

## **Movement/Creativity Ideas:**

Add any ideas you have & pick one for lessons each day

- Go outside and find 5 pinecones, 6 sticks and 3 rocks. What can you make with your materials? Take a picture and upload onto Seesaw.
- Create a “boot camp” style obstacle course outside. Time yourself and friends going through it.
- If a rainy day, go to Go Noodle and move to several videos.
- Go outside: do 10 jumping jacks, 10 sit-ups, 10 counts running in place, 10 frog hops and 10 deep breaths. How many exercises did you do in all?
- Create a picture of the parts of a plant using REAL materials (roots, stem, leaves, petal- glue them to a paper and label. Take a picture and upload to Seesaw.
- Write a kind letter to a friend in your neighborhood. Be sure to have correct capitalization and punctuation. Tell them why they are the BEST. Then deliver to their mailbox.
- Observe a bird for 5 minutes. Write down your observations and illustrate. Bonus: Can you name what type it was?
- Spring is almost here! Look for 3-4 different types of flowers, draw, color, and label.