do 10 Curl Ups
Run in place for 1 minute/60 seconds	Complete this sequence of movements 3 times: 5 pushups 5 situps 5 squats	Do something kind for someone	Plank for 1 minute	Dance for 5 minutes
Do 10 Push ups	Plank for 1 minute	Do 4 stretches from the stretching song: sit and reach, Reach to the sky, arm circles, etc.	Do 20 jumping jacks	Listen and move in place: <a href="https://bit.ly/2xA3Zh9">https://bit.ly/2xA3Zh9</a>
Go on a Bear Hunt: <a href="https://bit.ly/2TUMZLu">https://bit.ly/2TUMZLu</a>	Do 10 Curl ups	Create a health journal for one day, include: Food Drink Physical activities	Do 2 sets of 10 burpees	Run in place for 1 minute/60 seconds