

## 4 DIRECTIONS

Close your eyes for a moment. Now as you open them look below you. What do you see? Turn your head to the left and notice what is there. Now look to your right, what do you see? Turn your head up. What do you see above you?

Looking in these 4 directions, what did you notice that you had not seen before?



## ROCKS & SOCKS

Making a fist, direct all your energy into squeezing your hand with such intensity it is as if your strength can transform your fist into a solid, indestructible rock. Now release your fist, letting go of all that tension, as if your hand has turned into a floppy, dangling sock.



## TASTE AWARENESS

Zooming your attention onto your mouth, what do you taste in your mouth right now? Traces of the last food you ate? Minty toothpaste? Even if it seems like nothing, what does nothing taste like?



## SMELLING THE AIR

Breathe in slowly through your nose and smell the air around you. Notice what you smell. What does it remind you of? Now zoom your attention onto the sensations of the air moving in and out of your nose.



## BUZZING BEE

Taking a few natural breaths, close your eyes & your mouth. As you breathe in, inhale through your nose, keeping your lips lightly sealed. As you exhale, hum the sound of the letter M, noticing how the vibrations feel in your mouth. Continue the sound until you feel the need to inhale. Repeat the buzzing bee breathe, inhaling through the nose, then exhaling the hum of a buzzing bee.



## VISITING EMOTIONS

Taking slow, deep breaths, notice any emotions your body is experiencing right now. Where do you feel it? If it had a color, what color would it be? What about shape? Size? Texture? Imagine that the emotion is a guest just visiting you for a bit. Imagine that it has a story or message to share with you. What might it be saying to you? Just take a moment to sit with that emotion, knowing that when it is ready to pass through, it will be on its way.



## TOUCH AWARENESS

Zooming your focus on your skin and sense of touch, notice what your body is in contact with and how that feels. Can you feel the clothes that you are wearing? What about the air that surrounds you or the ground beneath your feet? Scanning your body from your toes, legs, torso, arms, hands and head, notice any differences you experience.



## DANDELION BREATH

With your hand in front of you, imagine holding a delicate, fluffy dandelion. Breathing in, fill your belly with air. Breathing out, pretend you are slowly blowing the dandelion as the seeds fall, floating away into the sky.



## COLOR SEARCH

Thinking about your favorite color, quietly look around this space and see if you can find that color. In silence, search for it near you, above you, below you, behind you, to your left, to your right or even on you. Notice how you feel finding it. Notice how you feel not finding it.



## RABBIT BREATH

Like a bunny, breathing in through the nose, take three quick short sniffs in a row. Breathing out, slowly exhale through the mouth. Repeat, paying attention to how your body feels.



## COUNTING to 10

Breathing in and breathing out, say to yourself, "Breathing in one," and "Breathing out one." Then "Breathing in two," and "Breathing out two." Continue this until you get to 10. Or more.

