STUDENTS – we hope that you are staying healthy and safe!! This is an activity that you can do over several days. Please complete the activity for a specials class that you have and then if you would like to complete any others, please do that too! Feel free to take “selfies” of yourself doing these activities and we will ask for those in google classroom at a later date! HAVE FUN WITH THIS ASSIGNMENT AND STAY SAFE! - SPECIALS TEACHERS

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| - Design a new sport/game to play outside.  
- List the rules, equipment needed and one possible play strategy.  
- Restriction: people have to play at least 6ft apart! | Help your family prepare a meal. Afterwards, write a reflection on what you did, prepared, cleaned up, etc. Include a direct quote from a family member about the meal. | Clean your instrument’s mouthpiece. | - Create your own amusement park:  
- Where would you build it?  
- What would you name it?  
- What would be there? | Practice any song from warm-up (Apple trees in Bloom) and perform for a family member | Draw an object (ex. Piece of fruit) from observation with a focus on the light source and different levels of value and shading |
| - Write down a list of activities that you do in a day and tell us how COVID-19 has affected your choice of activities? | Create a poem, song, short story or poster sharing the proper hand washing techniques! | Practice one of our songs for twenty minutes and then perform for your parents. | - Your family is going on an adventure.  
- What supplies will you need?  
- Where will your adventure lead you? | - Practice singing solfeggio up and down the scale  
- Add hand signs | Draw a picture of your bedroom or dream bedroom (space, perspective, and value) |
| - HAVE A DANCE PARTY  
- Listen to popular music, while creating a movement party with creative choreographed moves or routines rather than just working out. | Go for a safe bike ride (6 feet away from others) for at least 30 minutes. | Help a family member clean out the pantry or refrigerator.  
- Write a reflection that includes what was expired, how long it took, and what you learned. | - Practice using Solfeggio - instead of numbers from our warm-up (do-do re do-do re mi re do etc...)  
- Keep a log of what you ate/drank for an entire day  
- on the following day, examine the food labels of food that you consumed.  
- Write a reflection of what choices were healthy/unhealthy. | Practice using Solfeggio for a Nursery Rhyme (can be any ex: Mary had a little Lamb) *challenge yourself to figure out other songs | Draw a picture of the inside of your refrigerator (Lines, shapes, form, and value) |
| Help a family member clean out the pantry or refrigerator.  
- Write a reflection that includes what was expired, how long it took, and what you learned. | Create an illustration showing at least 10 kitchen hazards (we learned these in class)  
- You can draw, cut out pictures, use clip art, etc.  
- Write a paragraph about what was or was not safe! | Pick 20 objects as you walk around your house, clap the syllables for each object. | - Challenge your family!  
- See who can write down the most world landmarks and then list where those landmarks are located. | Figure out the solfeggio for a Nursery Rhyme (can be any ex: Mary had a little Lamb) *challenge yourself to figure out other songs | Keeping your social distance (10 feet), take a walk outside and collect 5 objects from nature.  
- Then stack/assemble those items into a sculpture. Take a picture from different angles (Form and space) |
| Modify a sport or game that you can play with family, inside the house.  
Ex: trash can basketball  
Crab soccer | Keep a log of what you ate/drank for an entire day  
- on the following day, examine the food labels of food that you consumed.  
- Write a reflection of what choices were healthy/unhealthy. | Find household objects that you can make an instrument out of.  
- (paper towel tube and waxed paper, clothespin and rubber band) Construct your instrument and make up a song to perform for your family. | - Challenge your family!  
- See who can write down the most world landmarks and then list where those landmarks are located. | - Have a parent help you find some fun facts about the country chosen. | Draw a “Positive Message” poster using Bubble Letters and designs. Then color or shade. |