

K-1 Specials

Week 1 – Choose 1 activity each day

Music	Art	PE	STEM
Learn a new dance. Perform it for a family member.	Draw and color your favorite animal.	Sky reaches Do this 10 times: Stand up. Swing arms up to the sky. Rise up on your tippy toes. Reach for the sky while keeping your body tight. Hold for 15 seconds. Lower your heels and arms.	Test how gravity works with objects in your house. Explain to your family.
Listen to Mr. Bowie tell the story of Peter and the Wolf .	Draw and color a rainbow over your house.	Hand walks/Bear crawl Do this 10 times: Bend forward at your waist. Reach down and touch hands to floor. Walk your hands out for a count of 8. Walk your hands to left for a count of 4. Walk your hands back to the center for a count of 4. Walk your hands right for a count of 4. Walk your hands back to the center for a count of 4. Walk your hands back for a count of 8.	Build a paper airplane and measure how far it goes with your feet.
Go outside and listen to the nature sounds. Is this music? Why or why not? Discuss with a family member.	Draw and color 3 objects that are the primary colors.	Squats Do this 20 times slowly: Stand with your legs a little wider than shoulder-width apart. Hold your arms out in front of your body. Slowly bend your knees and squat down until your thighs are parallel to the floor. Rise up slowly.	Draw a picture of a strong bridge or tower.
Sing a lullaby to a younger sibling (or a pet/doll/stuffed animal).	Draw and color a picture of your family as zoo animals.	Star jumps Do this 20 times: Squat until your thighs are parallel to the floor. From this position, jump up reaching your hands and feet out like a star. Land softly on your feet, dropping back to the squat position.	Find a rock outside. What do you notice about your rock?