

# Specials Choice Board

Kindergarten  
March 30-April 3



P.E.



Music



Art



## Kangaroo Club Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 1 minute.
6. If you have a jump rope, use it, if not you can put a flat object on the floor. Jump rope for 30 seconds without stopping. If you complete this welcome to the Kangaroo club!!

## Aiken Drum

1. Go to Seesaw through Classlink and click on "Aiken Drum."
2. Listen to Mrs. Ingraham sing the song.
3. Upload your own Aiken Drum drawings!

## Tar Beach

1. Click [here](#) to listen to Faith Ringgold's Tar Beach.
2. Then, imagine where you would go if you could fly. What time of day would it be? What would you see? who would you take with you? Draw a picture of yourself flying to that place.

## Speed Day!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 15 dips on your couch!
4. Jog in place for one whole song!
5. Balance on one foot for 30 seconds each!
6. Find an open space to run. Complete 10 of the fastest sprints you can!! Time them if you can!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Pete the Cat

1. Click [here](#) to listen to the Pete the Cat story.
2. Access Seesaw through Classlink. I have assigned I Love My School Shoes.
3. Click add response, use the drawing tool to create your very own school shoes. Be Creative and save to your Art Seesaw!

## Field Day Prep!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Complete 20 dips on your couch.
4. Run in place for 3 minutes.
5. Create your own field day event. Use any materials you can find. Write down or draw your event as well to share!!

## Songtale

1. Go to Seesaw through the Classlink portal.
2. Click on *My Aunt Came Back* assignment.
3. Follow the directions in the video.
4. Enjoy!

## Draw a Sand Castle!

1. Click [here](#) and scroll down to page 3 for draw along instructions (with a pencil/black crayon).
2. Add color with materials you have at home.

# Specials Choice Board

1st Grade

March 30-April 3



P.E.



Music



Art



## Kangaroo Club Time!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 sidewinders.
4. Run in place for 3 minutes.
5. Jump in place for 1 minute.
6. If you have a jump rope, use it, if not you can put a flat object on the floor. Jump rope for 30 seconds without stopping. If you complete this welcome to the Kangaroo club!!

## *Brown Bear* Melodies

1. [Open Brown Bear slides.](#)
2. Instead of reading the story, sing the story.
3. Ask a family member to sing the questions, then you sing the answers. Then switch roles.

## Become an Architect!

1. Click [here](#) to listen to Iggy Peck Architect.
2. Then, become an architect and create a cityscape using as many geometric shapes as you can (rectangles, squares, triangles, circles, trapezoids, hexagons, etc.) using pencils.

## Speed Day!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 dips on your couch!
4. Jog in place for one whole song!
5. Balance on one foot for 30 seconds each!
6. Find an open space to run. Complete 10 of the fastest sprints you can!! Time them if you can!!

## Songtale

1. Go to Seesaw through the Classlink portal.
2. Click on the *I Met A Bear* assignment.
3. Follow the directions in the video.
4. Enjoy!

## Digital Dot

1. Click [here](#) to listen to The Dot story.
2. Access Seesaw through Classlink, I have assigned Creating A Drawing Dot Day.
3. Click on add response, tap the drawing tool, use your favorite colors to create your very own digital dot. Be Creative and save to your Art Seesaw!

## Field Day Prep!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Complete 20 dips on your couch.
4. Run in place for 3 minutes.
5. Create your own field day event. Use any materials you can find. Write down or draw your event as well to share!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Draw a Frog Prince!

1. Click [here](#) and scroll down to page 8 for the draw along instructions (can be done on a smaller size paper).
2. Add color with crayons (painting is optional).



# Specials Choice Board

2nd Grade  
March 30-April 3



P.E.



Music



Art



## Kangaroo Club Time!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for 30 seconds, then complete 20 curl-ups.
4. Run in place for 3 minutes.
5. Jump in place for 1 minute.
6. If you have a jump rope, use it, if not you can put a flat object on the floor. Jump rope for 1 minute without stopping. If you complete this welcome to the Kangaroo club!!

## Sound Scavenger Hunt

[Click HERE for directions!](#)

## Beautiful Oops!

1. Many of you are already familiar with this book, but if you'd like to hear it again click [here](#).
2. Using materials you have at home, create your own Beautiful Oops inspired artwork (from a tear, crumple, spill etc.) Please click [here](#) for directions.

## Speed Day!!

1. Complete your daily stretches.
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 dips on your couch!
4. Jog in place for one whole song!
5. Balance on one foot for 30 seconds each!
6. Find an open space to run. Complete 15 of the fastest sprints you can!! Time them if you can!!

## Long-Legged Sailor

1. [Click here to open slide.](#)
2. Perform motions while singing.
3. Can you think of other motion words?
4. Teach the song and motions to someone else!

## Heart Map

1. Access Seesaw through Classlink, I have assigned Heart Map.
2. Click on add response, use the drawing tool to illustrate people, places and things that make your heart happy :) Make sure your heart is full!
3. Be Creative and save to your Art Seesaw!

## Field Day Prep!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Complete 20 dips on your couch.
4. Run in place for 3 minutes.
5. Create your own field day event. Use any materials you can find. Write down or draw your event as well to share!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
4. Try to do the movements without looking at the screen.

## Not A Box

1. Click [here](#) to listen to the story Not A Box.
2. You may choose to turn your box into anything other than a box. Click [here](#) for a video on how to create a Robot head from a recycled box.

# Specials Choice Board

3rd Grade

March 30-April 3



P.E.



Music



Art



## Kangaroo Club Time!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for 30 seconds, then complete 20 curl-ups.
4. Run in place for 3 minutes.
5. Jump in place for 1 minute.
6. If you have a jump rope, use it, if not you can put a flat object on the floor. Jump rope for 1 minute and 30 seconds without stopping. If you complete this welcome to the Kangaroo club!!

