



Kent County Public Schools



# Pre-Kindergarten

Home Learning Materials



Keep these materials for ongoing learning.

Hello Pre-K Families!

We're happy to provide you with the final 3 weeks of activities for this school year to enjoy learning with your child. Many of the activities in these choice boards refer to the "All Ready for Kindergarten" kits that were available at the school for pick-up. It is very important that you have this kit to go with many activities in your packet and for reinforcement of skills into the summer and even into Kindergarten. If you did not get your kit from your school yet, please get in touch with your teacher or school to arrange for that kit to get to you. This kit is available to you free of charge.

We are still hosting daily Zoom sessions. These began on April 27th. We are here during these sessions to help your students complete the activities in the packets as well as to provide direct instruction on important standards to ensure your child is ready for Kindergarten. In addition to attending as many daily Zoom sessions as possible, please set aside a specific time each day for school work. Remember to only spend 15 or 20 minutes a day on your chosen activity!

You will also find an optional choice board created by our Fine Arts Department. Feel free to participate in those activities as well. (Some Fine Arts teachers may be joining us to be guest stars when we do our Zoom meetings!)

Always remember that reading, talking and playing with your child can be GREAT fun and amazing ways to engage them that will help them learn above and beyond these activities. It is very important to talk about what we do in our Zoom meetings after they have finished. They will be extra-engaged.

Please reach out with any questions or concerns. We miss you, we love you, and we hope you are all safe and healthy!

Your Pre-K teachers:

April Gagalski and Carole Manley  
Leslie Davis, Catherine Durham and  
Laura Morrone  
Melissa Cannon and Amanda Best

## Week 9 Pre-K Reading

Please choose 2 activities to complete this week.

<p><b>Letters</b></p> <p>Go to page 10/11 in your Parent Guide from your kit. Complete the activity for letter identification that meets your child's needs.</p>	<p><b>Writing</b></p> <p>Refer to page 31 in the parent guide and practice tracing the letters following the arrows with your finger. Then, trace the letters in that same pattern on the activity page #5 "Letter Writing" using the dry erase marker and the sheet protector.</p> <p>*Be sure to form the letters as the arrows show in the parent guide for proper letter formation. This will be important for writing fluency later.</p>	<p><b>Book Reading</b></p> <p>Read the story <u>The Tiny Seed</u> <a href="https://www.youtube.com/watch?v=Is6wTeT2cKA">https://www.youtube.com/watch?v=Is6wTeT2cKA</a></p> <p>by Eric Carle</p> <p>With your child discuss the different parts of a plant. These include roots, stem, leaf and flower.</p> <p>In your home or outside look for flowers and identify the different parts.</p>
<p><b>Sounds</b></p> <p>Go to page 8 in your Activity Book from your kit. Complete the activity. Can you come up with a word that matches the other letters in each row?</p>	<p><b>Rhyming</b></p> <p>Play the game on page 10 in your Activity Book in your kit (using your word cards). Were you able to write the first sound of each word card you used?</p>	<p><b>Syllables</b></p> <p>Clap and count the syllables in the names of the flowers you find. (Example: tulip = 2, marigold = 3)</p>

## Week 10 Pre-K Reading

Please choose 2 activities to complete

<p><b>Letters: Dancing with Letters (Parent Guide, page 11)</b></p> <p>Choose five matching uppercase and lowercase letters and put them in a pile.</p> <p>Pretend the uppercase and lowercase letters need to be paired up with their partners (for a dance or sporting event). Have your child lace the “partners” together.</p> <ul style="list-style-type: none"><li>• Each time you play, lace up 4–5 new upper- and lowercase letter partners.</li></ul>	<p><b>Writing</b></p> <p>Using your Parent Guide from your kit go to page 16/17.</p> <p><b>Complete the activity that best fits your child’s needs.</b></p>	<p><b>Book Reading:</b></p> <p>Watch and read: “I Don’t Want to Be A Frog” on YouTube site, Grandma’s House.</p> <p><b>Ask your child to remember the different things that frog wants to be and why that won’t work. Act out what the animals can do that frog cannot do. Have your child explain why the frog is glad to be a frog at the end of the story.</b></p>
<p><b>Sounds</b></p> <p><b>Look for different items or pictures around your home. For example: dog, watch, ball, fish, cat, nest. Say the word and have your child tell you the beginning sound they hear. To extend this activity have them write the letter they hear.</b></p>	<p><b>Rhyming (Parent Guide page 15)</b></p> <p><b>Find 10 picture cards that rhyme (5 pairs).</b></p> <p><b>Place the cards face down. Turn over cards, one by one, and try to find the rhyming picture words.</b></p>	<p><b>Syllables</b></p> <p>Brainstorm a list of all the insect names you know. Clap and count the syllables in each name.</p> <p>Hints:</p> <p>butterfly, ants, grasshopper, bee, cricket, stinkbug, centipede, wasp, hornet, etc.</p>

## Week 11 Pre-K Reading

Please choose 2 activities to complete this week.