1 → 10

## THE SLOW SNAIL

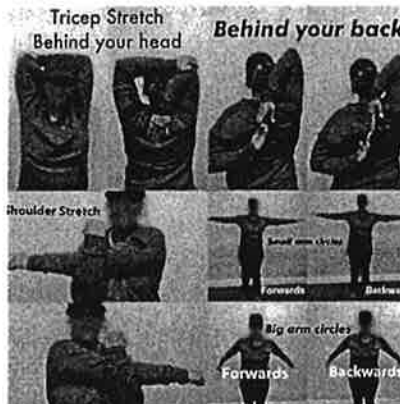
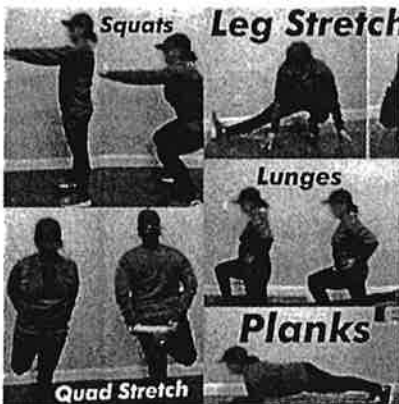
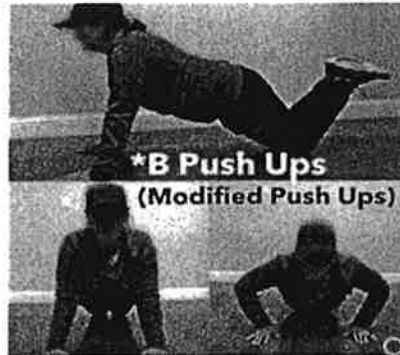
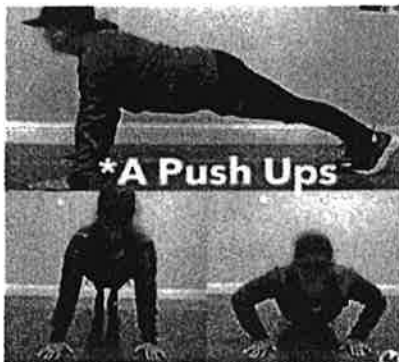
For the next minute or two, pretend that you are like a snail, slowing down every movement you make. How would you walk if you moved like a snail? How would your head move? What about your arms, fingers, toes, legs, and torso? Paying attention to each body part, notice each felt sensation in your body as you move like a snail.



## Indoor Physical Education Suggestions

### ➤ Muscular Strength/Endurance

- Performing curl-ups, push-ups, squats & lunges for an extended period of time.



### ➤ Flexibility

- Perform various stretches daily, suggested stretches listed above.

### ➤ Fitness Concepts

- Plan and record physical activities for an extended period of time.
- (*Optional* Daily Activity Log can be found on the back side of this page)

### ➤ Locomotor Movement

- Jumping rope
- Jumping for height and jumping for distance
- Skipping, walking, jogging & running

### ➤ Manipulative Skills

- Playing catch with someone or against wall or tossing in air, using bag or pillow case to catch an object in the air, and juggling. If a ball is not available rolled up socks can be used.

### ➤ Body Management

- Stacking and balancing pillows. Using sidewalk curbs as a balance beam. Balancing on one foot at a time, practicing walking backwards.

### ➤ Rhythmic Skills

- [www.gonoodle.com](http://www.gonoodle.com) (free)

## Music Activities: 6-8

Activity:	Instructions:
Art, Music, and PE Bingo	<ol style="list-style-type: none"> <li>1. Use the Bingo Card provided</li> <li>2. When you finish an activity, color in the box</li> </ol>
Make an instrument	<ol style="list-style-type: none"> <li>1. Use materials around your home to create a musical instrument. If you can, save it for later to bring back in to school.</li> <li>2. Answer the questions and draw a picture of your instrument.</li> </ol>
Listen/Draw or Write	<ol style="list-style-type: none"> <li>1. Listen to a piece of music without words.</li> <li>2. Draw a picture or write a paragraph of what it makes you think or feel.</li> </ol>
Practice!	<p>If you have the ability, practice a song from class.</p> <ol style="list-style-type: none"> <li>1. Band students – Play through music in your folder; try learning different parts other than your own!</li> <li>2. Piano students – If you have access to a piano, use it. If not, write in the letter names of all the notes and try to use a virtual piano on <a href="http://musictheory.net">musictheory.net</a>.</li> <li>3. Choir students – Access rehearsal tracks on Google Classroom and sing along</li> <li>4. Ukulele students – If you have access to a Ukulele, search "Ukulaliens" on YouTube and play along</li> </ol>
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Interview a family member or friend	Interview a family member in your house or call someone you don't talk to often about their favorite music.
Research an instrument	<ol style="list-style-type: none"> <li>1. Look up an instrument from your heritage or that you are interested in.</li> <li>2. Write about it and draw a picture.</li> </ol>
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Virtual Piano	<ol style="list-style-type: none"> <li>1. Visit <a href="https://www.onlinepianist.com/virtual-piano">https://www.onlinepianist.com/virtual-piano</a></li> <li>2. Play a piano melody for your parent or guardian!</li> </ol>

