

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 25th



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:


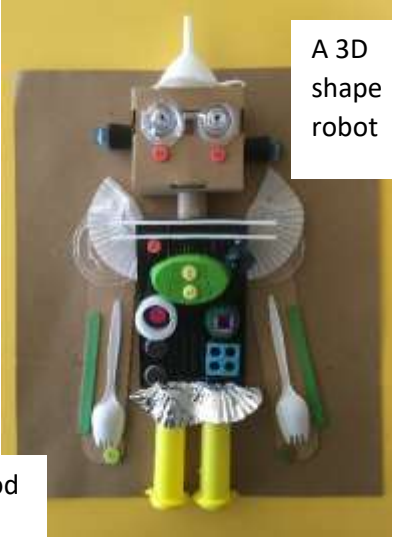

- Bike riding
- Skipping
- Soccer
- Frisbee
- Hula Hoops
- Create your own game!

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 	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	
11:00 	Zoom Animal Research Diorama—what can you use to create it and what should you include in it?	
20 minutes	Drama Some games to try: <ol style="list-style-type: none"> 1. The floor is lava (also known as hot lava) is a game in which players pretend that the floor or ground is made of lava (or any other lethal substance, such as acid or quicksand), and thus must avoid touching the ground, as touching the ground would "kill" the player who did so. 2. I can do this is a fun game that requires no materials—each person takes a turn to be the 'leader' and says "I can do this" 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. 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. 	
20 minutes	Math You Can Eat (maybe??) Can you create these shapes using toothpicks and mini marshmallows (or bits of plasticine or play dough)? (trapezoid, rhombus, hexagon, triangle, square) Please take pictures of your shapes before you eat them!!!	
12:00	<i>Lunch</i>	
60 minutes 	*Art—Animal Research Get started on your Diorama today. Gather all your materials in one spot—then get going! You might want to include... <ul style="list-style-type: none"> • Background (this includes what your habitat has—sky, trees, mountains, rivers, etc.) • Your animal • A food and water source (all living things need it) 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 ownership by cleaning up all your materials when you are done.</p>
<p>60 <i>minutes</i></p>	<p>Games & Choices Check out this week's challenge for Games & Choices time: It's Maker Play!</p> <p>This type of play will help develop the following skills:</p> <ul style="list-style-type: none"> • Planning and organization • Flexibility • Engineering • Problem solving <p>Option: Encourage your child make a bigger project: A restaurant, a school, an airport so this becomes a multi-day project.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div data-bbox="418 827 776 1024">  <p>A toy or game</p> </div> <div data-bbox="873 790 1263 1327">  <p>A 3D shape robot</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div data-bbox="467 1131 748 1300">  <p>A neighbourhood</p> </div> </div>
<p><i>Dismissal</i></p>	