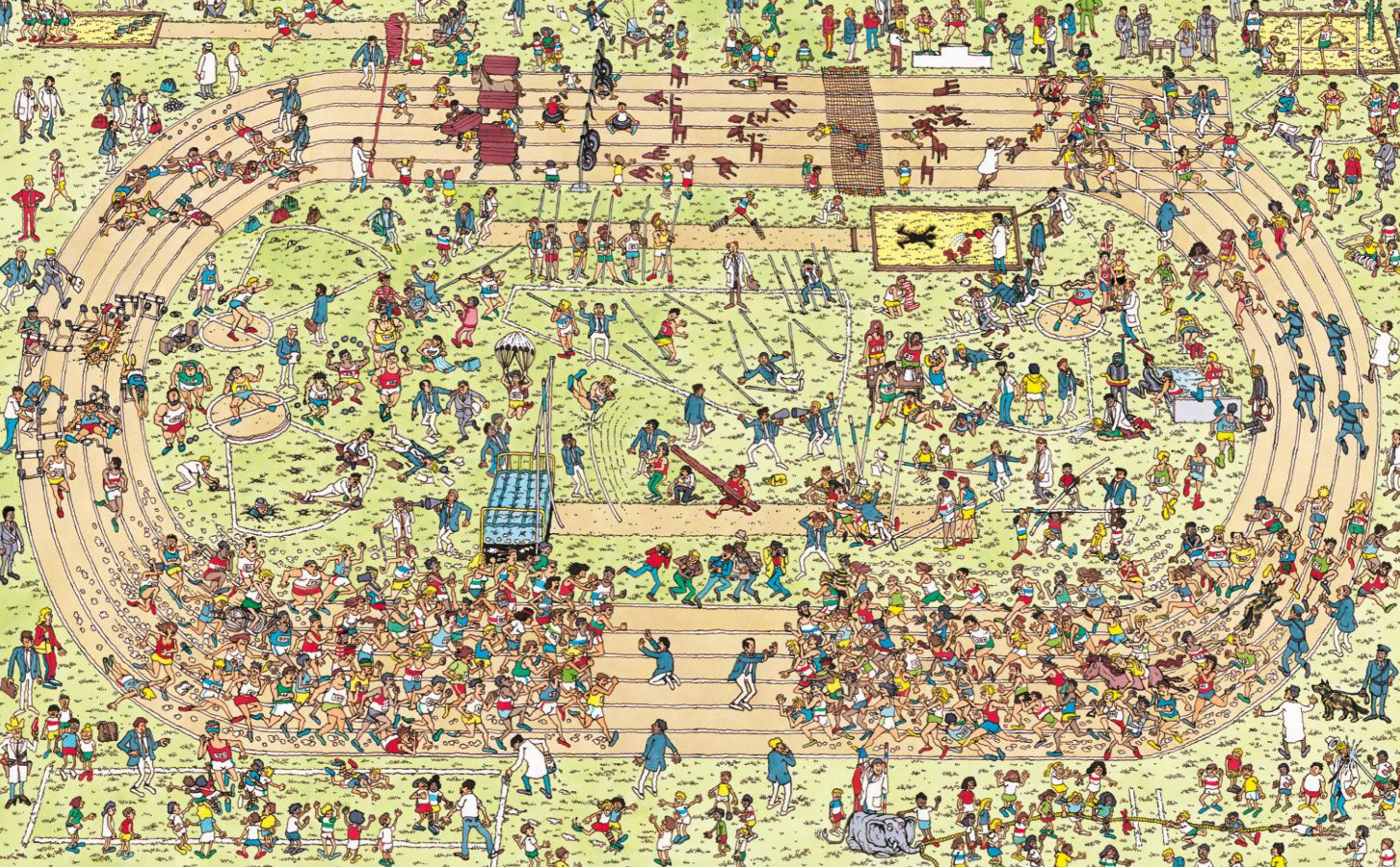


3-6 Green holiday pack

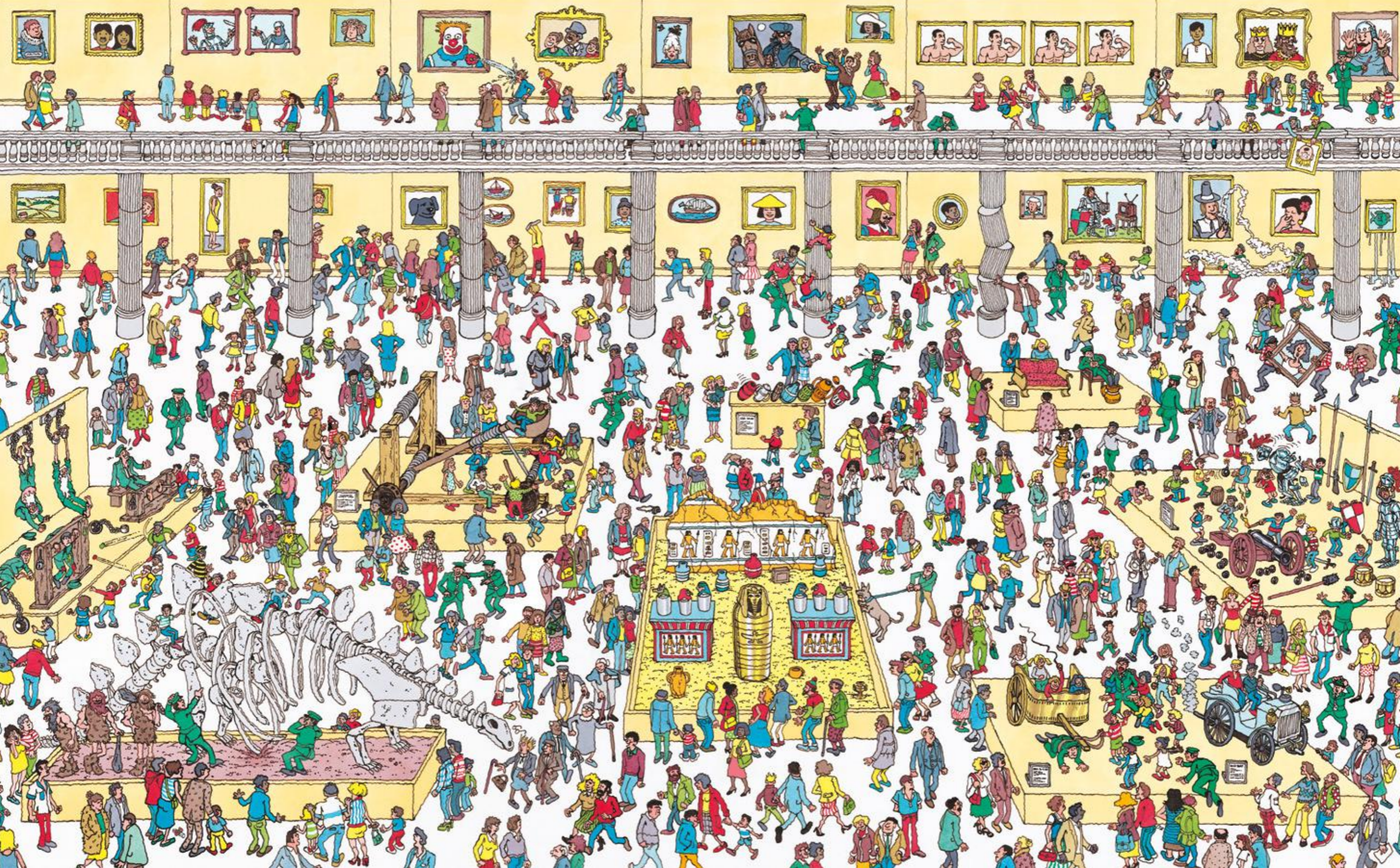
**BOREDOM
BUSTERS**

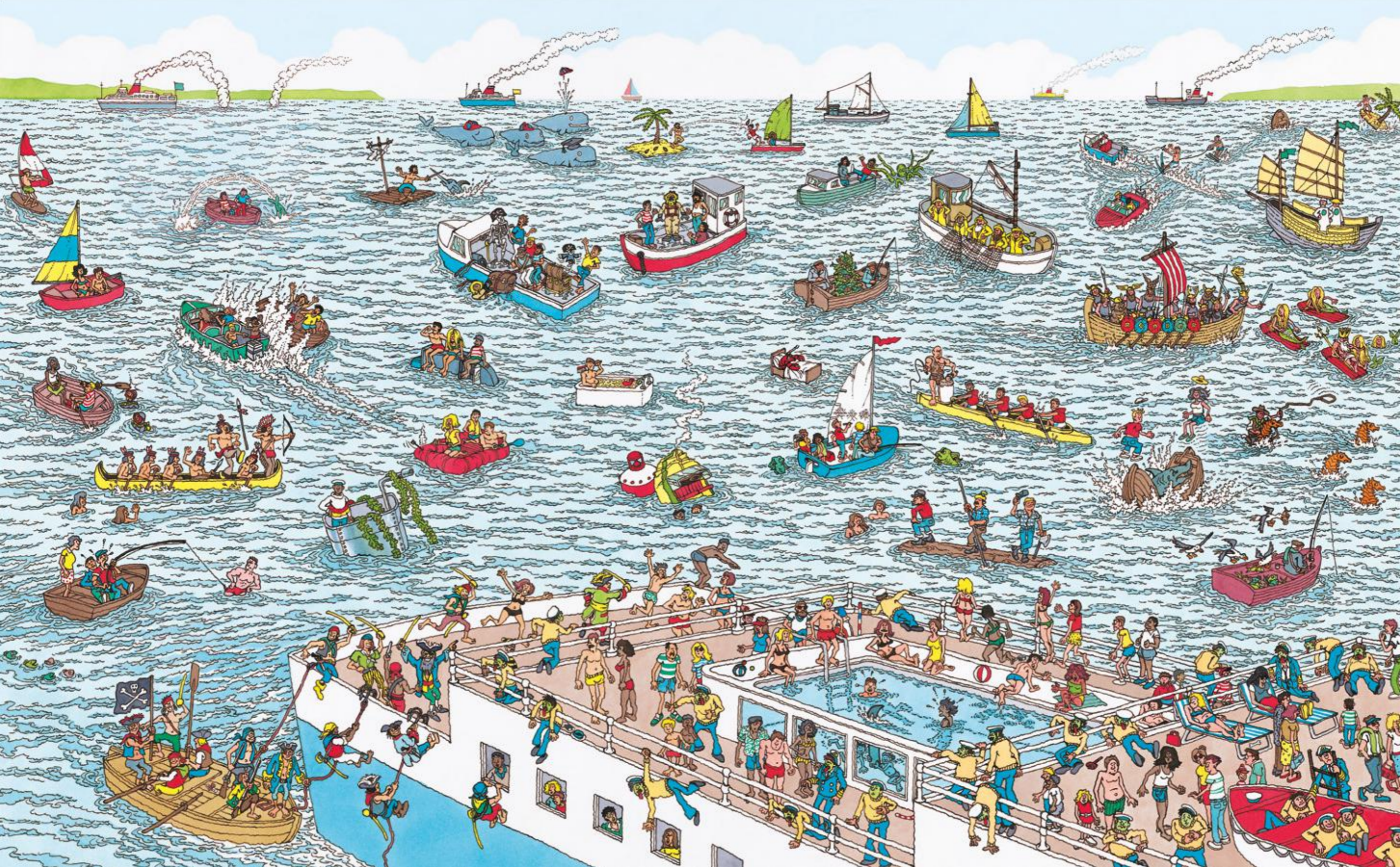
WHERE'S WALLY?

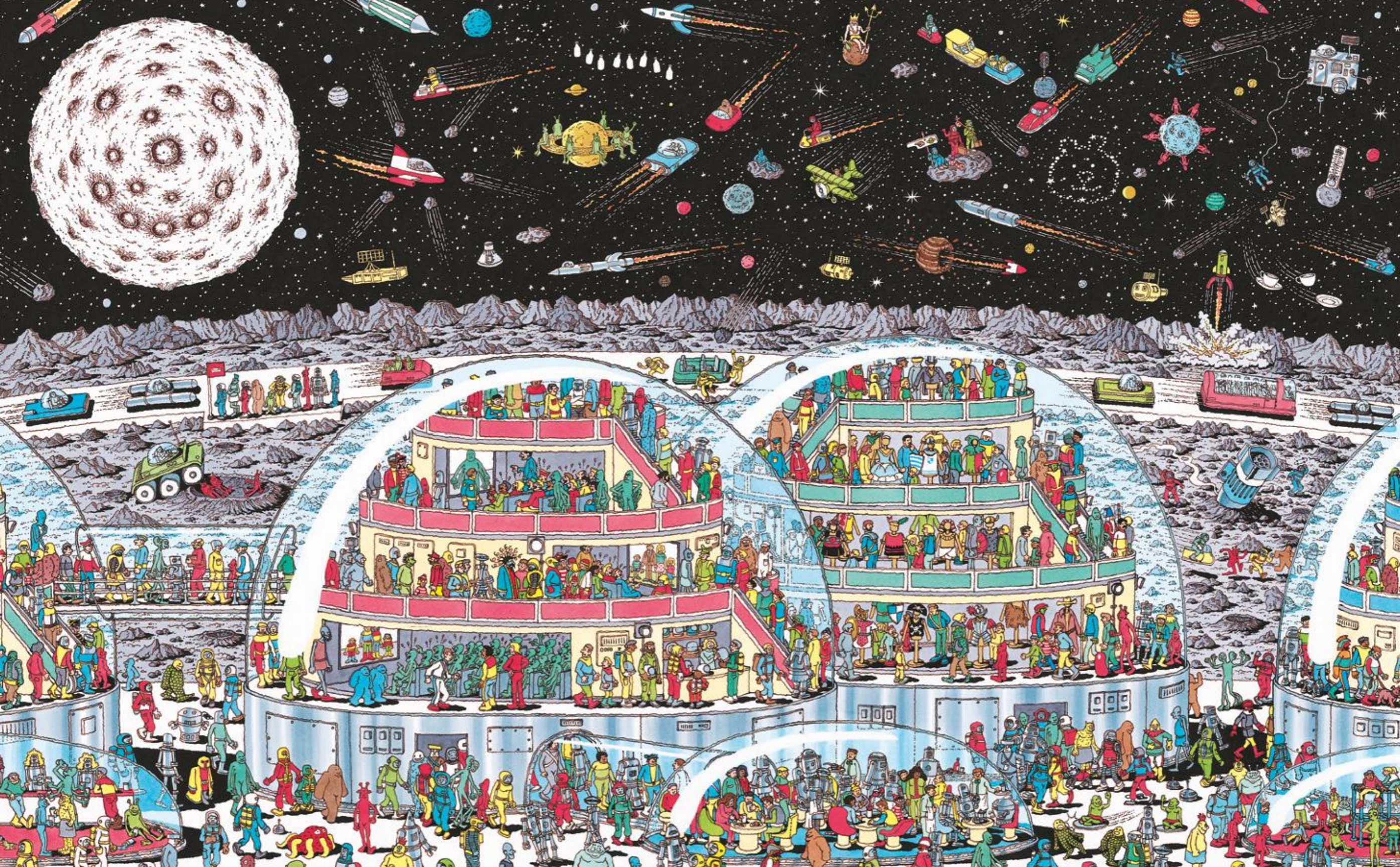




Scene from *Where's Wally?* © 1987 – 2015 Martin Handford. Reproduced by permission of Walker Books Ltd, London SE11 5HJ. "Where's Wally?" TM & © Classic Media Distribution Limited. All rights reserved.









