

Enrichment Activities



Week of 4/27/2020

(Just a reminder, that these are optional activities! Do what you want to and feel up to!)

Music	Explore Mrs. Barbie's PE/Music/Art page to see if there are any activities, songs, or other fun things to explore that you might be interested in. https://www.napleswolverines.com/p-e-music-art
Art	<ul style="list-style-type: none">• Read your own copy if you have it, or listen to Eric Carle read his book, <i>The Very Hungry Caterpillar</i> here: (We have read this before, at the start of the school year...) https://www.youtube.com/watch?v=vkYmvxP0AJI• Make your own hungry caterpillar with the supplies in your folder in the school file cabinet like this one: https://www.thesprucecrafts.com/diy-caterpillar-craft-for-kids-4125131• Staple or glue the strips together. Make antennae and a mouth, and glue on the eyes.• Feel free to pick up glue sticks and bottles from the supply bin next to the kindergarten file cabinet by the school office.
PE	<p>Pick up a few pieces of sidewalk chalk from the bin at school.</p> <ul style="list-style-type: none">• Use the chalk to make an obstacle course near your home or neighborhood. You can use marks that people can weave around, hop over, spin past, or do other moves to get through. Here's an example if you need some ideas: https://www.youtube.com/watch?v=XG9JbFm9mpw• No place to draw with chalk? No problem! Use markers like rocks, sticks, or other objects around you. Run from one tree to the next. Hop on one foot to the bush. Jump ten times when you reach the lawn chair. You decide! <p>Obviously, please be safe while you're doing this and maintain a healthy distance from others...</p>
Mindfulness	<p>Mindful breathing with Mojo from Class Dojo: http://vid.ly/1o1q5g</p> <p>Feel free to use this as a way to calm down, especially after doing challenging parts of school work. I've had mixed results with meditation in kindergarten...so, let your child take the lead.</p> <ul style="list-style-type: none">• Discuss: How do you feel when you take a minute to take some deep breaths? When could you use your breathing to help tame "the beast"? <p>You can also explore the Cosmic Kids Yoga videos on Youtube: https://www.youtube.com/user/CosmicKidsYoga/playlists</p> <ul style="list-style-type: none">• There are many different themed videos. Some are more exercise oriented and others are good for calming down at the end of the day or before a nap. Experiment with different videos to see what you like!