## The String Family

1. [View video about the String Family here.](#)
2. Which instrument did you like the best? Tell a family member.

## Ice Cream Tower

1. Click [here](#) to access Art Hub's how to drawing of an Ice Cream Tower.
2. No sharpie? Use a pencil. Draw along and pause as needed.
3. Add color (if you can) using the materials you have at home.

## Speed Day!!

1. Complete your daily stretches.
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Plank for 30 seconds, then complete 20 dips on your couch!
4. Jog in place for one whole song!
5. Balance on one foot for 30 seconds each!
6. Find an open space to run. Complete 15 of the fastest sprints you can!! Time them if you can!!

## Ask Someone!

Find someone at home and ask them the following questions:

1. Did you ever play an instrument or sing?
2. What lullabies did you sing to me?
3. What is a song that reminds you of your childhood.

Share some of your answers on Seesaw.

## Branch Weaving

1. Click [here](#) to watch a brief tutorial on how to do a branch weaving with minimal materials.
2. Weaving is an over/under pattern. If the first row is over/under, the next row is under/over, then over/under again. Repeat this pattern.

## Field Day Prep!!

1. Complete your daily stretches
2. Complete 15 jumping jacks, 15 lunges, 15 squats.
3. Complete 20 dips on your couch.
4. Run in place for 3 minutes.
5. Create your own field day event. Use any materials you can find. Write down or draw your event as well to share!!

## Move It!

1. [Click here to view Move It!](#)
2. Copy Mrs. Ingraham and focus on making your movements Artful.
3. Ask someone to do the Move It! with you!
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## Not A Box

1. Click [here](#) to listen to the story Not A Box.
2. You may choose to turn your box into anything other than a box. Click [here](#) for a video on how to create a Robot head from a recycled box.

# Specials Choice Board

4th Grade  
March 30-April 3



P.E.



Music



Art



## Kangaroo Club Time!!

1. Complete your daily stretches
2. Complete 25 jumping jacks, 25 lunges, 25 squats.
3. Plank for 30 seconds, then complete 20 curl-ups.
4. Run in place for 3 minutes.
5. Jump in place for 1 minute.
6. If you have a jump rope, use it, if not you can put a flat object on the floor. Jump rope for 2 minutes without stopping. If you complete this welcome to the Kangaroo club!!

## Incredibox

1. Go to <https://www.incredibox.com/> and download the app or play on the web version.
2. Spend a few minutes getting to know how it works. Explore and have fun!

## 1 Pt Perspective Room

1. Access Seesaw through Classlink, I have assigned 1 Point Perspective Drawings.
2. Watch the video and follow the steps to draw your picture.
3. Upload a photo to your Art Seesaw

## Speed Day!!

1. Complete your daily stretches. Practice sit and reach.
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for 30 seconds, then complete 20 dips on your couch!
4. Jog in place for one whole song!
5. Find an open space to run. Complete 20 of the fastest sprints you can!! Time them if you can!!

## Incredibox Composition

[Click here to view directions for assignment.](#)

(This might take longer than 20 minutes, so split it up between days)

## Found Object Color Wheel

Don't forget.. whatever you take out - PUT IT AWAY !!!

1. Find objects in different colors. They can be different shades.
2. Group/lay them together in the shape of a color wheel.
3. Take a pic and upload to Seesaw or email me. See my example :)



## Field Day Prep!!

1. Complete your daily stretches
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Complete 20 dips on your couch.
4. Run in place for 3 minutes.
5. Create your own field day event. Use any materials you can find. Write down or draw your event as well to share!!

## Move It!

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## Branch Weaving

1. Click [here](#) to watch a brief tutorial on how to do a branch weaving with minimal materials.
2. Weaving is an over/under pattern. If the first row is over/under, the next row is under/over, then over/under again. Repeat this pattern.



# Specials Choice Board

5th Grade

March 30-April 3



P.E.



Music



Art



## Kangaroo Club Time!!

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2. Complete 25 jumping jacks, 25 lunges, 25 squats.
3. Plank for 30 seconds, then complete 20 curl-ups.
4. Run in place for 3 minutes.
5. Jump in place for 1 minute.
6. If you have a jump rope, use it, if not you can put a flat object on the floor. Jump rope for 2 minutes without stopping. If you complete this welcome to the Kangaroo club!!

## Chrome Music Lab

1. [Click here to go to Songmaker.](#)
2. Create a song. Have fun and explore!
3. Click SAVE then COPY LINK.
4. Go to our 5th grade Google Classroom and paste the link in the correct assignment.

(Google Classroom code is f6mzstw)

## Ceiling Tile Design

A Legacy is what we leave behind. How do you want to be remembered? Think about your favorite New Prospect memories. What clubs/activities were you involved in at NP? What is your favorite subject? What is the best part of being at NP? Think about our colors/panther/paws. Sketch your idea for the ceiling tile.

## Speed Day!!

1. Complete your daily stretches. Practice sit and reach.
2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Plank for 30 seconds, then complete 20 dips on your couch!
4. Jog in place for one whole song!
5. Find an open space to run. Complete 20 of the fastest sprints you can!! Time them if you can!!

## Ukulele Videos

1. [Click here for Youtube playlist.](#)
2. Browse the ukulele videos. Watch one all the way through. Some are longer than others!

## Found Object Color Wheel

Don't forget.. whatever you take out - PUT IT AWAY !!!

1. Find objects in different colors. They can be different shades.
2. Group/lay them together in the shape of a color wheel.
3. Take a pic and upload to Seesaw or email me. See my example :)



## Field Day Prep!!

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2. Complete 20 jumping jacks, 20 lunges, 20 squats.
3. Complete 20 dips on your couch.
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