Helping at Home

How many points can you get?

1 point	2 points	3 points	5 points	10 points
				
Eat a healthy snack.	Help with the dishes.	Tell someone a story.	Fold a load of laundry.	Make a safety plan for the family.
				
Wash your hands before eating.	Help care for a pet.	Go to bed without whining.	Do something creative.	Learn 5 facts about another culture.
				
Say something nice to someone.	Read to someone.	Read to yourself for 30 minutes.	Complete one school assignment.	Wash and dry a load of laundry.
				
Give someone a fist bump and encourage them.	Take out the trash.	Sing to someone.	Exercise for 20 minutes.	Vacuum one room.

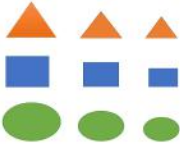





the Ultimate - no material - home activity list

hide n seek	scavenger hunt	build a fort	charades	freeze dance
DIY balance beam with socks "how far can you walk?"	Play Hot Potato w/ a toilet paper	Simon Says	Indoor Basketball	paper roll binoculars
Sound safari	Just roll around on the floor, roll over things like a bulldozer	egg & spoon race	bowling	bear crawl race
potato sack race!	red light, green light	sponge tower	spot the alphabet	i'm thinking of ... (ex: "I'm thinking of something yellow and big, with feathers and a beak.")
tic tac toe	backyard cross country	i spy with my little eye	disappearing objects, guess whats missing	backyard relay race



ART Choice Board

Directions: Choose 1 art activity to complete at home. Please do this activity with the supervision of an adult. Once finished, try another one! Have fun!

