

Morning message:

Hello class. I'm sorry our Zoom got interrupted yesterday by the power surge. I hope that doesn't happen again!

Today we will do our Fireworks science experiment. I can't wait to see what happens!

Friday May
29th



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 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	50 crunches	20 sit-ups





OUTSIDE CHOICES:

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

20-30
minutes

***Pick-a-Project (or finish your Diorama)**

Here is your chance to choose your own project. It might be something we've already done—and you want to do it again or it could be something completely new! Maybe you didn't have time to do one of our previous projects...Be creative, I would love to see what you choose to do!

15 minutes	<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 	Science <u>Fireworks</u> in a jar <ul style="list-style-type: none"> • Jar/tall glass • Vegetable oil • Food colour • Warm Water • Bowl • Fork 	
20-30 minutes	MUSIC 	There is a new activity for you...so check out Mrs. Ishii's Blog
60 minutes	<i>Lunch</i>	
30 minutes	*Math Journals Read "Grandma's Button Box" on Tumblebooks (User name: Confedpark Login: login) You need to find something in your house that you can sort (LEGO is good for this...). How can you sort these items? You can draw me pictures or take a photos of your sorting.	
60 minutes	Games & Choices Check out this week's challenge for Games & Choices time: It's Maker Play! Other Activities: <ul style="list-style-type: none"> • Write a poem about your creation • Use your creation in a story <ul style="list-style-type: none"> ○ if you made a setting, add characters, problem, and solution ○ if you made a character, add setting, problem, and solution ○ you can record your story and send it to me (or write it down) • If you made a game—write up the rules on how to play 	
	<i>Dismissal</i>	