

MY ACTIVITIES

MY CHOICE (Pick one or more)



FAMILY TIME

- Tell each family member something you appreciate about them.
- Play a board/card game.
- Facetime/Video chat with a family member, tell them about your day.
- Eat a meal together.
- Do a puzzle together.
- Watch a movie together.
- Have a dance party!
- Fly paper planes together.
- Read together.

BE A SCIENTIST

- Observe different seeds of plants (weeds) and talk about how they disperse.
- Check the weather everyday and log it down.
- Observe and log the growth of your seed from school.
- Observe the clouds and record what you see.

YUMMY

- Make a healthy snack for you and your family
- Get measuring and bake something!
- Create a list of healthy foods.
- Help your parents plan meals for the week.
- Try a new recipe.

HELP OUT

- Ask to learn a new chore.
- Fold some clothes.
- Water grass/plants.
- Clean/organize your room.
- Take out/pick up trash.
- Wash the dishes.
- Feed your pet.
- Sweep/vacuum the floor.
- Wash the windows.
- Dust/wipe.
- Pull a bucket of weeds.

BE CREATIVE

- Find different types of leaves and use them to make an art piece.
- Go outside and draw the scenery.
- Use sticks/toothpicks to create a picture.
- Build something and take a photo.
- Make funny faces and send them to your family via text!
- Take an up close photo, have your family guess what it is
- Have a scavenger hunt.
- Come up with a new game and play it!
- Create a dance, practice and perform!
- Create a song together.
- Make a fort/tent in your house.

LEARN (MUST DO!)



*Work on your school packet.
AND

Do an online school activity. Visit the
"Distance Ed" tab at www.lihikaielementary.k12.hi.us
(for those who have access)














































GET MOVIN' BINGO (Do one a day)



Take a Walk	Ride my -----	Jumping Jacks	Lunges	Situps
Pushups	Air squats	Bunny Hops	Picking Pine- apples	Washing Machine
Side-to- Side Jumps	Imaginary Jump Rope	FREE	Arm Rotations	Head Rolls
Plank	Jog	Dance	Calf Raises (Heel Lifts)	Tuck Jumps
High Knees	Skipping	Hopping	Wall Sit	Toe Touches

MY ACTIVITIES TRACKER

*Hey Surfers! Write or Draw about one “Learning” and one “My Choice” activity each day. Don’t forget to also do and cross off a “Get Movin’ BINGO” activity...try to do them all before coming back to school.

Mon		Tue		Wed		Thu		Fri	
6	Today, I...	7	Today, I...	8	Today, I...	9	Today, I...	10	Today, I...
									
									
									
13	Today, I...	14	Today, I...	15	Today, I...	16	Today, I...	17	Today, I...
									
									
									
20	Today, I...	21	Today, I...	22	Today, I...	23	Today, I...	24	Today, I...
									
									
									
27	Today, I...	28	Today, I...	29	Today, I...	30	Today, I...	