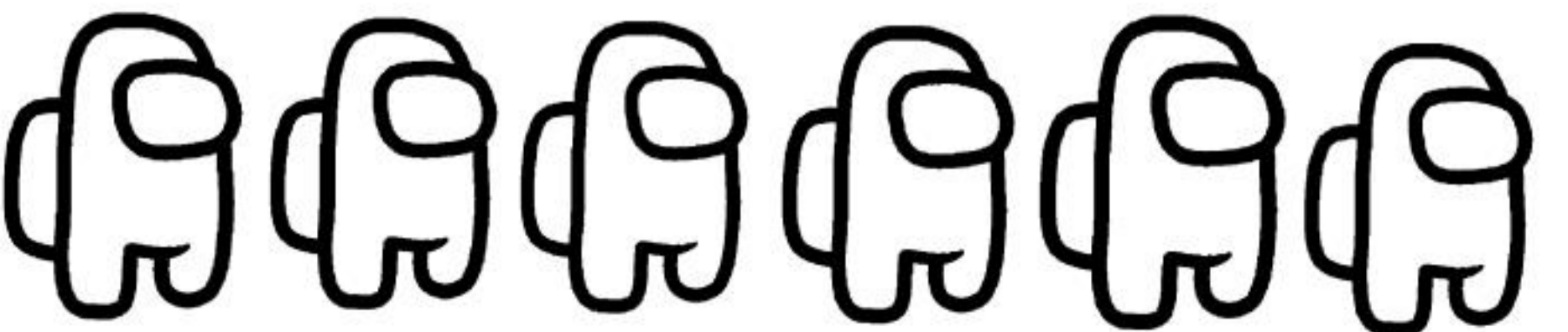
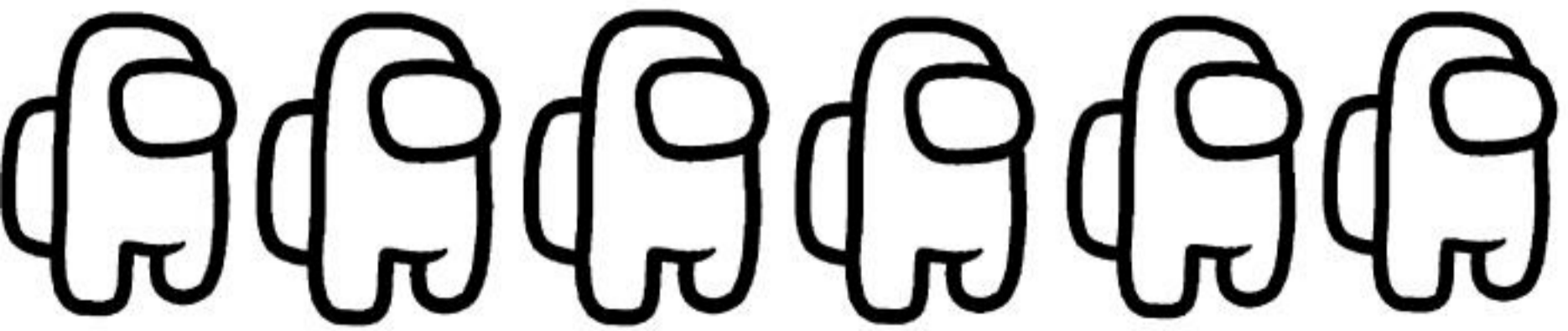
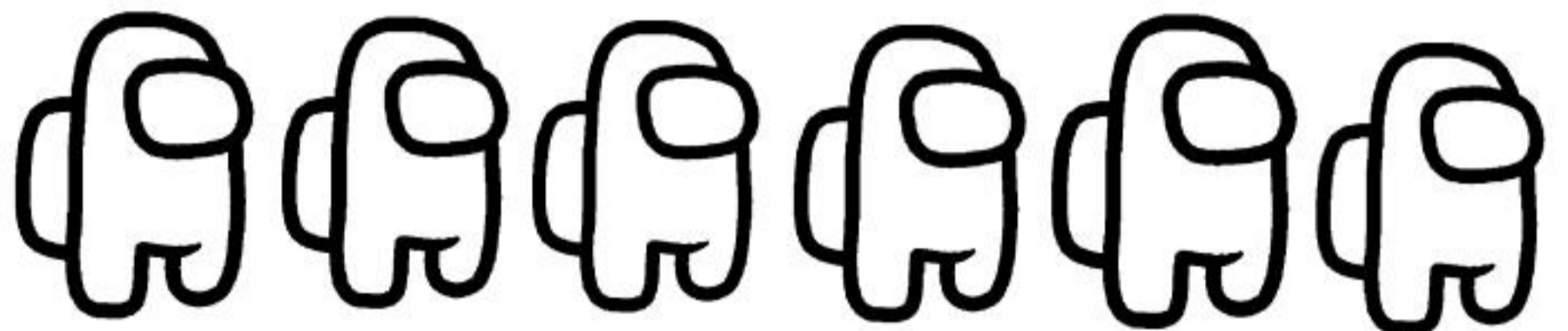
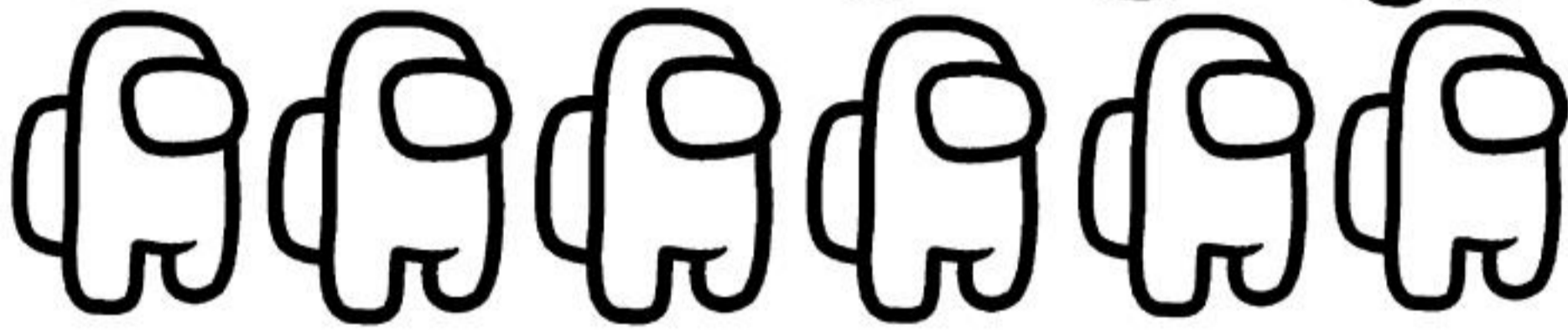
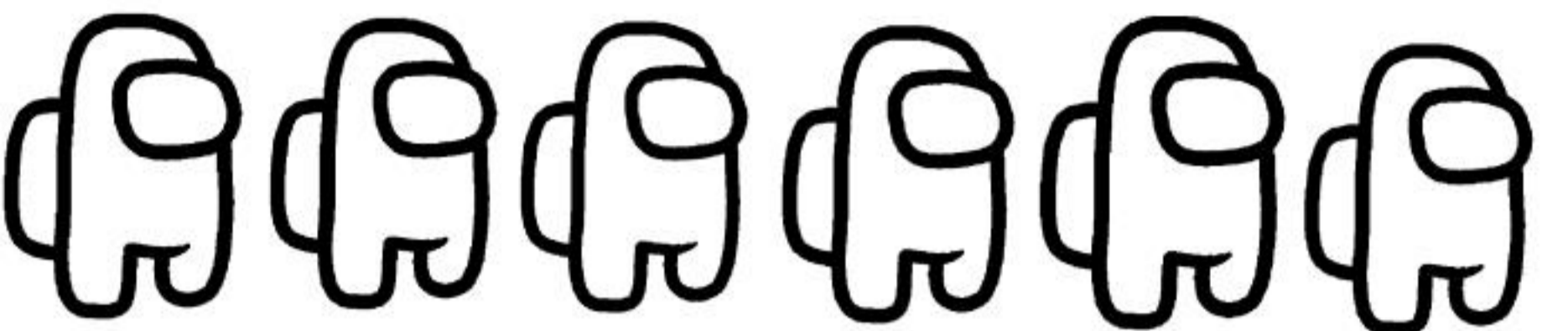
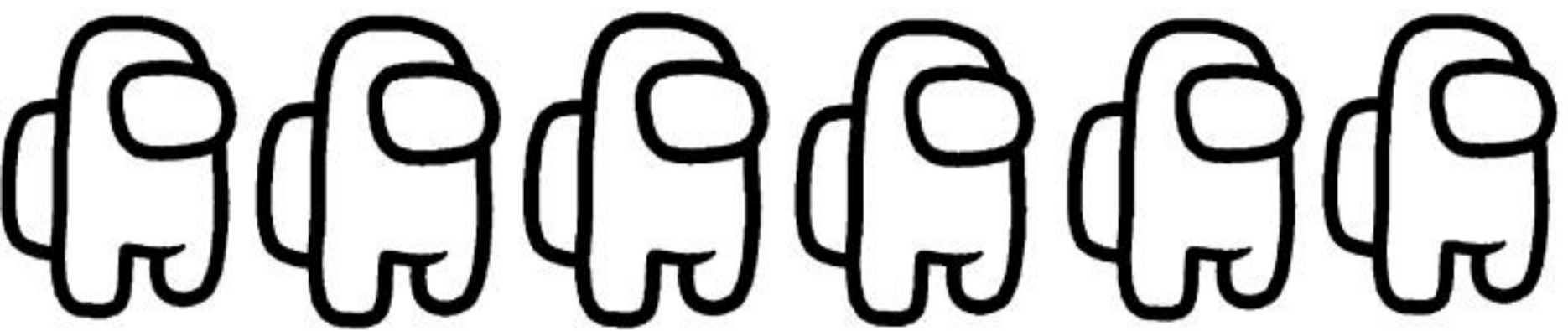
<p>Shape Scavenger Hunt</p>  <p>Triangle, Square, Circle</p> <ul style="list-style-type: none"> -Find one object in your home for each of the shapes listed above. -Draw a picture of one of the objects. -Was it hard to find an item shaped like a triangle? 	<p>Nature Arrangement</p>  <ul style="list-style-type: none"> -Collect objects in nature from outside of your home (twigs, leaves, rocks, flowers, soil). -Make an artistic arrangement with the nature objects. -Draw your arrangement. -What did you use more, flowers? Rocks? 	<p>Scribble Bible</p>  <ul style="list-style-type: none"> -Ask someone in your family to draw a scribble on a piece of paper. -Looking at the scribble, you are to create a new picture using their scribble as your starting point. -Color your new design. -What does it look like?
<p>Story Character</p>  <ul style="list-style-type: none"> -After listening to or reading a story, pick your favorite character and draw that character. -Draw your favorite character in a new setting other than the story's setting. -Add yourself interacting with the character. -What is your new setting and why? 	<p>Catch-all Collage</p>  <ul style="list-style-type: none"> -Gather from around your home throw-away items such as magazines, newspapers, grocery boxes, paper bags, toilet paper rolls, etc. -Tear or cut them into different sizes and shapes. -Glue them onto another piece of paper to create an abstract design. -What item was your favorite to use? 	<p>Warm/Cool Colors</p>  <ul style="list-style-type: none"> -Take 1 piece of white paper and fold it in half. -Label one side "warm" and the other side "cool". -On the warm side, draw a picture using only warm colors (think yellows, oranges, reds). -On the cool side draw a picture using only cool colors (think blues, greens, purples). -What did you draw?