<p><b>Letters</b></p> <p>Using your Activity Book go to page 6 and complete the Letter Sequencing activity with your lacing letters. You can even put all your letters in the right order.</p>	<p><b>Word Work</b></p> <p><b>Environmental Print: look for ads in magazines and newspapers which have large recognizable letters, like McDonalds, Walgreens, Dominos, etc. Cut them out. You can also cut out the words on boxes like amazon, UPS, Colgate, Lego, etc</b></p> <p><b>Hold up the ads one at a time and see if your child can recognize what is being advertised. Identify the letters in the ad, too.</b></p>	<p><b>Book Reading</b></p> <p>Chrysanthemum by Kevin Henkes</p> <p>YouTube link: <a href="https://www.youtube.com/watch?v=7fkR7X4SevE">https://www.youtube.com/watch?v=7fkR7X4SevE</a></p> <p>Ask your child how Chrysanthemum felt when she first went to school and then how she felt later. Why was her name special? Use the names in the book and the child's own name for the syllable activity.</p>
<p><b>Sounds:</b></p> <p>Go to page 12/13 in your parent guide from your kit. Complete the Beginning Sounds Activity based on your child's needs.</p>	<p><b>Rhyming:</b></p> <p><b>Complete the "Rhyme Time" Activity on Page 9 of the activity packet.</b></p> <p>Give yourself one point for a rhyme you can make with each word below. Some words have more than 1 rhyming word. Try to collect 10 points. Try again with new words and rhymes.</p> <p><b>Cut, hat, bike, cake, dog, fun, ring</b></p>	<p><b>Syllables</b></p> <p><b>Clap and count some of the names in the Chrysanthemum book. Who had the shortest name? Who had the longest name?</b></p> <p><b>Compare your child's name to the names in the book. How many syllables does the child's name have? Is the child's name short or long?</b></p>

## Week 9 Pre-K Math

Please choose 2 activities from the chart below to complete this week.

<p><b>Sorting:</b> <b>LIVING or NOT LIVING</b></p> <p>Find objects around your home that are living and non living. Examples of living: dog, bug, flower, tree, person, fish Examples of not living: key, umbrella, toy, chair, cup, shirt</p> <p>Have your child sort the items by living or not living.</p>	<p><b>Counting:</b> Use the activity on page 19 to practice “decomposing” or subtracting. Put an amount of insect manipulatives in the grass and make up your own math problems. For example, “There were three dragonflies in the grass. A little boy ran through the grass. How many dragonflies stayed there?” Please invent your own stories using the bugs.</p>	<p><b>Number Recognition:</b> Randomly write the numbers 1-10 on a piece of paper. Have your child place an object on the number that you say.</p>
<p><b>Shapes:</b> Use your geometric shapes to make your own flower, plant, insect or another fun object. Did you use one color or more than one color? Can you explain the features that you made on your creation to someone else?</p>	<p><b>Number Writing:</b> Write a number from 1-10 on a piece of paper. Have your child trace the number with different colored crayons. Then they can trace the number with their finger.</p>	<p><b>Measuring:</b> <b>PEANUT BUTTER CRUNCHIES</b> <b>Ingredients:</b> 1 cup sugar 1 cup corn syrup Heat that to a boil and take off heat. Add 1 cup peanut butter and mix with sugar and corn syrup. Add 4 cups of corn flakes and mix with peanut butter sugar and corn syrup. Use an ice cream scoop to scoop out the mixture. Enjoy!</p>

## Week 10 Pre-K Math

Please choose 2 activities from the chart below to complete this week.

<p><b>Sorting:</b> Use the activity guide on page 4 to do some sorting by color, kind of insect, winged or not winged, etc. How many different ways can you sort? Have someone else determine how you sorted and explain your reasoning to someone?</p>	<p><b>Counting:</b> <b>Do the activity on page 20 of the activity guide. Do not stress the addition number sentence, but talk about how to put two different amounts together in order to get a larger amount.</b></p>	<p><b>Number Recognition:</b> Ask someone at home to help you with this game. Have the person write a number for you up to 10. You can identify the number and use the insects to count out that amount and show them to the person.</p>
<p><b>Shapes:</b> <b>Draw an insect using shapes. Use the insects in the kit as an example.</b></p>	<p><b>Number Writing:</b> <b>Practice writing the numbers to 10 in the air and on another person's back. Can that person guess the number?</b></p>	<p><b>Measuring:</b> <b>Do the activity on page 22 and 23 of the parent guide. Start with the ready section. Then complete the set section. Finally complete the go section.</b></p>

## Week 11 Pre-K Math

Please choose 2 activities from the chart below to complete this week.

