

**Morning message:**

Another weekend gone! The weeks are going by so quickly. I know you are all excited about building your diorama. I can't wait to share mine with you.

I wonder if you have been working on your 100 challenge? I have 18 of my 100 flowers painted! Whew—that's hard work.

**Monday**  
**May 25<sup>th</sup>**



**Today's Inspiration:**



30  
*minutes*

**Gym (or your 100 Challenge if it involves exercise)**

INSIDE CHOICES:

**Zumba:** [I like to move it](#); [Minions Song](#); [Better When I'm Dancing](#); [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 pushups
8th time	60 jog in place	25 jumping jacks
9th time	60 crunches	20 sit-ups

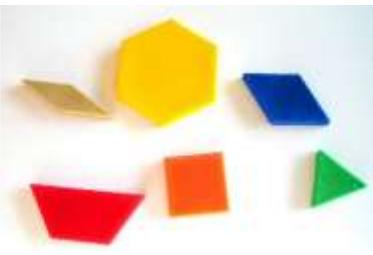
OUTSIDE CHOICES:

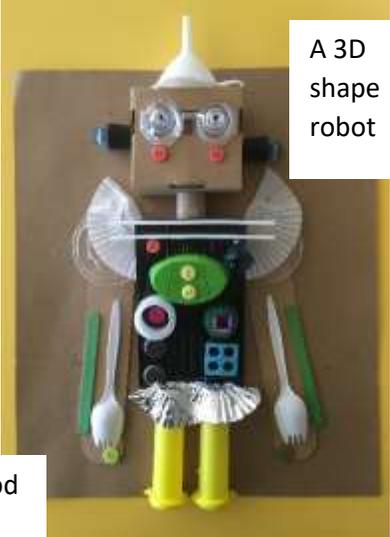
- Bike riding
- Skipping
- Soccer
- Frisbee
- Hula Hoops
- Create your own game!

20-30  
*minutes*

**I Can Read**

1. Choose a *Non-Fiction* book from: [Bookflix](#); [Raz Kids](#); or [Epic!](#)
2. Read your book
3. Find **2 facts** and complete the [Non-Fiction News](#)

10:30	<i>Recess</i>	
15 minutes 	<b>D.E.A.R. (Read to Self)</b> 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	
11:00 	<b>Zoom</b> Animal Research Diorama—what can you use to create it and what should you include in it?	
20 minutes	<b>Drama</b> <b>Some games to try:</b> <ol style="list-style-type: none"> <li>1. <b>The floor is lava</b> (also known as <b>hot lava</b>) is a game in which players pretend that the <b>floor</b> or <b>ground</b> is made of <b>lava</b> (or any other lethal substance, such as acid or quicksand), and thus must avoid touching the <b>ground</b>, as touching the <b>ground would "kill"</b> the player who did so.</li> <li>2. <b>I can do this</b> is a fun game that requires no materials—each person takes a turn to be the 'leader' and says <b>"I can do this"</b> while moving their body in some way. All the other players must copy the leader. Then a new person is the leader...this game encourages attention to detail, creativity, and body control.</li> <li>3. Stand in a circle. The first person (A) starts miming an activity, such as eating an apple. The person to their left (B) says "What are you doing?". A keeps miming and at the same time says the name of a different activity. For example, if A was miming eating an apple, they could say "playing the piano". B then starts playing a piano. A stops their mime. Now the third person (C) asks B, "What are you doing?". B keeps playing the piano and names a different activity, which C must mime. And so it goes on.</li> </ol>	
20 minutes	<b>Math You Can Eat (maybe??)</b> Can you create these <a href="#">shapes</a> using toothpicks and mini <b>marshmallows</b> (or bits of plasticine or play dough)? (trapezoid, rhombus, hexagon, triangle, square) Please take pictures of your shapes <b>before</b> you eat them!!!	
12:00	<i>Lunch</i>	
60 minutes 	<b>*Art—Animal Research</b> Get started on your <a href="#">Diorama</a> today. Gather all your materials in one spot—then get going! You might want to include... <ul style="list-style-type: none"> <li>• Background (this includes what your habitat has—sky, trees, mountains, rivers, etc.)</li> <li>• Your animal</li> <li>• A food and water source (all living things need it)</li> </ul> This is a chance to show your learning in a different way.	

	<p>Be creative—but realistic.          No purple sky and green clouds—this is science!          Please remember to show <b>ownership</b> by cleaning up all your materials when you are done.</p>
<p>60  <i>minutes</i></p>	<p><b>Games &amp; Choices</b>          Check out this week's challenge for Games &amp; Choices time:          It's <a href="#">Maker Play!</a></p> <p>This type of play will help develop the following skills:</p> <ul style="list-style-type: none"> <li>• Planning and organization</li> <li>• Flexibility</li> <li>• Engineering</li> <li>• Problem solving</li> </ul> <p><b>Option:</b> Encourage your child make a bigger project: A restaurant, a school, an airport so this becomes a multi-day project.</p> <div data-bbox="418 827 776 1024">  <p>A toy or game</p> </div> <div data-bbox="467 1131 748 1300">  <p>A neighbourhood</p> </div> <div data-bbox="873 790 1263 1327">  <p>A 3D shape robot</p> </div>
<p><i>Dismissal</i></p>	