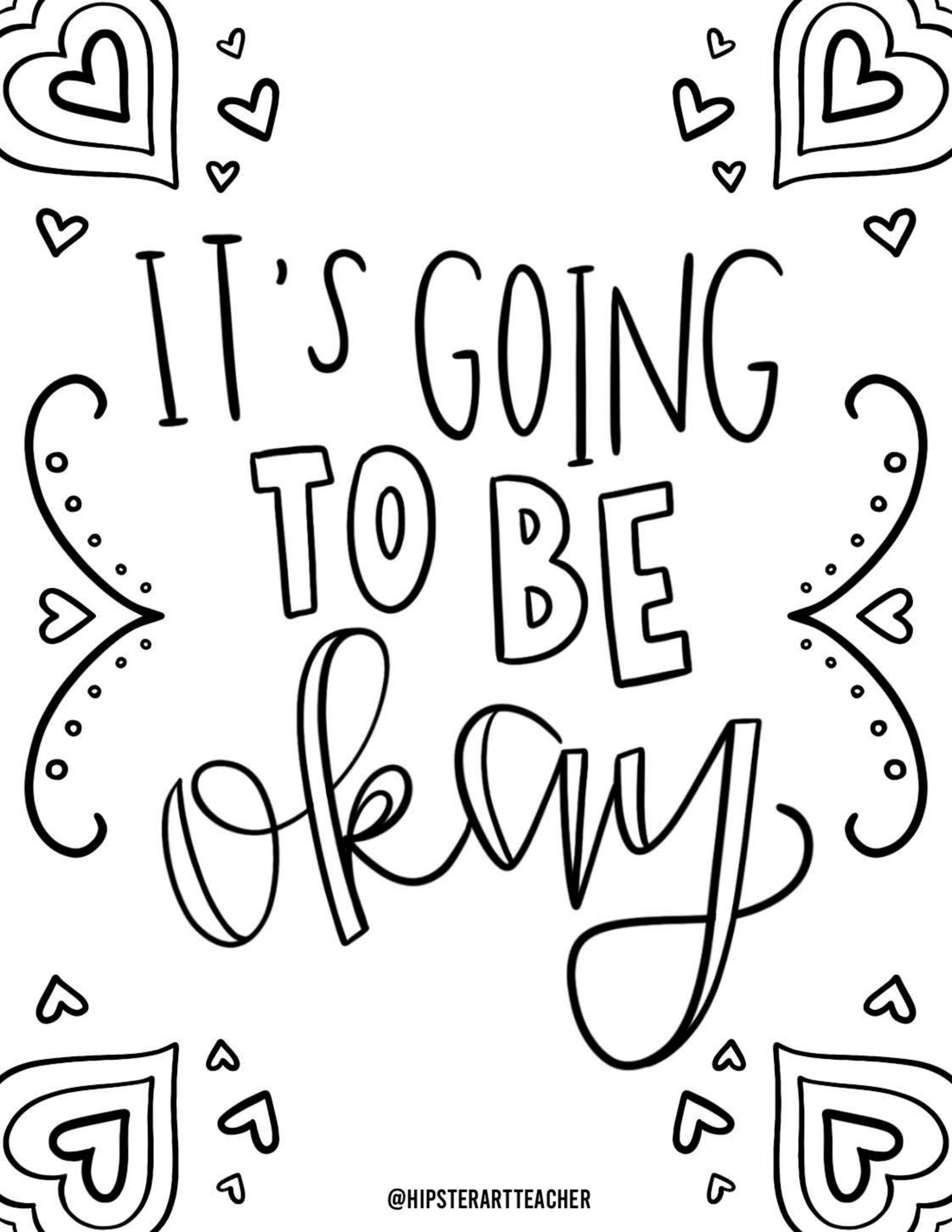
MARVEL



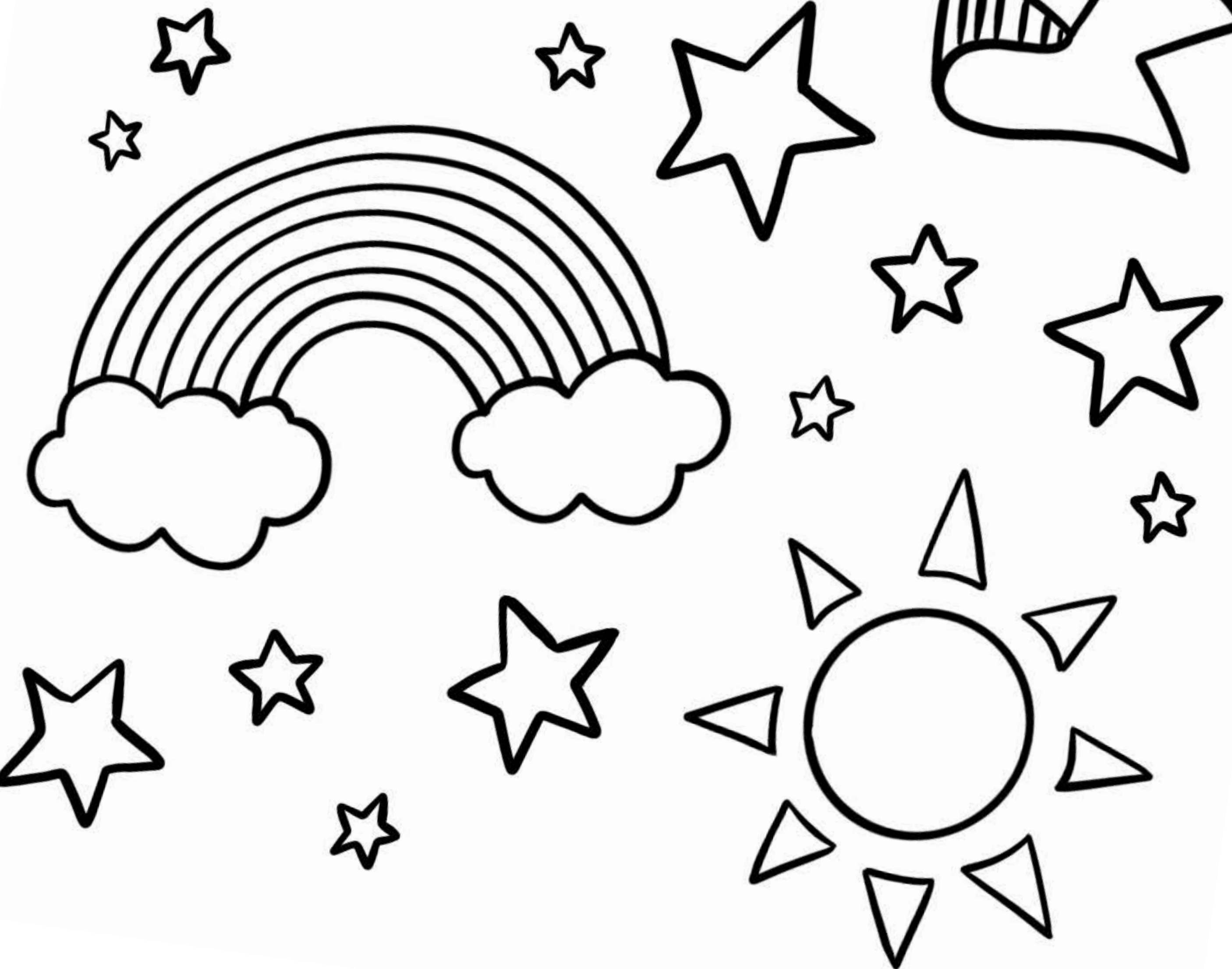


**SUPER
MARIO**





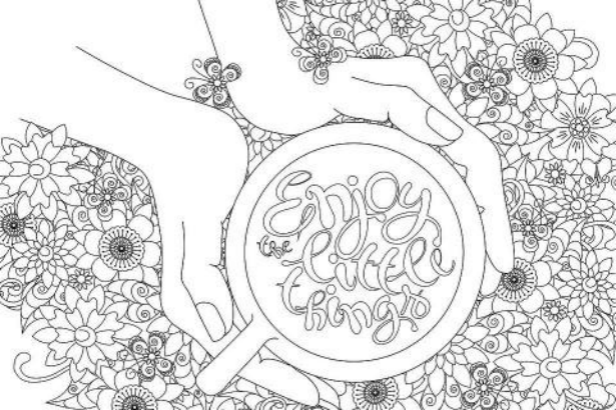
STAY
POSITIVE





ZARF

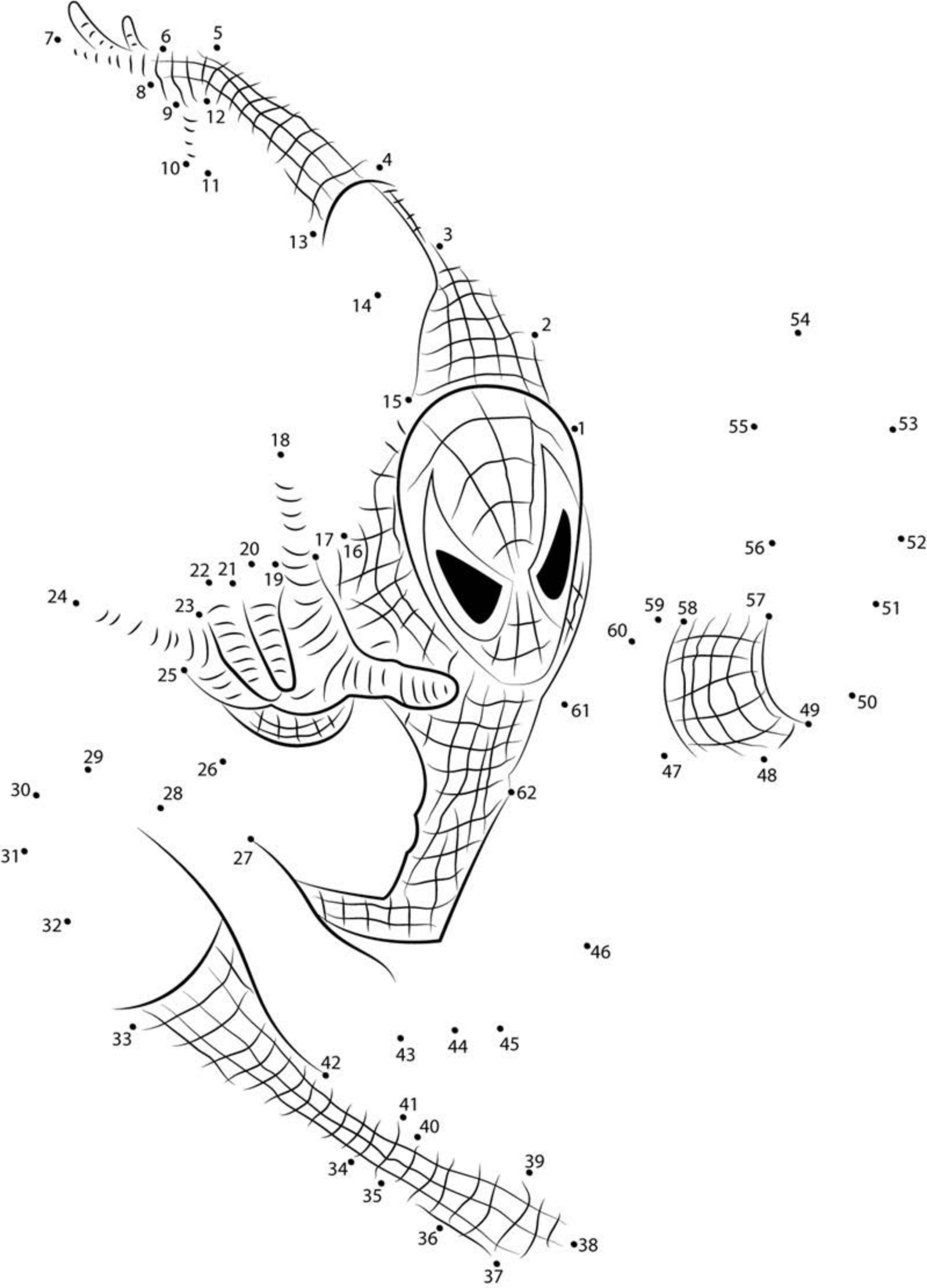
Zivca

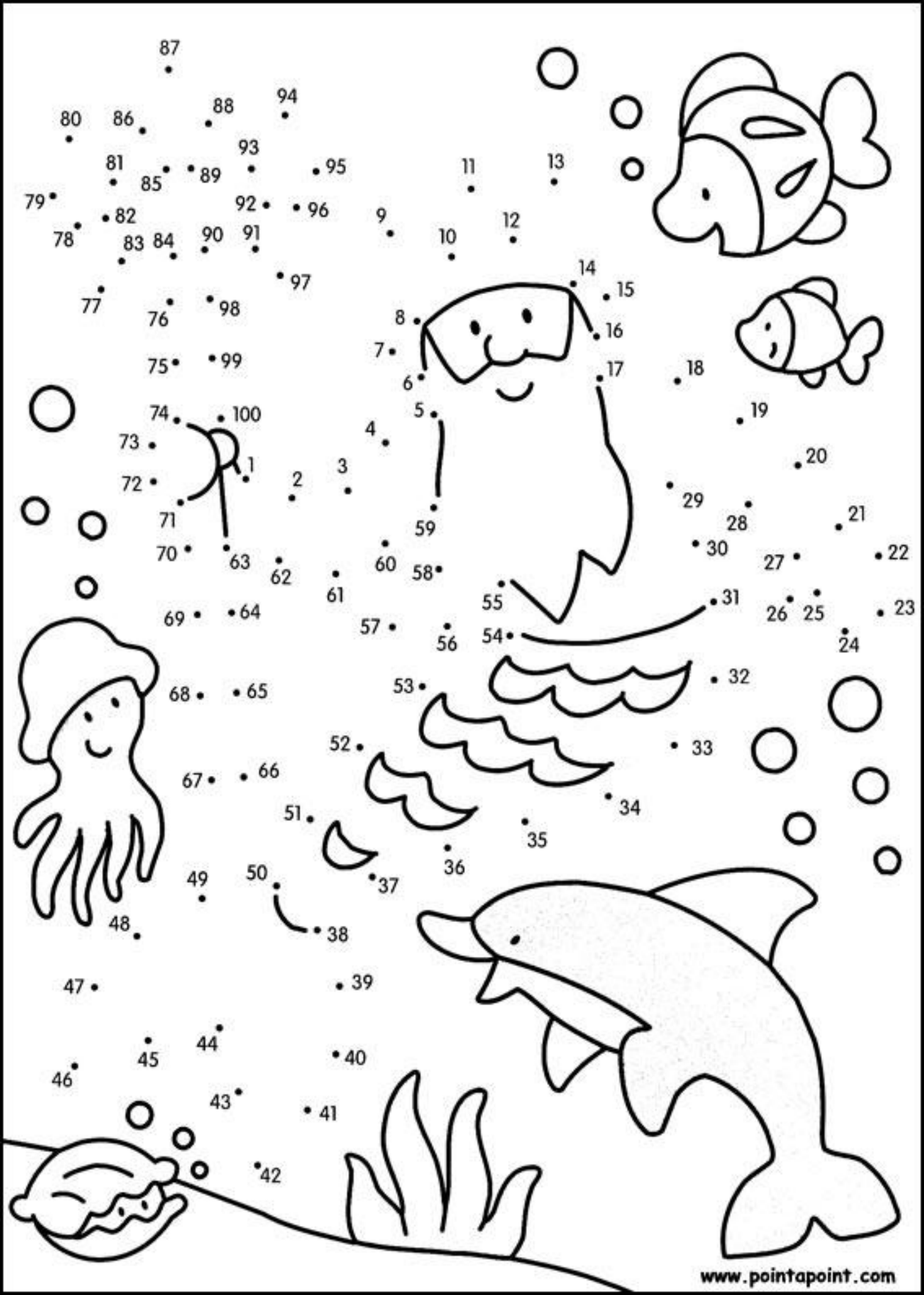


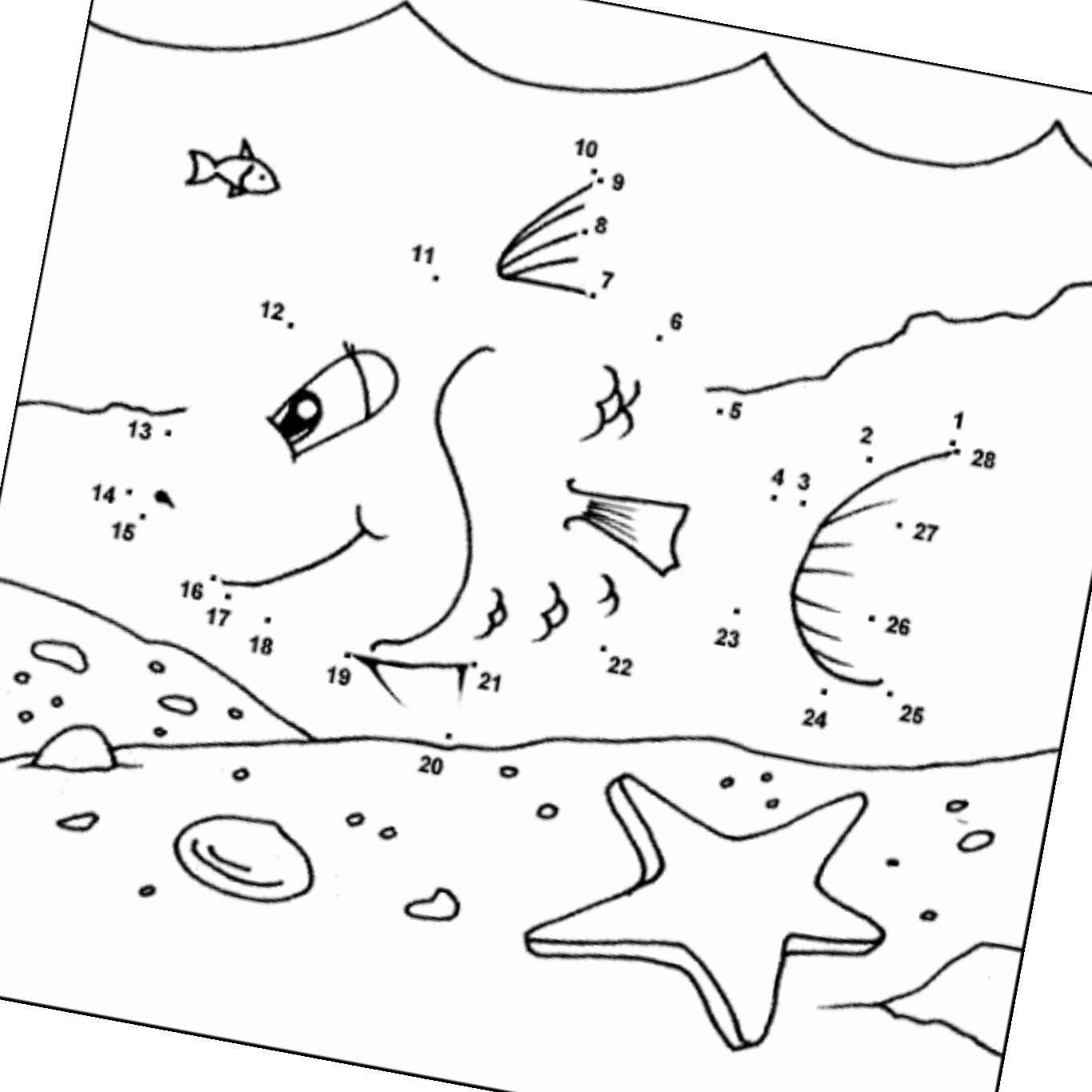
Enjoy
the
little
things

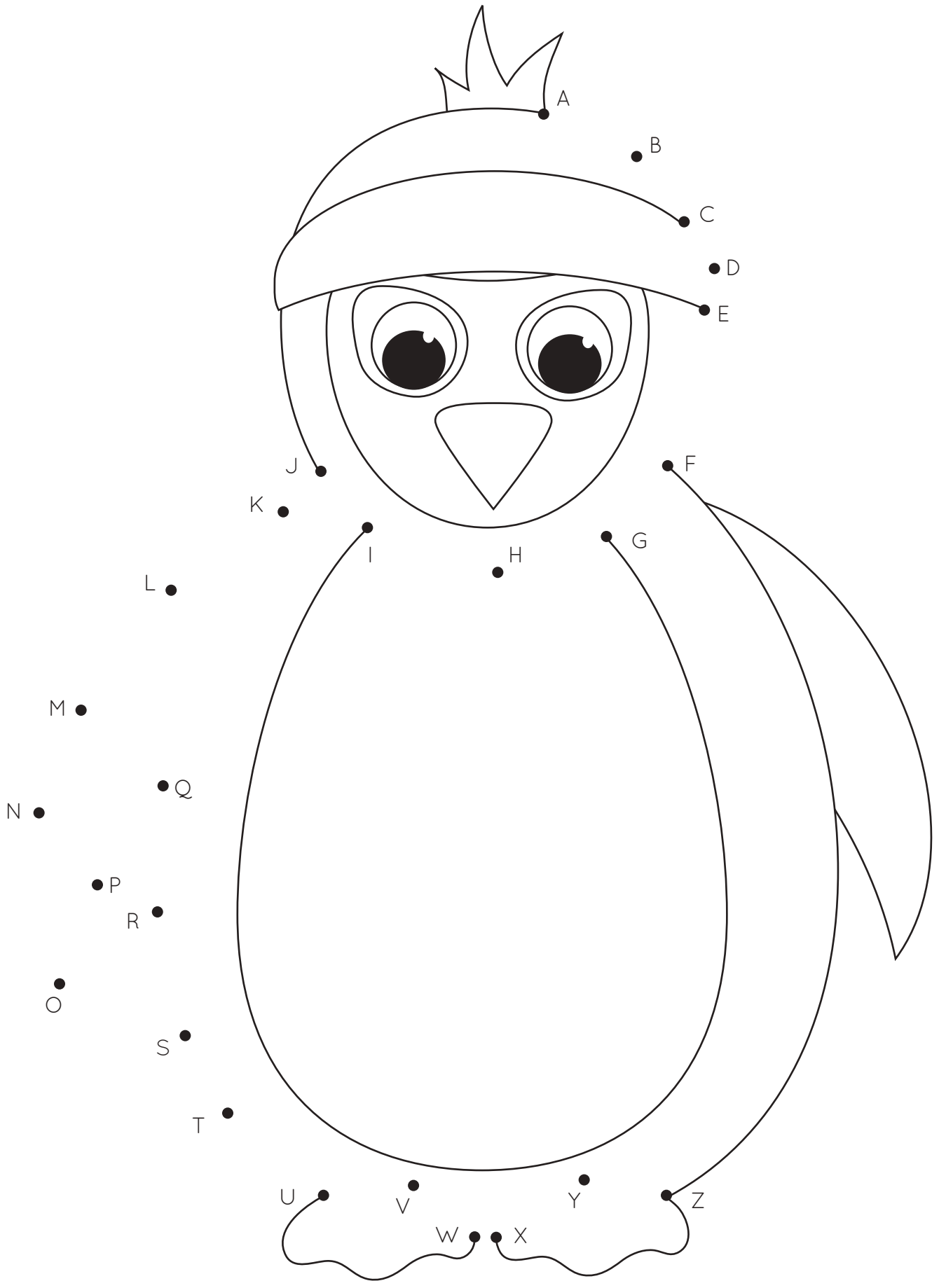












Gym Choice Board

Just Dance

If you feel like dancing today, this is the perfect option for you! Complete at least **3** full songs of your choice.



<https://www.youtube.com/watch?v=tkL9cnTpajA>

Create Your Own Workout



Create your own warm-up and workout routine. Share it with me on a Google Doc and then do the workout!

You must include:

1. At least 4 warm-up activities
2. At least 4 workout activities
3. Include required repetitions for each workout
 - a. For example, **pushups x 10**
 - b. You could also include sets meaning how many times you do the workout. For example, If you want the full exercise to be done 2 times, you would say "**Pushups x 10 - 2 sets**")

Relaxation Stretch

This option is perfect for someone who needs so relaxation. This relaxation stretch will help you loosen up your muscles and relax your mind!



<https://www.youtube.com/watch?v=bjuMqKGg4XU>

Yoga