<p><b>Sorting:</b> <b>Sort different toys by color, shape and size. Then have them count the number of toys in each group.</b></p>	<p><b>Counting:</b> In your Activity Book do the activity on page 21. It's ok if you can't count by 5s or 10s try starting at different numbers when you are counting by 1s.</p>	<p><b>Number Recognition:</b> Use the 10 frame on page 20 to practice subitizing to 5. Remember, subitizing is looking at an arrangement of dots or manipulatives to determine what the amount is. In subitizing, we do not have them count. They look at the arrangement on the 10 frame only in order to determine the number of the items. For the activity, use a divider to put the manipulatives on the frame without the child seeing and then reveal for 3 seconds. Then, put the divider back and ask the child how many they saw. Only practice up to 5!</p>
<p><b>Shapes:</b> <b>Find objects around your home that are 2-D and 3-D. Remember 2-D are flat (piece of paper, circle, triangle) and 3-D are fat. (soup can, tissue box, dice)</b></p> <p><b>Go on a shape hunt to find these items.</b></p>	<p><b>Number Writing:</b> With a stick, go outside and practice writing numbers in the dirt or sand box. Practice writing numbers in order from 0-10.</p>	<p><b>Measuring:</b> <b>Use page 16 in the activity book to practice drawing things that are shorter and taller.</b></p>

## Week 9 Pre-K Other Activities

Please choose 1 activity from the chart below:

<p><b>Safety Snack: Stop and Go Lights</b> <b>You'll need:</b> Rectangular crackers Strawberries Yellow cheese Green olives <b>To make:</b> Slice the strawberries, cheese and olives into circles. Let your child put them on the crackers in the right order. Enjoy! Discuss what the different colors mean. Look for lights and count them the next time you are on a ride.</p>	<p>Wet Chalk Materials: colored chalk, construction paper, cup of water  Have your child dip chalk in water.  Then, have them draw on the paper. Invite them to try different colors of chalk.  And... Have your child wet the paper with a paintbrush, then draw on it with chalk.</p>	<p>Fine Motor: <b>(Choose this activity only if you have received your at-home learning kit)</b> In the All Ready for Kindergarten Readiness Kit: Parent Guide, go to the Fine Motor Skills activity on page 8. Complete this activity at your child's level (Ready, Set, or Go).</p>
<p>Go outside and give your child several cups, jars, bowls, pitchers, empty containers, etc. Give them a container full of water (you could color it for fun) and have them practice pouring, mixing, scooping, dumping. This is great practice for hand-eye coordination.</p>	<p>Check out Peep and The Big Wide World on youtube. What can you learn about flowers? <a href="https://www.youtube.com/watch?v=tSP8hyzenF0">https://www.youtube.com/watch?v=tSP8hyzenF0</a></p>	<p><b>Jump the river:</b> Lay out two jump ropes, or draw two chalk lines to represent the river, and have kids try to jump over it. Try making it wider in some spots and narrower in others for a few levels of challenge.</p>

## Week 10 Pre-K Other Activities

Please choose 1 activity from the chart below:

<p><b>Safety Snack: Stop Signs</b> <b>You'll need:</b> Eight sided crackers Peanut butter or cream cheese Red jam or jelly <b>To make:</b> Spread a thin layer of peanut butter or cream cheese on each cracker. Then spread the jam or jelly on top. Enjoy! Discuss what the sign means, where you see them and what you do after you stop. (Look both ways, etc)</p>	<p><b>Safety Friends:</b> Ask your child to think of all the people that they know who keep them safe. Make a list of all the people. Give clues if needed to help them remember a lot of different people like moms, dads, firefighters, doctors, police officers, teachers, nurses, paramedics, babysitters, daycare teachers, etc. Count how many you think of.</p>	<p>Following Directions: <b>(Choose this activity only if you have received your at-home learning kit)</b> In the All Ready for Kindergarten Readiness Kit: Parent Guide, go to the Following Verbal Directions activity on page 18. Complete this activity at your child's level (Ready, Set, or Go).</p>
<p>Listen to the Super Simple Song, "What Do You Hear?" on YouTube. See if you can identify the animals that are making the sounds. Enjoy singing along and listening to some other Super Simple Songs, too!</p>	<p>Check out the Sultana's virtual classroom. Choose the ones that seem most exciting to YOU!! You'll learn so much about the things in your backyard!</p> <p><a href="https://sultanaclassroom.org/toddlers-time/">https://sultanaclassroom.org/toddlers-time/</a></p>	<p>Using a muffin tin put your bug counters (or any other smaller items) in each space. Cover them with water, put the tin into the freezer overnight. In the morning pop the circles out and free the bugs! You can use a squirt bottle, salt, toy tools, get creative to save those bugs!</p>

