



K-2 BOREDOM BUSTERS

Have some fun over spring break doing some related arts activities.



Listen to a song you like and draw a picture of how it makes you feel	<u>Down By the Bay</u> (sing along)	Have fun <u>exploring shadows</u>	Create a <u>bubbling lava lamp</u>	Go for a 10 minute walk with someone in your family.
Design, draw, & color a new Instrument. Email a picture to your music teacher.	Make a puppet based on your favorite book character	Explore the outdoors by going on a <u>nature scavenger hunt</u> or making <u>plant people</u>	Pick 3 different exercises-do each exercise for 1 minute each!	Write a story about your time at home
Draw something in your backyard	Draw your favorite animal		Draw a computer <u>keyboard</u> with sidewalk chalk and type with your feet!	<u>https://www.youtube.com/emilyarrow</u> Check out Emily Arrow!
Invent a new instrument from recycled materials and play it with a song that you like.	Draw you and your friend	Draw an obstacle course with chalk in your driveway. Here are some ideas: <u>https://lifeasmama.com/10-sidewalk-chalk-ideas-that-i-keep-kids-entertained-for-hours/5/</u>	Play hopscotch!	Help with the chores-put your laundry away, or ask if you can vacuum!
Watch a book here: <u>https://www.ryanandcraig.com/</u>	Make up a play	Ride or bike or scooter for 15 minutes! Wear your helmet!	Unplug! <u>5 EASY outdoor coding activities</u>	Get on GoNoodle and complete 5 of the dances. <u>https://family.gonoodle.com/</u>



3-5 BOREDOM BUSTERS

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Invent a new instrument with recycled materials and play with a song you like.	Write a story about your time at home	Experiment with Color Changing Milk	Draw a character from a book you are reading	Get in the plank position-"bows and toes". See how long you can hold your plank.
Create a piece in Google Songmaker and share with your teacher	Unplug! 5 EASY outdoor coding activities	Learn about color as you create Sharpie Pen Tye Dye	Draw what you see out your window	For the year 2020-do 20 jumping jacks and 20 sit ups. Repeat 4 times for April being the 4th month!
Play a game on Quaver Music New Code: SpringIsHere	Drink 6 cups of water today!		Combine two animals to create a new one	Grab 2 canned food items and complete 30 bicep curls. Repeat
Record a review of a book here: https://flipgrid.com/4defb637	Chose a paper airplane design and follow the algorithm to create it! Have fun flying it!	Learn about solids, liquids, and gases as you create your own ice cream!	Create a mini poster of an idiom, metaphor, or simile.	Go for a 20 minute walk with one of your family members.
Write a rap about your time at home. Create 2 different sections and perform in ABA form. Send video to your teacher.	Complete 2 chores today! Laundry, dishes, clean your room, vacuum, etc!	Dance Break! Dance along to your favorite song	Draw how you feel	See how many sit ups you can do in one minute.