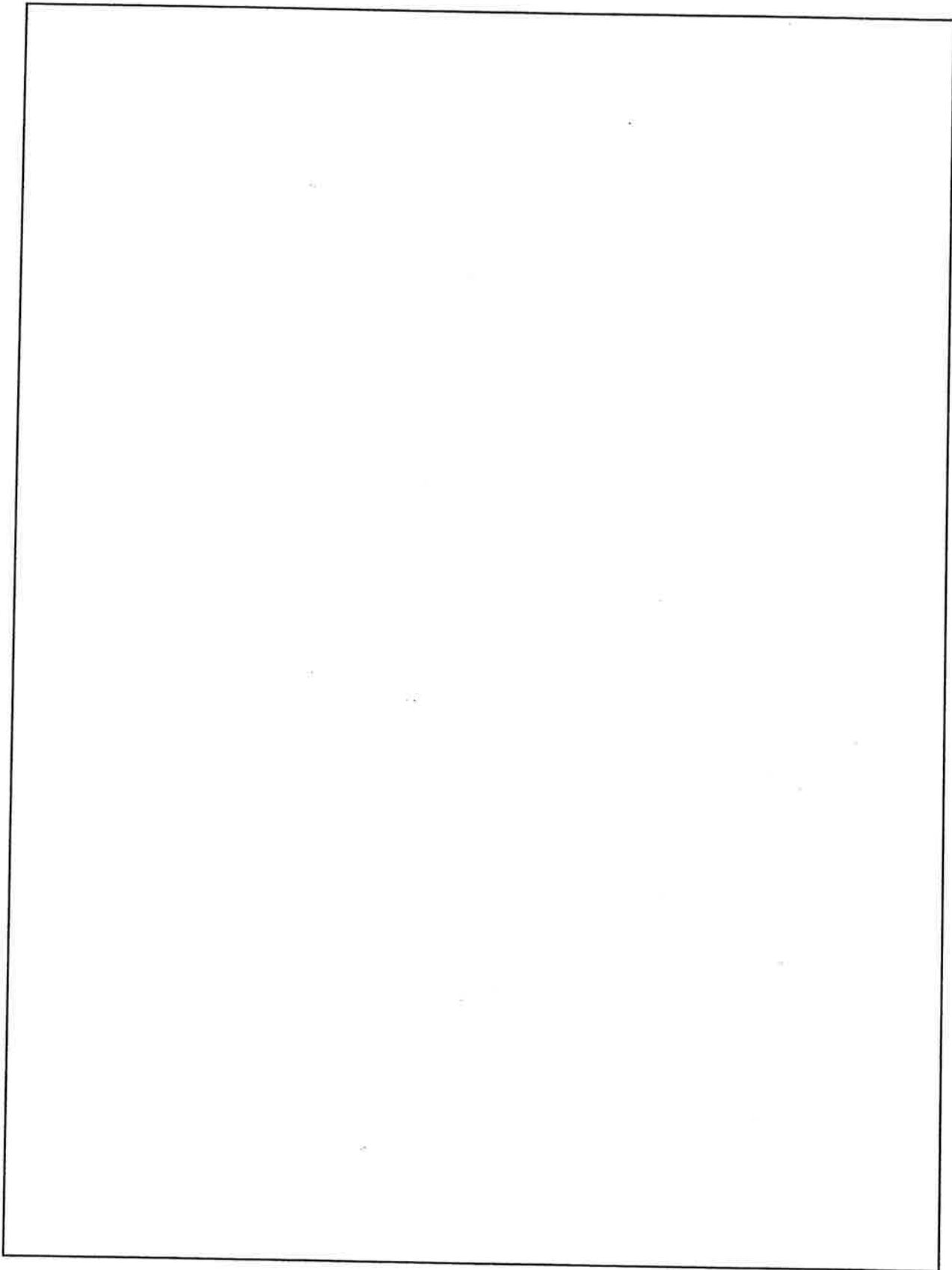
# Art, Music, and PE Bingo: 6-8

Color in each square you complete. If you get a bingo, bring this paper signed by a parent/guardian to your teacher.

