

MAY 18 - 22, 2020

Topic	Type	5/18/2020 Mindful Monday	5/19/2020	Wednesday, May 20 Wednesday Wonders	5/21/2020 Tenacious Thursday	Friday, May 22 Fine Arts Friday
	Offline	<b>Progressive Muscle Relaxtion</b>	<b>Shadow Ball Soccer</b>	<b>Make Your Own Butter!</b>	<b>Bird House/Feeder</b>	<b>30 Day Song Challenge</b>
		Starting at the top of your head, clench and release your muscles. Then work your way down through each muscle, moving down from your shoulders, your arms, your hands, your abs, and your legs - all the way to your toes! Notice how you feel afterward. Do you feel more relaxed? Repeat 2 or 3 times.	<p><b>Take &amp; Make Tuesday</b></p> <ul style="list-style-type: none"> <li>* Warm Up Routine-arm shakes / toe touch stretch / flamingos</li> <li>* Plank Jacks, Plank Leg Raises, Plank Shoulder Taps, Plank Arm Raises</li> </ul> <p><b>*Shadow Ball Soccer</b></p> <p><b>plank jacks</b>-get in the plank position &amp; move both legs out &amp; together like you doing a jumping jack-20 times</p> <p><b>plank leg raises</b>-get in the plank position &amp; lift your right leg straight up then your left leg straight up-10 times each</p> <p><b>plank shoulder taps</b>-get in the plank position &amp; tap your left shoulder then your left shoulder-10 time each</p> <p>plank arm raises-get in the plank position &amp; lift your right arm straight forward then your left arm straight forward-10 times each</p> <p><b>Shadow Ball Soccer- "bronze medal challenge"</b></p> <p>-kick a ball (or rolled up socks, or a balloon) against the wall 3 times &amp; then into a goal (laundry basket or empty box) that's 10 ft. away. Try to kick as many in the goal in 1 minute.</p> <p><b>"silver medal challenge"</b>-juggle-use your foot, knee, &amp; head to make the ball or sock or (balloon is better) stay in the air. Try to use all 3 before it touches the ground-you can use your knee, foot or head more than 1 time, but try to use all 3.</p> <p><b>"gold medal challenge"</b>-same at the "silver medal challenge, then kick it in the goal at least 1 time in 1 min.- ( use a balloon to juggle, but harder to kick in goal)</p>	<p>Materials:</p> <ul style="list-style-type: none"> <li>•a glass jar with a lid</li> <li>•heavy cream (35% whipping cream) - this is a MUST! It won't work with regular milk</li> </ul> <p>Directions:</p> <ol style="list-style-type: none"> <li>1. Fill your jar half way with cream.</li> <li>2. Put the lid on tightly and SHAKE it like crazy!</li> <li>3. After a minute or two, the cream will thicken, and you won't hear liquid sloshing around anymore.</li> <li>4. Keep shaking! AS THE CREAM THICKENS, YOU GET WHIPPED CREAM!</li> <li>6. About halfway through, take the lid off to take a peek to see what's happening inside the jar. The cream has turned into whipped cream! And yes, grab a spoon, and taste some. It's not like regular whipped cream because there's no sugar.</li> <li>7. Pop the lid back on, and keep shaking. After a few more minutes, you'll hear liquid sloshing around in the jar again.</li> <li>8. Take a peak inside and it will reveal that the sloshing is the buttermilk separating from the butter that's starting to solidify in the jar.</li> <li>9. Almost ready! Once again, pop the lid back on, and shake it for another minute or so, until the butter has formed a solid mass.</li> <li>10. Pour off the buttermilk, and shake the butter out of the jar.</li> <li>11. You can add other flavors into the butter. (Eg. garlic, cinnanmon, lilikoi, guava, etc)</li> </ol> <p><b>**Homemade butter won't keep for long because there are no preservatives in it. It will spoil quickly if left at room temperature,</b></p>	<p>How is butter made?</p>	

				<p>The story Rosie Revere, Engineer is about a 2nd grade girl who wants to become a great engineer. She loves collecting things to create all sorts of interesting gadgets. One day her Great-Great-Great Aunt Rose visits, and one of her wishes is to be able to fly. Rosie tries to build her aunt a flying machine. Through this process, Rosie learns that failure is part of the inventor's (engineering design) process. She is tenacious (persistent) because she keeps giving-it-a-go!</p>	
Online	<p>1) Watch the following mindfulness exercise linked below. 2) Journal or talk to a household member about what you did and how the exercise made you feel. Did you feel better after this exercise? Explain.</p>	<ul style="list-style-type: none"> <li>* Warm Up Routine</li> <li>* Plank Jacks, Plank Leg Raises, Plank Shoulder Taps, Plank Arm Raises</li> <li>* Shadow Ball Soccer</li> <li>* Sun Salute Relaxation</li> </ul>	<p><a href="#">Online Resource from : Happy Hooligans - How To Make Butter In a Jar</a></p>	<p><a href="#">Read here: Rosie Revere, Engineer</a></p>	<p>"Disney's Aladdin - A Musical Spectacular"</p>
	<p><a href="#">Mindfulness - "Bring it Down - Flow"</a></p>	<p><a href="#">Mr. G's Make and Take Tuesday</a></p>	<p>Watch a Video on: <a href="#">How to make butter</a></p>	 <p><a href="#">Home Depot Bird House/Feeder</a></p>	<p>Linked in the section below is a video of the musical version of "Aladdin" that played in Disney California Adventure from 2003 to 2016. This was Disney's first Broadway-type adaptation of one of its popular animated movies. Other shows were presented in more outdoor amphitheater-style productions. This production was the first to be presented in a theater built especially for the show, allowing them production to feature much more complicated sets, lighting, and special effects. An adaptation of a movie to the stage is challenging because the same space must be used to create all the different scenes within the story. Pay attention to how the sets and lighting change to recreate the scenes from the movie. Using the "Aladdin Set Pieces" worksheet linked in the section below, answer the questions as best as you can. Share with me your answers!</p>
	<p>Don't forget! Monday, May 18 - Mrs. Chang's WebEx (12:00-12:30 pm) &amp; Ms. Rezentas' WebEx (12:30-1:00 pm)</p>		<p><a href="#">Is Margarine the same as butter? Read this article from Wonderpolis.</a></p>	<p><a href="#">PDF Directions for Bird House/Feeder</a></p>	<p><a href="#">Disney's "Aladdin - A Musical Spectacular"</a></p>

Other Resources			
<a href="#">"Choose Love" Calm Down</a>			