## RUSSELL ELEMENTARY Special Area Activities

Directions: On the first day of school closures, students should complete activities for each day. The reading resources can be found under the student tab on the school webpage; the reading passcodes for each site can be found under the library tab on the school website as well. You can visit the sites online or download the epic and tumble book apps on a phone or tablet for reading:

- <u>Epic Book</u> (library class code: WLH2430 or classroom code)
- <u>Tumblebook of the Day</u> (a different book is posted daily)
- Digital Online Magazines
- Other reading resources can be found on the school website St. Louis Post Dispatch newspaper etc.

Music Pre-k, kindergarten, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd,</sup>

Grade 4 and 5 google classroom for recorders

Grades 5 google classroom for link up materials

Musicplayonline.com

username: snow

password: 2020

select your grade level across the top choices, the music selections will change, you can listen to most every song we have done in class this year, watch the video and sing along. Choose a song that you remember or that you would want us to do again, review the song and be ready to tell me which songs we should do again.

Gonoodle.com for music and exercise resources

Pinterest for additional art ideas- check out how to draw with Art for Kids Hub

## Special Area Teacher emails

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Day 1	<ul> <li>Find a radio station that plays music you don't normally listen to. Listen to at least one song and talk about it with an adult. (youtube, amazon, spotify etc works too)</li> <li>Go outside to rake leaves, walk a yard, sweep a porch</li> <li>Read the direction of how to prepare a meal from a grocery item found at home.</li> </ul>
Day 2	<ul> <li>Complete this for an art project, step by step face a walk with a parent or guardian outside</li> <li>Read the Tumblebook of the Day (found on the school web page/app)</li> </ul>
Day 3	<ul> <li>Read a short story with a parent (Epic book found on school web page/app)</li> <li>Listen to 2 songs and find the beat by patting your legs or creating an instrument from a cereal box or water bottle.</li> </ul>
Day 4	<ul> <li>House competition, who can hold forearm plank longest, or sit up challenge, or push up challenge</li> <li>Create a cartoon with at least 3 pictures telling a story about your day. If you have colors, use them.</li> <li>Read Tumblebook of the Day (found on the school web page/app)</li> </ul>
Day 5	• Find or make a ball (use old paper to crumple it up) play catch for yourself and see how many times you can throw the ball in the air and catch it again. If you have a real ball, how many times can you bounce it, without losing control?

	<ul> <li>Read a book with a family member or (a chapter book).</li> </ul>
Day 6	<ul> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> <li>Find a 1 minute timer, do jumping jacks, line jumps, sit ups, or burpees</li> </ul>
Day 7	<ul> <li>Find a 1 minute timer, do bent arm planks, straight arm planks,, line jumps, sit ups, or burpees</li> <li>Read an article about a topic of your choice using the St. Louis Dispatch newspaper (link found on the website) on a phone, tablet or computer.</li> </ul>
Day 8	<ul> <li>20 minute walk with an adult</li> <li>2 a a a a a a a a a a a a a a a a a a a</li></ul>

	<ul> <li>Fold the paper in half vertically.</li> <li>Unfold the paper and fold each of the top corners into the center line.</li> <li>Fold the top edges into the center line.</li> <li>Fold the top edges into the center line.</li> <li>Fold the plane in half toward you.</li> <li>Fold the wings down, matching the top edges up with the bottom edge of the body.</li> <li>Add double stick tape to the inside of the body.</li> </ul>
	Color the paper and see how far you can get it to fly!
Day 9	<ul> <li>Jog for 10 minute intervals with adult supervision</li> <li>Perform a mini concert for someone in your family, find your song and sing along with it, practice your instrument for them, or create an instrument to perform for them.</li> </ul>
Day 10	<ul> <li>Go for a bike ride, or go to a park with an adult</li> <li>Read a magazine (found on school website)</li> </ul>