

K-1 Specials

Week 2 – Choose 1 activity each day

Music	Art	PE	Media
Learn a new song. Perform it for a family member.	Pick your favorite letter and draw 3 objects that start with that letter.	Mountain climbers Do 40 foot switches: On the floor, go to a plank position by putting your: Hands flat on the floor Hands shoulder-width apart Arms straight, back flat Mimic a running motion by switching one foot at a time.	Read your favorite book with your family. Retell the story to another family member.
Find a book in your house that has to do with music. Read it with a family member.	Can you draw 5 types of lines? Turn your lines into an object.	Sun salutation Do this 5 times: Start with your feet together, hands at your side. Raise your arms out to the side and overhead. Bend forward at your waist and put your hands on the floor. Step or jump your feet back to the plank position. Do half of a push-up. Drop your hips toward the floor, lift head and chest into an "up-dog," and hold for 5 seconds. Lift your hips and drop your head and shoulders to a "down-dog," and hold for 5 seconds. Step or jump your feet back toward your hands in a forward bend. Rise slowly to a standing position.	Draw a picture from a scene of your favorite book. Tell a family member about the scene.
Listen to the theme song of your favorite TV show. Does it sound fast and exciting? Why do you think they wrote the song that way?	Draw and color the head of one animal with the bottom of another.	Robots Do this 20 times: Stand up tall. Hop forward, then immediately backward. At the same time, raise one arm up and one arm down. Keep hopping your feet front and back while alternating arms up and down simultaneously.	Go to ABCYA.com. Spend 10 minutes playing a game.
Watch the characters from Sesame Street sing a Tiny Desk Concert at NPR studios.	Draw and color a picture of your family as their favorite foods.	Frog jumps Do this 12 times: Start in the squat position, feet a little wider than shoulder-width apart. Put your hands between your legs, like a frog. Jump upward, and softly land back to the frog position. Students may want to try this variation: While jumping up, click your heels together.	Tell a family member which holiday is your favorite. Draw a picture of yourself celebrating that holiday.