

# Special Area Activities for the Week of 5/26- 5/29

Each special Area teacher will provide an activity for one grade level each week. The specials will rotate through all grade levels.

Please note that many of this week's worksheets, but not all, have been created so that the answers can be typed in.

You will need to use Adobe Acrobat Reader or another PDF reader to download and fill out the worksheets electronically.

If you need help downloading Acrobat Reader or downloading the worksheets, [click here for directions!](#)

## Kindergarten: STEAM



**Goal:** *Design and create a device to float a toy on water.*

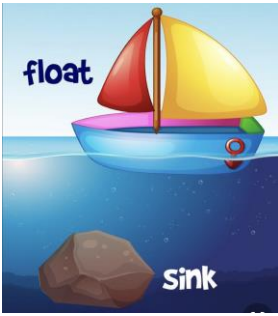
**Materials:** *paper/pencil, water, random toys/items*

### Vocabulary:

**Density-** The density of an object is determined by two things: the **mass (weight)** of the molecules in the object, and **how tightly packed the molecules are** together.

**Sink-** to go down under the surface (MORE MASS AND TIGHTLY packed molecules)

**Float-** to rest on water or air (LESS MASS and LOOSELY packed molecules)



### **Directions:**

1. Watch this video on what makes an object sink or float: [Why things Sink or Float](#)
2. Complete the following worksheet: [Sink or Float Worksheet](#)
3. Check out and complete this week's STEAM challenge: [Create a Flotation Device for a toy](#)  
Password: PGAsteam

### **Optional activities:**

1. Practice your keyboarding [Jungle Junior: Typing for Kids | Typingclub](#)
2. Density Liquid Experiments: [Density Experiment #1](#) or [Density Experiment #2](#)
3. Check out my page for more fun links and websites: [Mrs. Hitz Webpage](#)

## **Grade 1: Art**

**Goal:** Students will be listening to Peter Rabbit and drawing their favorite fruit or vegetable.

### ***Materials:***

A piece of paper  
Something to color with  
A piece of fruit or vegetable.

### **Directions:**

1. Watch this story of [Peter Rabbit from Storyline Online](#)
2. Think about all of the foods that Peter ate while he was in the garden, and all the foods that were in the garden as he ran about.
3. With your parents' help, Get out your favorite fruit or vegetable. Place it on a clean spot in your table.
4. I like to see the food as shapes in order to draw it. What shapes do you see?
5. Draw your food carefully with details. Color carefully and then, sign your work at the bottom!
6. Send me your drawing! [Email Mrs. Rodriguez](#)

## **Grade 2: Library**

**Goal:** Students will be able to identify and describe the basic parts of a computer.

### ***Materials:***

### **Directions:**

1. Log in to Brain Pop Jr. to learn about the parts of a computer:
  - a. [Click here](#)
  - b. Click Log in at the top right of your screen and log in with this information
    - i. Username: pgalibrary
    - ii. Password: library1
  - c. Watch the Video!
2. Look through the first two sections on this [website](#): Introduction and Lesson 4.
  - a. Watch the videos and press the buttons to learn more about the parts of the computer!
3. Play [Quizizz](#) to learn new words about the parts of a computer and using a computer! These are words we will spend time learning in third grade!
  - a. Be sure to use your first and last name as your username so I can tell you played!

### ***Want to do more?***

- Use sticky notes to label the parts of your own computer or complete this [worksheet!](#)
- Take the quizzes on Brainpop Jr. about the parts of a computer! There is an easy version and a hard version under the video!
- Check out [Miss Sunday's webpage](#) for links to stories you can listen to and games you can play online!

## **Grade 3: Phys. Ed.**

**Goal:** Engage in physical activities that promote physical fitness and health

# **Field Day Week!**

### ***Materials:***

[Field Day Packet](#)

[Equipment List](#)

[Scorecard](#) - This is a fillable PDF.

### **Directions:**

1. Check out the [Field Day Kick Off Video!](#)
2. Gather your supplies and find an open area to complete the different activities.
3. Keep track of your score on the fillable scorecard or print the scorecard off to keep track.
  - a. Submit your scorecards to [sdepphutchinson@pgasd.com](mailto:sdepphutchinson@pgasd.com) or the [Flexible Instruction Jot Form](#) to receive a Field Day Certificate.
4. Join Live Events with the school [Click here to join!](#) Password: pe2020
  - a. Tuesday
    - i. Flip Your Lid at 9:30 am and 1:30 pm
      1. Equipment: Spatula and Tupperware lid
    - ii. Paper Plane Corn Hole at 10:15 am and 2:15 pm
      1. Equipment: paper plane or sock ball, bucket or laundry basket
    - iii. Bowl Ball at 11 am and 1 pm