Yoga helps you improve your strength, balance and flexibility. If you're interested in learning yoga, this option is just for you!



<https://www.youtube.com/watch?v=Td6zFiZPkJ4>

LEVEL UP Game (Defeat the Virus)



This option turns you into a video game character. You will have to jump, duck, kick, and punch when different objects fly at you. Good luck! Choose at least **2** of the Level Up activities.

<https://www.youtube.com/watch?v=AL-7GGNplk>

Balance



This option will test your balance and help you learn some cool balance exercises that will help you make a big improvement. Choose one of the videos below. The second option is more challenging.

<https://www.youtube.com/watch?v=-LqxE4xmwo>

<https://www.youtube.com/watch?v=LCTtkfMyWU>



NAME WORKOUT

A 10 JUMPING JACKS

B 5 PUSH UPS

C 3 CARTWHEELS

D RUN IN PLACE 20 SECS

E DANCE FOR 30 SECS

F RUN IN PLACE 20 SECS

G 5 SIT UPS

H JUMP UP AND DOWN
10 TIMES

I 10 BUTT KICKS

J TOUCH YOUR TOES
11 TIMES

K 12 ARM CIRCLES

L 10 BUTT KICKS

M SIT DOWN & STAND
UP 7 TIMES

N 10 ARM CIRCLES

O 4 CARTWHEELS

P 20 SEC PLANK

Q 6 BUTT KICKS

R 15 JUMPING JACKS

S 10 CRUNCHES

T 20 SEC WALL SIT

U RUN IN PLACE 30 SECS

V 5 PUSH UPS

W 4 CARTWHEELS

X 5 SQUATS

Y 8 LEG KICKS

Z SPIN AROUND 9 TIMES

PHYSICAL EDUCATION DIGITAL CHOICE BOARD

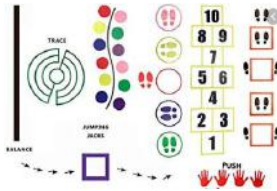
Grade Level: K-5

Subject: Physical Education