Parent/Guardian Signature \_\_\_\_\_

<b>ART</b>  Draw a scene from your favorite book/movie/game	<b>MUSIC</b>  Sing a song to a friend or family member	<b>PE</b>  Play rock paper scissors: Win - 30 second dance party Tie - 30 second crab walk Lose - 10 push-ups	<b>ART</b>  Write a short comic	<b>MUSIC</b>  Listen to a song and draw how it makes you feel
<b>PE</b>  Do 15 burpees	<b>MUSIC</b>  Design and draw a new instrument	<b>ART</b>  Draw, color, or write with your opposite hand	<b>PE</b>  Jog in place for 60 seconds	<b>ART</b>  Set 3 or more objects together and try to draw them as realistically as possible
<b>MUSIC</b>  Create beats on Incredibox (website)	<b>PE</b>  Find an exercise video on YouTube and follow along	<b>FREE SPACE</b>  Go wash your hands!	<b>MUSIC</b>  List all the sounds you hear around you	<b>PE</b>  Do 25 jumping jacks
<b>ART</b>  Design a new character by combining two (ex. Mickey Mouse + Superman)	<b>MUSIC</b>  Write a parody song (change the words to a song that already exists)	<b>ART</b>  Find at least 5 items in your home that are your favorite color	<b>PE</b>  Do 10 squats	<b>MUSIC</b>  With permission, find a music story to listen to on YouTube
<b>PE</b>  Do 30 calf raises	<b>ART</b>  Fold, color, and fly a paper airplane	<b>MUSIC</b>  Explore Chrome Music Lab	<b>PE</b>  Do 15 mountain climbers	<b>ART</b>  Design the world's fastest vehicle

**Listen to a piece of music without words.**  
**Draw a picture or write a paragraph of what it makes**  
**you think or feel.**

A large, empty rectangular box with a thin black border, intended for a student to draw a picture or write a paragraph in response to the prompt above.



**don't talk to often about music.**

**Write about your conversation.**

### Some questions to ask:

- Did you play an instrument?
- How did you listen to music when you were a kid?
- Did you have music in school? Do you remember what kind of songs you sang?
- Did you play games? Did you dance or play instruments? Did you like music class? Why or why not?

Blank lined paper with horizontal ruling lines.