1. Equipment: 6 bowls or containers, 1 sock ball, scorecard
  - b. Wednesday
    - i. Sock-er Skee-ball at 9:30 am and 1:30pm
      1. Equipment: laundry basket, bucket, tupperware container, and 10 sock balls
    - ii. If the Shoe Fits at 10:15 am and 2:15pm
      1. Equipment: 1 shoe
    - iii. Water Bottle Trap at 11 am and 1pm
      1. Equipment: water bottle, laundry basket, and sock ball
  - c. Thursday
    - i. Fast Folder at 9am and 1:30pm
      1. Equipment: 10 pieces of clothing
    - ii. Towel Flip Challenge at 9:30 am and 2:15 pm
      1. Equipment: 1 towel
5. Here are the directions to a few of Miss D-H's favorite activities!
- a. Bowl Ball: Equipment- 6 bowls, 1 sock ball, scorecard.
    - i. Set the bowls in a triangle pattern and mark a throwing line 6-8 feet away.
    - ii. Set a timer for 1 minute and see how many points you can score. The bowls closest to the throwing line are worth 1 point, the next row is worth 2 points, and the furthest bowl is worth 3 points.
    - iii. After 1 minute write your score down on your scorecard.
  - b. Flip Your Lid: Equipment - spatula, 1 tupperware/plastic lid, scorecard
    - i. Set the lid facing down and hold your spatula. Your goal is to flip the lid upside down to earn points. You earn 1 point if the lid lands upside down and 0 points if it lands right side up.
    - ii. Set a timer for 1 minute and see how many times you can land the lid upside down. After 1 minute write your score down on your scorecard.
6. Celebrate with your grade level on Friday! [Click this link to join!](#) Password: celebrate
- a. Kindergarten: 9:30 - 10:00 am
  - b. First Grade: 10:30 - 11 am
  - c. Second Grade 11:30 - 12 pm
  - d. Third Grade: 12:30 - 1 pm
  - e. Fourth Grade: 1:30 - 2 pm

## Grade 4: Music

**Goal:** Meet Ms. Pugh and learn about Music and Chorus in Middle School.

**Materials:**

[Interview with Ms. Pugh](#)  
[4<sup>th</sup> Grade Music Survey](#)

**Directions:**

1. Watch the [Interview with Ms. Pugh](#) including a NEW SONG from Ms. Pugh.

2. Once you have watched the interview, fill out the [4<sup>th</sup> Grade Music Survey](#).

### *Want to do more?*

If you'd like to review songs from 4<sup>th</sup> Grade Music and Cardinal Choral, you can find them below:

- ["Buy Me Chocolate"](#)
- ["Banana"](#)
- ["Let's Eat"](#)
- ["Grandma's Pretty Good Chicken Pot Pie"](#)
- ["What's Cookin'"](#)
- ["My Banana Split"](#)
- ["Fast Food Tango"](#)

## All Grade Levels: Social/Emotional Learning

**Goal:** To practice using Mindfulness and Perseverance in everyday life.

### **Materials:**

**One of the following Worksheets:** [Calm Down Yoga](#), [Mindful Coloring](#), [Stress Ball Making](#), [Summer Mindful Breathing](#), [Mindful Cards](#), [Mindful Breathing Craft](#), [Mindful Nature Walk](#), [5-4-3-2-1 Scavenger Hunt](#), [Mindful Flower Craft](#), [Mindful Flower Example](#)

### **Directions:**

#### **Mindfulness Activities**

1. What is Mindfulness
  - a. We have been talking about what Mindfulness is. Mindfulness is being aware of what is going on in one's mind, with one's feelings, with one's thoughts, and with one's body. Mindfulness is a good practice to get into every day.
2. What is Perseverance?
  - a. Perseverance is staying with a task and not giving up. It is showing commitment, pride and having a positive attitude. It is being willing to try again and again and again.
3. **Activity**
  - a. This week I am giving a menu of different mindful activities. You should choose **one** of the activities from the box below to try and complete. You do not have to do them all but are more than welcome too. These are things you can do throughout the summer to help you to practice being mindful.

