






Can you do all 25 activities from the Lake Hood specialists?

<p>ART Find objects in your house from all of the colors of the rainbow. Arrange the objects into a color wheel/ rainbow order.</p> 	<p>PE Make an indoor obstacle course. Be sure to include crawling, jumping, stairs (if you have them), a few rolls, and a quick sprint (down a hall), and of course fun. Use a timer to challenge your siblings.</p>	<p>MUSIC Listen to music with your eyes closed. What instruments do you hear? How does the music make you feel? Did you imagine anything? What was the tempo? What were the dynamics?</p>	<p>Library Build a fort in your living room with pillows, blankets, and couch cushions. Read a book with a flashlight in your new fort.</p>	<p>PE Go to Glenn Higgins Youtube Channel (just type Glenn Higgins into the youtube search bar) and get your fitness on with Star Wars, Harry Potter, or Avengers!</p> <p>*Ads will play so anyone under the age of 13 should view with a parent.</p>
<p>Health For 3 days, journal with pictures or words your healthy habits. Include food, exercise, sleep, and hygiene habits.</p>	<p>ART Use your imagination! Create a drawing that combines features of three different animals</p> 	<p>PE WALK, WALK, WALK It is critical for calorie burning to go for at least a 45 minute walk everyday. You can mix it up by playing tag on the walk, throwing a ball, see who can find the biggest snowball, etc</p>	<p>PE Do some dancing!! Here are some corny ones to get you going..</p> <p>https://www.youtube.com/watch?v=c4fAjqCQH9E</p> <p>https://www.youtube.com/watch?v=hU3V_OtqAi4</p>	<p>MUSIC Watch a Musical: Sound of Music, Lion King, Little Mermaid, Aladdin, Music Man, etc.</p>
<p>MUSIC and PE Dance Party Move the furniture to create space and turn up the music and move to the beat!</p>	<p>Yoga Fantastic way to get stronger and stay healthy. Here are some free ways to learn</p> <p>https://www.cosmickids.com/category/watch/</p> <p>https://yogawithadriene.com/free-yoga-videos/</p>	<p>Health Cut out/glue or draw/color a MyPlate picture. Watch BrainPopJr: MyPlate for ideas. Activities included on this website.</p>	<p>Health Write a letter or draw a picture about the dangers of smoking. Watch BrainPopJr for information</p>	<p>ART Collect objects outside (twigs, leaves, rocks, flowers, etc.). Make an artistic arrangement with the object you collect. Draw or photograph your arrangement</p> 

<p>Library</p> <p>Read some jokes and try them out on your family! Play try not to laugh at my jokes during dinner together! Make sure you don't make milk come out their noses from laughing!</p>	<p>MUSIC</p> <p>If you have a recorder:</p> <p>www.johnnyjazz.net</p> <p>Click the green PLAY NOW button</p> <p>Click the "TYPE PASSWORD" Button</p> <p>Password "upstate"</p>	<p>Library</p> <p>Read about an animal you are interested in and draw it in its natural habitat!</p>	<p>PE</p> <p>Place a laundry basket in the middle of your room and try to shoot all your dirty laundry into it that's laying on your floor!</p>	<p>MUSIC</p> <p>Share a favorite song. Ask your family members what their favorite song was growing up and why. See if they can sing it to you. Try to find it and listen to it together.</p>
<p>Health</p> <p>Draw a hand washing picture or create a comic strip to teach the importance of washing hands. This could include steps. Watch BrainPopJr: Washing Hands for ideas!</p>	<p>ART</p> <p>Give yourself wacky hair using different types of lines and patterns. Use a photo of your own face or find one in a magazine. Pencils, pens, crayons and markers work great!</p> 	<p>PE</p> <p>Indoor Snowball Fight</p> <p>Step One: Make forts</p> <p>Step Two: Collect all socks in the house and fold them for your family</p> <p>Step Three: Evenly distribute socks to each fort</p> <p>Step Four: Battle, If a player is hit they have to do 10 jumping jacks to unfreeze</p>	<p>ART</p> <p>Illustrate a scene from your favorite book. Be descriptive with your pictures. Include as many details as you can. Share your story when you're finished!</p> 	<p>Library</p> <p>Read to someone in your house! Take turns reading a page, read in a silly voice or read it in slow motion or like an opera singer!</p>