**Watch a musical movie.**  
**Write about what happened.**



# Art, Music, and PE Bingo: 6-8

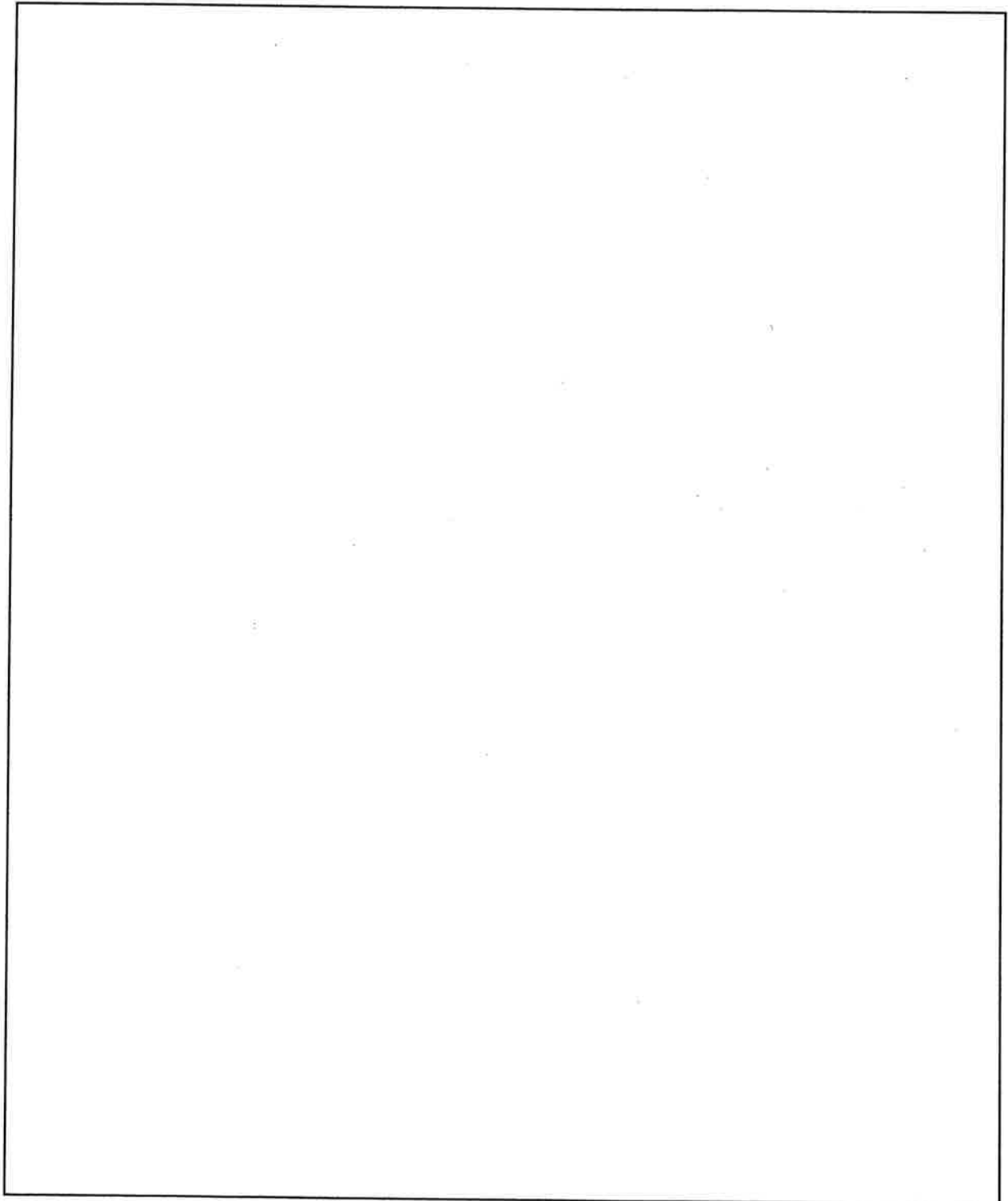
