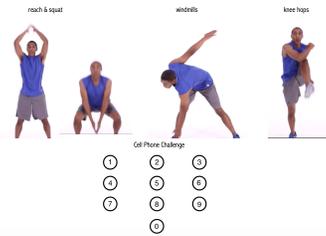
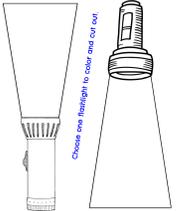


MAY 11-15, 2020

Topic	Type	Monday, May 11 Move & Groove Monday	Tuesday, May 12 Tinkering Tuesday	Wednesday, May 13 Whimsical Wednesday	Thursday, May 14 Thrilling Thursday	Friday, May 15 Forgiveness Friday
SOURCE	Offline	<p><i>Cell Phone Challenge</i></p> <p>Move &amp; Groove Monday                      * Warm Up Routine-arm shakes / toe touch stretch / flamingos                      * Reach &amp; Squat, Windmills, Knee Hops                      * Cell Phone Challenge  <b>reach &amp; squat</b>-put both hands together &amp; raise it above your head, then bring hands down between your legs as you bend your knees &amp; squat down than back up above your head again.  <b>windmills</b>-it's like the toe touches we did for the warm ups, except we don't stay down like we are stretching just come up and keep touching the opposite toe.  <b>knee hops</b>-lift your left knee up &amp; touch your right elbow as you do a hop, then the other side-over &amp; over.  <b>"Cell Phone Challenge"</b>                      Use blue tape because it doesn't damage the paint on the wall or on the door. You can still do this challenge on the floor, but it's a little harder because you will have to stand up every time &amp; do knee hops. So the 1st thing is to write the 10 numbers you have on a phone on the tape &amp; place them so it is in the same order as a phone pad. Next, get 10 phone numbers from your friends, family, parents, or places you call like the school, a store, etc. You will be touching on the wall / door /floor. After you're done dialing 1 phone # do 4 knee hops then dial the next number &amp; then do 4 knee hops so on &amp; so forth. Try to set a goal to do as many phone numbers &amp; knee hops in a minute.</p>	<p><i>Circuits</i></p> <p>How do things light up?</p> <p><b>Materials:</b></p> <ul style="list-style-type: none"> <li>• 2 LED bulbs</li> <li>• 1 button battery</li> <li>• 4 wires</li> <li>• 2 wiggly eyes</li> <li>• 1 toilet paper roll</li> </ul> <p><b>Directions:</b></p> <p><b>STEP #1: EXPLORE</b></p> <ol style="list-style-type: none"> <li>1. Start with one LED bulb.</li> <li>2. Connect the LED bulb to 2 wires. Each "leg" of the LED bulb needs to be twisty-tied to the exposed metal ends of the wire.</li> <li>3. After you have "extended" the "legs" of the LED bulb with the two wires, see if you can get it to light up by creating a complete circuit.</li> <li>4. Get the battery and touch one end of the wire to one side (+ side) of the battery and the other wire to the other side of the battery (- side).</li> <li>5. If the bulb does not light up, switch the wires so that it's touching the opposite side of the battery from what you did earlier in the previous step.</li> <li>6. You can tape the ends of the wires to the battery to keep it lit. You have created a complete circuit once you are able to get the bulb to light up!</li> </ol> <p><b>**Here's a Challenge Question:</b> If you put tape around the battery and touch the wires to it, will the bulb still light up? Test it out! Once you</p>	<p><i>Flashlight</i></p> <p>Did you know that flashlights are made of a circuit too? The story Flashlight, by Lizi Boyd is a whimsical wordless text about being curious and wondering what the night brings. With just his trusty flashlight, a curious little boy wanders out of his tent and into the dark, revealing that the night is full of life too. His flashlight beam uncovers not only nature, but all her nocturnal friends as well. Below is a fun activity that encourages us to imagine some of the things we might see in nature at night. What do you see at night with your trusty flashlight?</p> <p><b>Materials:</b></p> <ul style="list-style-type: none"> <li>• 1 gallon sized Ziploc</li> <li>• 1 piece of black paper</li> <li>• 1 piece of white paper</li> <li>• Colorful Sharpies</li> <li>• flashlight template OR</li> <li>• White thick paper/cardstock to (draw your own flashlight)</li> </ul> <p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Get a ziploc (gallon-sized)</li> <li>2. Place a white paper inside.</li> <li>3. Use Sharpies to draw a scene on the outside of the ziploc bag.</li> <li>4. When done drawing, take the white paper out, and replace it with the black paper.</li> <li>5. Create your flashlight, using the template below or draw your own on cardstock.</li> <li>6. Color and cut out your flashlight.</li> <li>7. Put flashlight into the ziploc and move around to see your scene in the dark.</li> </ol>	<p><i>Musical Scavenger Hunt</i></p> <p>Did you know that music is all around you? See if you can find these music-related objects around your house and take a picture of it. Be sure to ask permission if it belongs to someone else.</p> <ul style="list-style-type: none"> <li>- A CD</li> <li>- A cassette tape</li> <li>- A vinyl record</li> <li>- A toy that sings or plays a song</li> <li>- An instrument</li> <li>- A music symbol or any note</li> <li>- A radio or CD player</li> <li>- Headphones or earbuds</li> <li>- Something that can be played like a drum</li> <li>- A microphone</li> <li>- A karaoke machine</li> <li>- A movie where characters sing</li> <li>- A place that can be used as a stage</li> <li>- A book that plays songs</li> <li>- A video of a concert or a musical</li> <li>- A photo of a family member playing a musical instrument</li> </ul>	<p><i>Anger Basket-Ball</i></p> <ol style="list-style-type: none"> <li>1. Draw a picture or write down something you feel angry or hurt about on a piece of paper; really show how angry or hurt you feel.</li> <li>2. Smash and crumple that piece of paper, feeling how angry/hurt you are about it and packing in into a tight ball</li> <li>3. Close your eyes, hold the ball of paper to your heart, take a Brave Breath and after you inhale say "I am going to let go of this anger (or hurt)"</li> <li>4. Exhale, open your eyes, and toss the ball of anger into the basket. Repeat as many times as it takes to get in the basket.</li> </ol>