<p><a href="#">Mindful Flower Craft</a></p> <p>Attached you will find the template. In each of the flower petals write a word or thought that shows what mindfulness is. Then color the petals. Next cut out your flower and paste it together. Here is an example of my <a href="#">Mindful Flower Example</a> completed..</p> <p><b>Materials:</b> Scissor, Glue, Crayons</p>	<p><a href="#">5-4-3-2-1 Scavenger Hunt</a></p> <p>Attached you will find a 5-4-3-2-1 Scavenger Hunt. In each of the boxes write or draw what you come up with for your answers. You will pick 5 things you can see from in your house that help you to feel mindful. 4 things you can touch that help you to feel mindful. 3 things you can hear that you help you to feel mindful. 2 things you can smell that help you to feel mindful. Finally, 1 thing you can taste that helps you to feel mindful.</p> <p><b>Materials:</b> Items from your around your house</p>	<p><a href="#">Mindful Nature Walk</a></p> <p>Attached is a guide worksheet. Go outside into nature. Go for a walk or sit on the porch/deck. Play outside. Spend 5 to 10 minutes. What can you see? What colors and textures stand out to you? What can you smell.? What do you hear? What are you feeling? Describe your experience in writing or drawing.</p> <p><b>Materials:</b> The Outdoors, or a yard or a park</p>	<p><a href="#">Mindful Breathing Craft</a></p> <p>Cut out the stem, leaves, center, and petals of the flower. Glue the petals around the center piece of the flower in any order, glue the leaves of the stem. Glue your flower to the stem. Rip or cut pieces of tissue paper. Glue them to the back of the flower. If you don't have tissue paper, you can color the paper that you have Once it is dry slowly blow at the flower to see the long petals fly away!</p> <p><b>Materials:</b> Scissor, Glue, Tissue Paper, Paper</p>
<p><a href="#">Mindful Coloring</a></p> <p>Attached are three sample Mindful Color sheets. You can use any coloring sheet though that you would like. Set a timer for ten minutes and just color.</p> <p><b>Materials:</b> Coloring Page, Crayons</p>	<p><a href="#">Stress Ball Making</a></p> <p>You can make your own stress ball. I have attached some directions to make your own stress ball. You can also use orbeez, rice, beans, and/or flour to make a stress ball.</p> <p><b>Materials:</b> Corn Starch, water, balloons, empty water bottle, bowl, spoon</p>	<p><a href="#">Summer Mindful Breathing</a></p> <p>Use the attached sheets to complete Mindful breathing. Spend 2 to 3 minutes practicing mindful breathing for three days in a row. Send me an email with how it made you feel and if it helped you.</p> <p><b>Materials:</b> Worksheet Attached</p>	<p><a href="#">Mindful Cards</a></p> <p>Pick one of the mindful practice cards and complete the task on the card. What did that feel like? How did it make you feel?</p> <p><b>Materials:</b> Mindful Cards Attached</p>

<p><a href="#">Calm Down Yoga</a></p> <p>Spend ten minutes and complete the Yoga poses attached. Make sure the room is quiet and really focus on your mind, thoughts, and feelings.</p> <p><b>Materials:</b> Quiet Space, Attached Yoga Poses</p>			
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4. Send me an email at [mbrand@pgasd.com](mailto:mbrand@pgasd.com) with your pick. How did it feel when you completed the mindful activity? Looking forward to hearing about your mindful experience at [mbrand@pgasd.com](mailto:mbrand@pgasd.com)

Optional –

GoNoodle Mindful Video Links:

1. [Strengthen Your Focus](#)
2. [Rainbow Breathe](#)
3. [Be Kind To Yourself](#)
4. [Bring it Down](#)
5. [Melting Flow](#)

## Links to this week's videos

### **Kindergarten**

- [Why things sink or float](#)

### **Grade 1**

- [Peter Rabbit from Storyline Online](#)

### **Grade 2**

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### **Grade 3**

- [Field Day Kick Off Video](#)

## **Grade 4**

- [Interview with Ms. Pugh](#)

## **Social Emotional Learning**

- [Strengthen Your Focus](#)
- [Rainbow Breathe](#)
- [Be Kind To Yourself](#)
- [Bring it Down](#)
- [Melting Flow](#)

# **Links to this week's resources:**

## **Kindergarten**

- [Sink or Float Worksheet](#)
- [STEAM challenge](#)

## **Grade 1**

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## **Grade 2**

- [Computer Basics website](#)
- [Quizizz](#)

## **Grade 3**

- [Field Day Packet](#)
- [Equipment List](#)
- [Scorecard](#) - This is a fillable PDF
- [Live Activity Link](#)
- [Celebration Link](#)

## **Grade 4**

- [4<sup>th</sup> Grade Music Survey](#)

## **Social Emotional Learning**

- [Calm Down Yoga](#)
- [Mindful Coloring](#)
- [Stress Ball Making](#)
- [Summer Mindful Breathing](#)
- [Mindful Cards](#)
- [Mindful Breathing Craft](#)
- [Mindful Nature Walk](#)
- [5-4-3-2-1 Scavenger Hunt](#)
- [Mindful Flower Craft](#)
- [Mindful Flower Example](#)

Questions? Email your teachers!



<b>Miss M. Brand</b> mbrand@pgasd.com	<b>Miss Depp-Hutchinson</b> sdepphutchinson@pgasd.com	<b>Mrs. Hitz</b> jhitz@pgasd.com
<b>Mr. Mansilla</b> emansilla@pgasd.com	<b>Mrs. Rodriguez</b> drodriguez@pgasd.com	<b>Miss Sunday</b> msunday@pgasd.com
<a href="#"><u>Need to reach someone else? Find them here!</u></a>		