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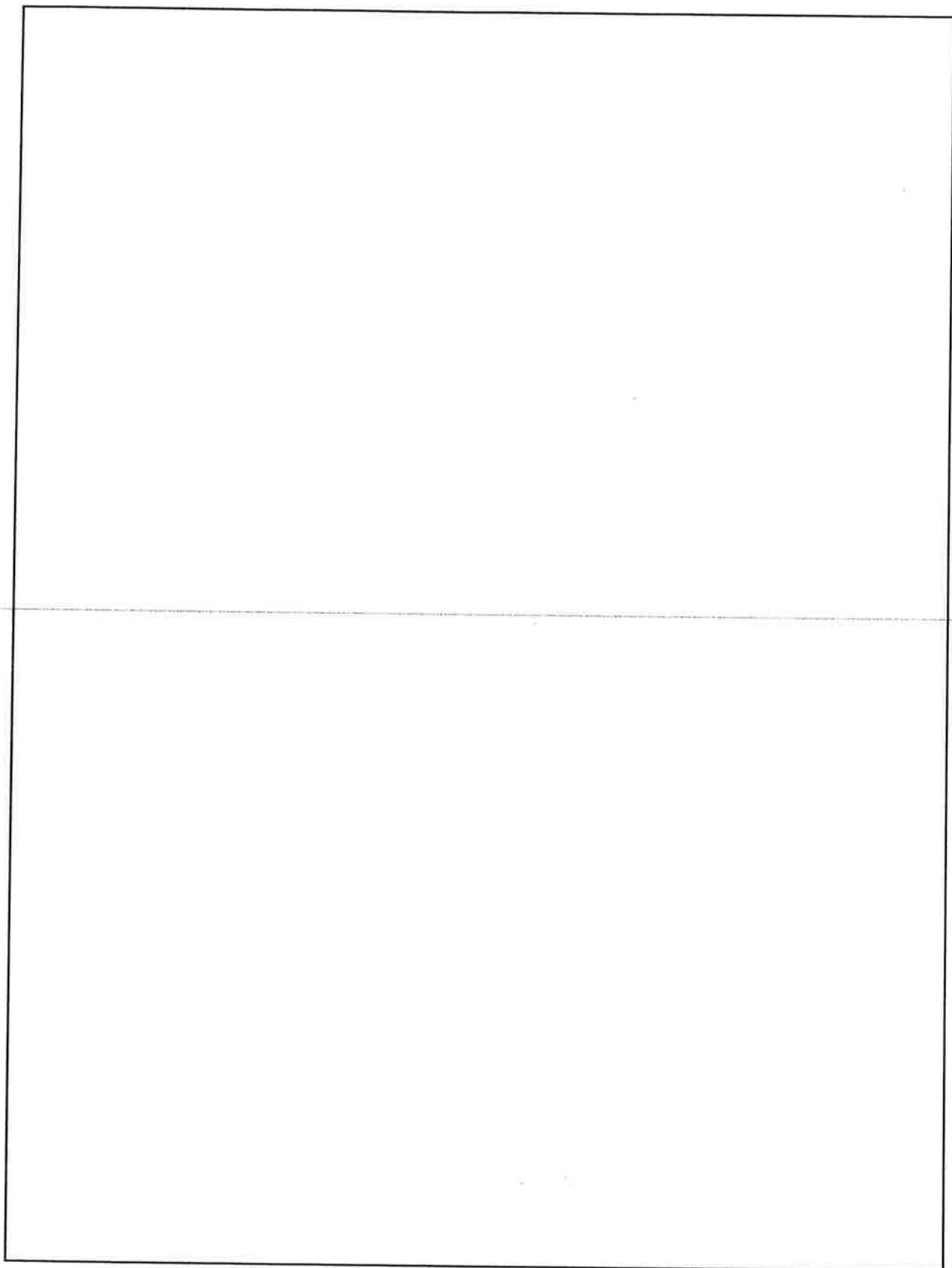
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## Make An Instrument

