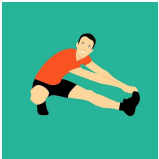



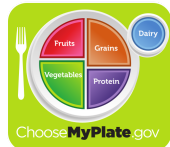



# Bringing Activity Home

	<p>PE</p> 	<p>Art</p> 	<p>Music</p> 	<p>Media</p> 	<p>Health</p> 
<p><b>Week 1</b></p>	<p>Go for a walk or bike ride with family for at least 30 minutes. Record your time/ miles.</p> <p>_____</p>	<p>Go on a Virtual Museum Tour of one of the exhibits at the Louvre  <a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a></p>	<p>You can do this every week. Go into Quaver through your Launchpad. <b>Put in the class code NGEFD.</b> Click on any of the icons including assignments. Have fun!</p>	<p>Find 3 books: [K-3] Point out the different parts (covers, spine, etc.). [3-6] Create their spine labels (fiction or non-fiction, first 3 letters of the author's last name).</p>	<p>Help prepare or cook a meal that includes all of the food groups.</p>
<p><b>Week 2</b></p>	<p>Crank up the music and boogie down. Find a household drum and sticks for Drum Fit.</p>	<p>Find a mirror and draw a self-portrait of yourself using your left hand and another with your right and see what difference you can find between the two.</p>	<p>Pick a few words from a book you are reading this week. Can you drum the words to turn them into rhythms? Can you make up your own rhythm poem??</p>	<p>Choose a fiction book, either in your house or on Sora, and read 2 or more chapters.</p>	<p>Eat at least one serving of fruit and vegetables each day.</p>
<p><b>Week 3</b></p>	<p>When watching TV, do exercises during the commercials. (<i>yoga, plank, curl-ups, push-ups</i>)</p>	<p>Check out Children's Book Writer and Illustrator Rob Biddolph's #DrawwithRob videos on youtube and draw with Rob!</p>	<p>Everyone LOVES Just Dance! Can you choose a song and make your own Just Dance video to share with us?? (Maybe we will do YOUR dance in class! :)</p>	<p>Using pen and paper or Google Docs, write a summary of the book from Week 2 and include why you liked or disliked it.</p>	<p>Drink at least 5 cups (8 oz. each) of water each day.</p>
<p><b>Week 4</b></p>	<p>Spend at least 30 mins following an online workout. (<i>GoNoodle, Adventure to Fitness, Fitness Blender</i>)</p>	<p>Have a color scavenger hunt in your house and find objects of different colors to make a color</p>  <p>wheel</p>	<p>Make your own musical instrument from items you find around the house (make sure to ask your grown-ups first). We can start our own homeschool orchestra!</p>	<p>Find a non-fiction book and read 2 or more chapters or sections.</p> <p>Using pen and paper or Google Docs, write down 3 or more facts that you learned.</p>	<p>Design a balanced meal plan for you and your family.</p>

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