

Morning message:

Good Morning. Today we will do some messy science during our Zoom. Make sure you are close to a sink! Don't forget to check out Mrs. Ishii's camping activity. Have a great weekend.

Friday May
22nd



Today's Inspiration:

Sometimes, it's the little things that take up the most room in your heart



30
minutes

Gym

INSIDE CHOICES:

Zumba: [I like to move it](#); [Minions Song](#); [Better When I'm Dancing](#); [Toca Toca](#); [Gangnam Style](#); [Old Town Road](#)

Work Outs:

[Family Fun Cardio](#); [Kids Circuit Workout](#); [Born To Move](#); [Circuit Drill Workout](#)

FLIP A COIN WORKOUT

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup
8th time	60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

OUTSIDE CHOICES:

- Bike riding
- Skipping
- Soccer
- Frisbee
- Hula Hoops
- Create your own game!

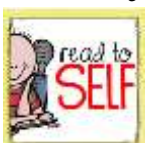
15
minutes



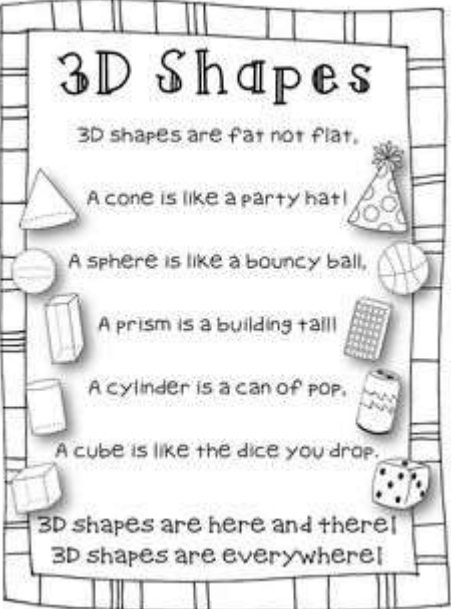




Recess


15
minutes

D.E.A.R. (Read to Self)

Find some books, a quiet spot, and read to yourself for 15 minutes. Do you have some 'reading' glasses or finger eyeballs to read with



<p>11:00</p> 	<p>Science Experiment</p> <p>Making Oobleck</p> <ul style="list-style-type: none"> • Cornstarch • Water • Food colouring • Air tight container • Measuring cups 
<p>20 minutes</p>	<p>Math Journals</p> <p>3D Poem Read the poem, then click on the link at the bottom of the post to find the fill in the blank's activity. You can print it, and cut and paste, or write it out by filling in the blanks.</p> 
<p>20-30 minutes</p>	<p>*MUSIC</p>  <p>Check out Mrs. Ishii's Blog</p> <p>There is a camping activity for you to try...there is also some camping yoga on our class Blog.</p> 
<p>60 minutes</p>	<p>Lunch</p>
<p>30 minutes</p>	<p>*Core Competency-Communication</p> <div style="background-color: #f4a460; padding: 10px; margin-bottom: 10px;"> <p>→ I can work with others to achieve a common goal; I do my share.</p> <p>→ I can take on roles and responsibilities in a group.</p> </div> <p>Today I would like you to think about your 'team' at home. Each day you work together to get things done. Check out the Teamwork video about Service dogs and then I want you to choose a 'project' and work with your team to get it done. Can you think of a fair way to decide on a project?</p>  

	<p>Some ideas include: making dinner, cleaning the house, building with Lego, finishing schoolwork—or you can choose your own idea. Take a photo of your 'team' at work!</p>
<p>60 <i>minutes</i></p>	<p>Games & Choices</p> <p>Check out this week's challenge for Games & Choices time: It's Water Play!</p> <p>This type of play will develop the following skills:</p> <ul style="list-style-type: none"> • Volume • Properties of water • Engineering • Problem solving <p>Option: Make it a sensory table and change out the materials to beans, rice, pasta, dirt, sand, etc.</p> 
	<p><i>Dismissal</i></p>