Students, welcome to a fun, new learning experience! Choose an activity to start.

Obstacle Course

Design your own indoor or outdoor obstacle course.



Dance Party

Get your heart beating and dance along with the [Kidz Bop](#) crew



Spell your name fitness

Spell out your name and do the activities on that go with each letter. See directions below.



Tabata

Use directions below to see exercises to do 3-5 rounds of Tabata.

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TABATA	
Jumping Jacks	30 seconds
Wall Sit	30 seconds
Plank	30 seconds
Push Ups	30 seconds
Squats	30 seconds
Wall Sit	30 seconds
Shoulder Taps	30 seconds
Wall Sit	30 seconds
Wall Sit	30 seconds
Crunches	30 seconds

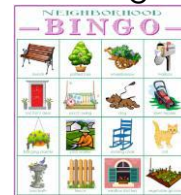
Cosmic Yoga

Go to [Cosmic Yoga](#) and pick one or more yoga sessions to do by yourself or with your family.



Scavenger Hunt Bingo

Go on a scavenger hunt around your neighborhood using the provided bingo board.



Walk the block

Take a walk/jog around the neighborhood/block with your family. Pick an exercise to do at each stop sign.



Fitness shuffle

Use half a deck of cards. Draw one card, see what exercise you get to do! See directions below for help.



GoNoodle

Sign into [GoNoodle](#). Pick from a variety of activities to complete together.!






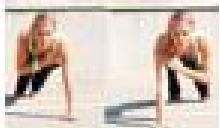

