STUDENTS – This is week #6 of our distance learning. You can also access the Specials Google Classroom with class code 3uburxj. Keep working on these specials activities!! Make sure you submit your work in the google classroom as well. If you are using a packet, please keep proof of the work you have done and turn it in when packets are turned in. Please stay safe and healthy! Remind your friends to log into the specials classroom too!

<table>
<thead>
<tr>
<th>Physical Education</th>
<th>Family and Consumer Science</th>
<th>Band</th>
<th>World Lang./Second Step</th>
<th>Music/Chorus</th>
<th>Art</th>
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<tbody>
<tr>
<td>Make a short 3-5 minute video of you working out and showing us different exercises or what you have been doing to staying active</td>
<td>Read a children’s book and write a review, sharing if you think this contains a positive message for young people.</td>
<td>There has been no sporting events since the pandemic started. What is your favorite sports team? If the NBA season had continued what would be the outcome? Tell me why you believe what you do and the route your selected team would have to take in order to achieve its goal.</td>
<td>Practice solfeggio up and down the scale – sing in a variety of patterns- keep a log of the patterns</td>
<td>Keeping social distance, go for a walk, collect leaves and sticks. Then draw a 3-D picture on the ground with those found objects. Take a picture.</td>
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<td>Ask your parents if you can wash the car!</td>
<td>You just won a closet makeover! You get to design a new closet to hold your clothes! Draw a picture of your design.</td>
<td>Design a 7th grade end of the year ceremony. Pick out appropriate music for the ceremony.</td>
<td>Create a character notebook with ideas for how to handle anger and maintain a positive outlook. You can also add suggestions for how to build respect for others, show kindness, and display other good character traits. Occasionally review the notebook to reinforce your positive behavior.</td>
<td>Interview family members about their musical backgrounds and interests. What is their favorite song right now and why?</td>
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<td>Participate in a team game such as, hockey, basketball, soccer, volleyball, or wall ball with your family.</td>
<td>Make a playlist of music that you will listen to with your friends when you can hang out with them again.</td>
<td>You probably spend a great deal of time on your phones and computers and texting has taken the place of verbal communication. Your challenge is to have real-world conversations explaining your points of view and opinions about character traits and social issues.</td>
<td>Practice singing numbers in the scale up and down in a variety of patterns</td>
<td>Draw an imaginary picture from a spaceship looking into outer space. What would you see?</td>
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<td>Wait for a nice sunny day and ask your parents if you can have a water battle or play with a water sprinkler.</td>
<td>Write down your ULTIMATE breakfast meal, if you could have ANYTHING for breakfast. Why would this be your favorite?</td>
<td>Take a walk and listen to different types of music while you are walking.</td>
<td>Write down music you hear each day. Write down information about the songs, like the title/artist, genre, mood, time signature, tempo, and instrumentation. Keep a log for the week.</td>
<td>Draw a picture of trees out your window or plants inside your house. Then color/shade.</td>
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<td>Ask a parent, aunt, uncle, or grandparent about a time in their life that was scary. (like a quarantine) Write a reflection about this conversation.</td>
<td>Ask a parent, aunt, uncle, or grandparent about a time in their life that was scary. (like a quarantine) Write a reflection about this conversation.</td>
<td>Make a kazoo using a paper towel, wax paper, and rubber bands. Play your favorite song!</td>
<td>Jenga is an inexpensive block-stacking game which uses 54 stacked blocks. Players take turns removing a block from the base of the tower and placing it on top. The tower becomes more unsteady. You can discuss how life can sometimes become difficult and how we need extra help and/or support from family and friends to keep going.</td>
<td>Compose a song (new or warm up) and compose body percussion to go with it. (Hand claps, rubbing hands together to make a sound- tapping on legs, chairs etc...think White Winter Hymnal) make sure you write it down or make a video.</td>
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<td>Take a walk or bike ride and listen to some music or podcast.</td>
<td>Drink 64 ounces of water. Write a reflection, about this. Include how much water you normally drink in a day.</td>
<td>Listen to a new piece of music with your family. It can be a different genre than what you usually listen to. Write a summary (1 paragraph) about how your family’s thoughts!</td>
<td>Recipe for Success - List &quot;ingredients&quot; for the recipe of what good character looks like. You could do a group brainstorming session with your family or write and draw your recipes. If space allows, make a bulletin board with the ideas.</td>
<td>Create and draw your own original t-shirt design/logo</td>
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- **Music:** Practice solfeggio up and down the scale – sing in a variety of patterns.
- **Art:** Draw an imaginary picture from a spaceship looking into outer space. What would you see?
- **Physical Education:** Make a short 3-5 minute video of you working out and showing us different exercises.
- **Family and Consumer Science:** Read a children’s book and write a review.
- **Band:** There has been no sporting events since the pandemic started.
- **World Lang./Second Step:** Practice solfeggio up and down the scale – sing in a variety of patterns.
- **Music/Chorus:** Interview family members about their musical backgrounds and interests.
- **Art:** Draw a picture of trees out your window or plants inside your house. Then color/shade.
- **Physical Education:** Take a walk or bike ride and listen to some music or podcast.
- **Family and Consumer Science:** Drink 64 ounces of water.
- **Band:** There has been no sporting events since the pandemic started.
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- **Art:** Draw a picture of trees out your window or plants inside your house. Then color/shade.

**Additional Activities:**
- **Physical Education:** Ask your parents if you can wash the car!
- **Family and Consumer Science:** You just won a closet makeover! You get to design a new closet.
- **Band:** Design a 7th grade end of the year ceremony.
- **World Lang./Second Step:** Create a character notebook.
- **Music/Chorus:** Interview family members.
- **Art:** Draw an imaginary picture.

**Reflection:**
- **Physical Education:** Wait for a nice sunny day and ask your parents if you can have a water battle or play with a water sprinkler.
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- **Band:** Design a 7th grade end of the year ceremony.
- **World Lang./Second Step:** Create a character notebook.
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**Physical Education:**
- Take a walk or bike ride and listen to some music or podcast.
- Drink 64 ounces of water.
- Listen to a new piece of music with your family.
- Recipe for Success - List "ingredients" for the recipe of what good character looks like.
- Create and draw your own original t-shirt design/logo

**Family and Consumer Science:**
- Read a children’s book and write a review.
- You just won a closet makeover!
- Design a new closet.
- Write down your ULTIMATE breakfast meal.
- Ask a parent, aunt, uncle, or grandparent about a time in their life that was scary.
- Take a walk and listen to different types of music.
- Write down music you hear each day.

**Band:**
- Design a 7th grade end of the year ceremony.
- Create a character notebook.
- You probably spend a great deal of time on your phones and computers.
- Make a kazoo using a paper towel, wax paper, and rubber bands.
- Play your favorite song!
- Jenga is an inexpensive block-stacking game.

**World Lang./Second Step:**
- Create a character notebook.
- You probably spend a great deal of time on your phones and computers.
- Make a kazoo using a paper towel, wax paper, and rubber bands.
- Play your favorite song!
- Jenga is an inexpensive block-stacking game.

**Music/Chorus:**
- Interview family members.
- Draw an imaginary picture.
- Write down music you hear each day.
- Write down information about the songs.
- Compose a song.
- Compose body percussion.

**Art:**
- Draw an imaginary picture.
- Draw a picture of trees.
- Draw a picture of your family members.
- Interview family members about their musical backgrounds.
- Write down music you hear each day.
- Draw a picture of trees.
- Draw a picture of your family members.

**Additional Activities:**
- **Physical Education:** Ask your parents if you can wash the car!
- **Family and Consumer Science:** You just won a closet makeover!
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