**Physical Education**
- Go for a bike ride or walk on a local nature trail with a Parent/Guardian. There are places like Whitetail Nature Park, Janes Island state park, and Cypress Park that are located near SIS.

**Family and Consumer Science**
- Create a vision board in which you represent goals you might want to accomplish in the future. You may want to draw or cut out pictures and then place them on a larger sheet of paper. You can add colors, decorations or sayings, anything that inspires you to achieve your goals!

**Band**
- *World Lang:*
  - Choose another country that has been impacted by the COVID-19 virus. How have their cases compared to the US?
  - How have they dealt with it?

**World Lang./Second Step**
- *World Lang:*
  - Write a journal passage that you could look back on in the future, describing the current COVID-19 situation and how you, your family, and the community have dealt with it.

**Music/Chorus**
- Practice White Winter Hymnal and work on rhythmic parts – come up with your own rhythm patterns. (this will be something you can work on for over a week)

**Art**
- Draw 3 shapes that repeat and overlap many times and then shade with different values and/or colors

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### Activities

#### Fishing
- Fishing is a great outdoor activity to participate in. If you have a rod, ask an adult if you can complete this assignment and go out and catch some fish!
- **Family and Consumer Science**
  - Compare prices on an item you want to buy between 4 different stores. List the item, the store and the price at each store. You may use the internet, sales circulars, cell phones or any other access to research the prices.

#### Come up with your own workout routine.
- Find something around your house that you can use to workout with. Be creative, you would be surprised with how many heavy things are just laying around the house. Write down what you come up with.
- **Physical Education**
  - Wash all the windows where you live. Show evidence by either showing before and after photos or having someone at home include one sentence and a signature indicating you completed the activity.

#### Playing cards fitness is a great activity to participate in.
- Grab a deck of cards, shuffle, and turn one card over at a time and complete the task for that card. Follow the diagram below.
- **Family and Consumer Science**
  - Exercise to a few different styles of music. Which do you like the most effective. Discuss your results with your family.

#### Pick up a board game and play with your family and tell us what game you all played and who won!
- **Physical Education**
  - Look beyond yourself and find someone you know is struggling. Do something for this person to let them know things will be ok. Write a reflection describing the experience.

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#### Second Step

**Music/Chorus**
- Practice Solfeggio and pick another song and figure out the Solfeggio to that song – think easy pop songs. Work on either the verse or the chorus depending on difficulty.

**Art**
- Draw your pet or dream pet (shape, form, value, texture)

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#### Help a sibling or younger person you live with to complete a school assignment.
- Show evidence by either taking photos of you working together or having someone at home include one sentence and a signature indicating you completed the activity.

#### Use a paper towel tube, wax paper and rubber bands.
- Make a kazoo and play along with your favorite songs

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#### Define “role model” and write about who would yours be?
- **Music/Chorus**
  - Write out a rhythmic pattern in 4 using half, quarter and eighth notes. 8 bars long. (Hold onto this - next week you will add Solfeggio to the pattern.)

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#### Arrange various toys in a space in your room to create a story. On paper write 4 sentences that explain your display.
- **Art**
  - Draw a large/up close realistic eyeball. (Lines, shapes, form, value)