1. Use materials around your home to create a musical instrument.
2. If you can, save it for later to bring back into school.
3. What did you name your instrument?
4. What materials did you use to make your instrument?
5. How do you play your instrument?
6. What kind of music would you create with your instrument?
7. Draw a picture of it below.



**Listen to a piece of music without words.  
Draw a picture or write a paragraph of what it makes  
you think or feel.**

A large, empty rectangular box with a thin black border, intended for a student to draw a picture or write a paragraph in response to the prompt above. The box is divided horizontally by a faint line, creating two equal-sized sections.

**Interview a family member in your house or call someone you don't talk to often about their favorite music.**

**Write about your conversation, then find some of their favorite music and listen to it!**

### Some questions to ask:

- Who is your favorite musician?
- What is your favorite kind of music?
- Where did you first hear it?
- Have you ever seen your favorite musician in a concert or have seen your favorite kind of music in person?

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**Write about your conversation.**

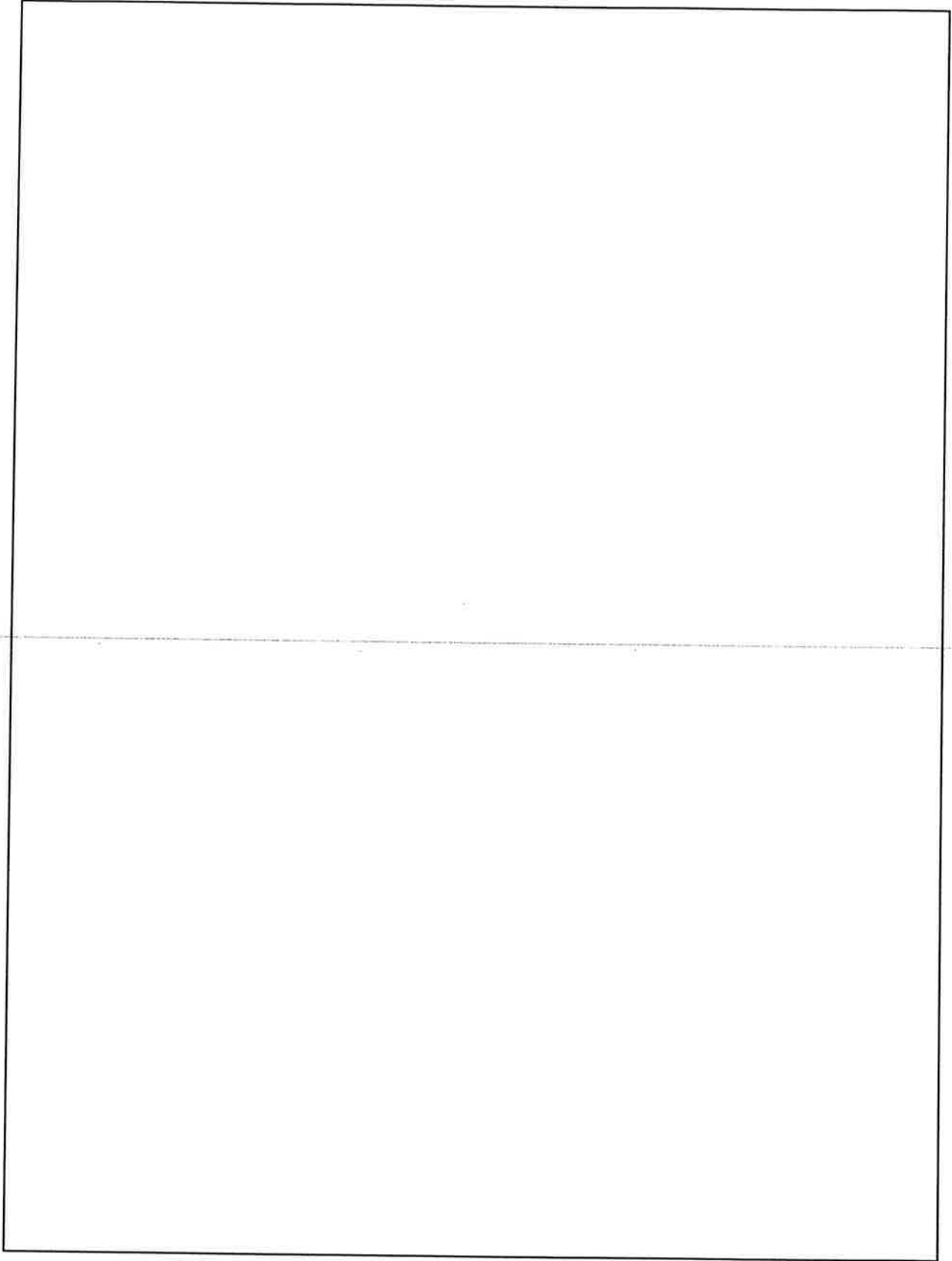
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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page or a sheet of stationery. There is no handwriting or other markings on the page.

**Write about it and draw a picture.**

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**Watch a musical movie.**  
**Write about what happened.**

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MusicTheory.net	<ol style="list-style-type: none"> <li>1. Visit <a href="http://www.musictheory.net">www.musictheory.net</a></li> <li>2. Choose a new lesson you have never looked at before and learn the material.</li> <li>3. Use the "Exercises" to practice your skills.</li> </ol>
Music Games with MusicTechTeacher	<ol style="list-style-type: none"> <li>1. Visit <a href="http://www.musictechteacher.com">www.musictechteacher.com</a></li> <li>2. Choose the drop-down menu "Quizzes/Piano" and click on "Quizzes/Games"</li> <li>3. Choose from any game on this page (may require Flash)</li> </ol>
Watch a Line Rider Video	Visit YouTube and search for Line Rider videos created by DoodleChaos.
Watch a Musical Movie	Using whatever streaming service you have, find a musical and watch it! Write about what happened.
Google Classroom	Visit your Google Classroom to stay in touch with Mrs. Kline and get more ideas for activities.

**\*If you have completed EVERYTHING on this list, email me at [KlineS@chowkids.com](mailto:KlineS@chowkids.com) and I will have even more activities for you.\***