



# Abbott Loop Elementary Specialists' Activities

**April 13th - April 17th - We miss your smiles!**

You can join the Specialists' Google Classroom by typing in this code: **dx7hm3c**

Join the specialists twice a week on Zoom - password for both is: **wildcat**

Wednesday at noon - <https://asdk12.zoom.us/j/754663551>

Friday at noon - <https://asdk12.zoom.us/j/737284149>

<p><b>Music Monday!</b></p> <p><b>Mrs. Peterson</b></p>	<ul style="list-style-type: none"><li>● <i>Design or draw a new instrument. What family or families would it belong to? Woodwind, Brass, Percussion or Strings?</i></li><li>● Build Your Own Shaker! Ask for an empty toilet paper tube, some paper, scotch tape, scissors, and 2 spoonfuls of dried beans or rice. Cut a paper circle slightly bigger than the end of your tube, tape it on to the end to seal, spoon in your beans, then close off the other end. For extra strength, cover it all with duct tape.</li><li>● Game Time! Share a game you learned in the music room with your family. Night at the Museum? Guess My Rule? 4 Corners? Missing Musician?</li><li>● Try your hand at songwriting. Take a popular song and add your own lyrics. "Twinkle, twinkle" becomes "Dinner, dinner" or "She'll Be Comin' Round the Mountain..." becomes "We'll Go Walkin' Down The Driveway..."</li><li>● Try your hand at music composition. Head over to the Chrome Music Lab Song Maker. Click on boxes to add pitches, rhythms and harmonies. <a href="https://musiclab.chromeexperiments.com/Song-Maker/">https://musiclab.chromeexperiments.com/Song-Maker/</a></li><li>● Here's my website :) <a href="https://sites.google.com/asdk12.net/musicatabbottloop">https://sites.google.com/asdk12.net/musicatabbottloop</a></li><li>● Email <a href="mailto:peterson_erin@asdk12.org">peterson_erin@asdk12.org</a></li></ul>
<p><b>P.E. Tuesday!</b></p> <p><b>Mr. Cragen</b></p>	<ul style="list-style-type: none"><li>● <a href="#"><u>Exercises you can do at home</u></a></li><li>● <a href="#"><u>Alphabet Fitness Bingo</u></a></li><li>● <a href="#"><u>Fun Fitness Workout Activity</u></a></li><li>● <b>PLAY OUTSIDE/JUMP ROPE/YOGA/FAMILY WALKS</b></li><li>● <a href="#"><u>Fitness Origami Dice Activity</u></a></li></ul>





# Toasted Oat Graham Crackers

(Vegan and gluten-free)

makes about 3 dozen square crackers

3 cups old fashioned oats (use certified gluten-free for gluten-free crackers)  
1/3 cup light brown sugar, packed  
3/4 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/3 cup melted coconut oil  
3 tablespoons pure maple syrup  
3-4 tablespoons water

Place oven racks in the top and bottom positions. Preheat oven to 325F.

Spread oats onto a dry rimmed sheet pan. Place in oven and toast for 5-7 minutes, or until fragrant. Let cool for about 10 minutes.



Transfer oats into the bowl of a food processor. Process for 1.5-2 minutes, or until there are no recognizable oats. Pulse in light brown sugar, cinnamon, nutmeg, baking soda, and salt. Add coconut oil, maple syrup, and 3 tablespoons of water and process until a dough ball forms. Add 1 more tablespoon of water if the dough is crumbly.



Sandwich dough between two pieces of parchment paper and roll until 1/8-inch thick. Transfer to the freezer (on a baking sheet, if desired) for 10 minutes.

In the meantime, line two sheet pans with parchment. Set aside.



Remove frozen dough from freezer. Slice in 2-inch squares (scraps may be re-rolled). Place about 1.5-inches apart on prepared pans. Use a sharp knife to score lightly down the centers. Pierce a few times with a toothpick or the tines of a fork.



Bake 10 minutes before rotating the pans top to bottom and front to back. Bake for an additional 10 minutes. Let crackers cool for 5 minutes before removing to a rack to cool completely. Crackers will initially be slightly soft, but will harden as they cool. Repeat brief chill, slicing, scoring, and baking with any remaining dough.



YUM