	<p>are able to get the bulb to light up, it's time to move to STEP #2: CREATE!</p> <p><b>STEP #2: CREATE!</b></p> <p>1. Now that you know how to make a complete circuit, be creative and use the supplies given to you in this kit to create an animal or object of your choice that lights up. You do not need to use both bulbs if you choose not to. You can connect all four wires to the one battery to get it to light up. (See photo on the right)</p> <p>You may need other supplies like: •Scissors •Glue •Tape. •Markers or crayons. •Construction paper</p>			
<p><i>Move &amp; Groove Monday</i></p> <p><b>Online</b></p> <ul style="list-style-type: none"> <li>* Warm Up Routine</li> <li>* Reach &amp; Squat, Windmills, Knee Hops</li> <li>* Cell Phone Challenge</li> <li>* Constructive Rest Relaxation</li> </ul>	<p><a href="#">Circuits - Click here to access pdf instructions</a></p>  <p>Please take a picture of your creation and or exploration and tag us @kaimiloaes on Facebook or Instagram. We would love to see what creative designs you have come up with.</p>	<p><b>Flashlight Book Trailer</b></p>  <p>Follow this easy how to video to create your own flashlight art scene. Keep in mind, you DO NOT have to do an ocean scene. Think about a scene that YOU might see outside at night, and DRAW THAT!!! There is also an easier Flashlight Art video to follow in the "Other Resources" box below. Have fun!</p>	<p><b>Zentangles</b></p> <p>Today's activity revolves around using a variety of lines and patterns to create a unique piece of art. Click on the link below for the Google presentation and follow the instructions to create this art. Share your completed work with me!</p>	<p><b>"What is Forgiveness?" Video</b></p> <p>What does forgiveness mean and why is it important to forgive others? Even though you can't choose what happens to you, you can always choose how you respond.</p>
<p><a href="#">Mr. G's Move &amp; Groove Exercise Video</a></p>	<p><a href="#">What are LEDs? Find out here!</a></p> <p><a href="#">Fun Facts About Circuits</a></p>	<p><a href="#">Flashlight Template</a></p> <p><a href="#">Cool Flashlight How-To Art Project</a></p>	<p><a href="#">Zentangles</a></p>	<p><a href="#">Choose Love Forgiveness Video</a></p>

Other Resources			
<p><a href="#">"Choose Love" Calm Down</a></p>		<p><a href="#">Easy Flashlight Art Video</a></p>	