Spell your name fitness

Spell out your name and do the exercise that goes with each letter. You can do your first, middle, and last name. Get creative and spell your name backwards or use a family member or friend's name the next time you do the activity. Have fun!

A- 20 mountain climbers	N- Jog in place 30 seconds
B- 8 Burpees	O- Crab walk 20 seconds
C- 10 Push ups	P- Fast feet in place 20 seconds
D- 20 crunches	Q- 8 Burpees
E- 20 second plank	R- 25 Skier jumps
F- 20 Jumping jacks	S- Bear crawl 20 seconds
G- 10 Frog jumps	T- 20 Side to side jumps
H- Balance or hop on one foot-20 seconds	U- Jog in place 30 seconds
I- 20 Shoulder touches	V- 15 Squats
J- 30 second Wall sit	W- 20 crunches
K- 20 seconds arm circles	X- Balance or hop on one foot 20 seconds
L- 20 second High knees	Y- 20 second Plank
M- Jump rope/air jump rope 30 seconds	Z- 20 jumping jacks

Tabata

Do the first exercise for 20 seconds, then rest for 10 seconds. Repeat this pattern until you finish all six exercises. Do the list of exercises 3 to 5 times. You can also mix up the exercises each time you complete the list or make up your own list of exercises.

Jumping jacks	20 seconds	
Rest 10 seconds		
Plank	20 seconds	
Rest 10 seconds		
Squats	20 seconds	
Rest 10 seconds		
Shoulder touches	20 seconds	
Rest 10 seconds		
Wall sit	20 seconds	
Rest 10 seconds		
Crunches	20 seconds	