## Week 11 Pre-K Other Activities

Please choose 1 activity from the chart below:

<p><b>Safety Snack: Yield Signs</b> <b>You'll need:</b> Triangle crackers Yellow cheese <b>To make:</b> Cut the yellow cheese into triangles. Put the cheese on the crackers. Enjoy! Discuss the meaning of the sign and next time you are in the car, count how many signs you find.</p>	<p>On Youtube, go to the site "We play along" where you can sing and sign in ASL (American Sign Language) the song called "What a Wonderful World". It is a lot of fun and you can learn some fun signs. Look at the signs that she is making such as "baby" and "trees". They are very obvious and make sense with the object that they represent.</p>	<p>If you have a bike, practice riding your bike. Can you learn how to ride without training wheels? Make sure you stay safe and wear a helmet!</p>
<p><b>Exercise: Dancing</b> Dance to favorite music while holding and twirling colored streamers or scarves. Have more fun by calling freeze or give directions like hold them up high, down low or twirl in a circle.</p>	<p>Join a virtual field trip with the Smithsonian National Zoo. Check out the Giant Pandas!! <a href="https://nationalzoo.si.edu/webcams/panda-cam">https://nationalzoo.si.edu/webcams/panda-cam</a></p>	<p>Cardboard Castle Materials: empty food boxes, masking tape Collect different size boxes at home. Then have your child build away using the masking tape. They can also decorate the boxes with crayons, markers...</p>

# *Music - Grades PK-2 Tempo/Dynamics Review*

Be creative and have fun! Any questions? Want to share?

Contact Mrs. Frison (HHGES/RHES) email - [kfrison@kent.k12.md.us](mailto:kfrison@kent.k12.md.us)

Mr. Thai (GALES/RHES) email - [cthais@kent.k12.md.us](mailto:cthais@kent.k12.md.us)

Mrs. Frison's office hours are 8:45AM - 4:05PM Monday - Friday

Mr. Thai's office hours are 8:45AM - 4:05PM Monday - Friday

## **Review of Tempo and Dynamics**

In past lessons we have learned that music can have different rates of speed, called TEMPO and different levels of volume called DYNAMICS. We will review some of those elements of music using a song called "The Old Gray Cat."

**BEFORE** listening to the song, **predict** the **TEMPO** of the actions by putting an X in either the **fast** or **slow** box.

**Also, predict** the **DYNAMICS** level of the actions by putting an X in either the **loud** or **soft** box.

Then, **watch** the video or **listen** to the song. See if your predictions were accurate. Make changes as necessary.

	T E M P O		D Y N A M I C S	
	Fast	Slow	Loud (Forte)	Soft (Piano)
Animal movement				
Cat - sleeping				
Mice - creeping				
Mice - nibbling				
Mice - sleeping				
Cat - creeping				
Mice - scamper				

1. The Old Gray Cat <https://www.youtube.com/watch?v=DXzSfrBUCpc>
2. Play the song again, and sing along using the appropriate voice dynamics level.
3. Now create movements to dramatize the action between the cat and the mice.

## *Music - Grades PK-2 Tempo/Dynamics Review*

Be creative and have fun! Any questions? Want to share?

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### **Cinco de Mayo**

Cinco de Mayo means the "fifth of May" in Spanish and is the name of a holiday in Mexico that celebrates an important event. Mexico won its independence from Spain in 1861. In 1862 the French invaded to collect money Mexico owed them. The Mexicans defeated the French invaders and have celebrations in Mexico and other parts of the world to commemorate this victory. We will be singing "Y ahora vamos a cantar" to celebrate Spanish heritage and spring.

1. First, listen to the song, "Y ahora vamos a cantar" which means, "now we all are going to sing." (CD 19:14)
2. As you listen, count how many times "cantar" is repeated. Write the number on the blank. \_\_\_\_\_
3. Listen again, patting the steady beat on your legs.
4. Listen one final time, acting out the activities/motions in the song.
5. Have someone quiz you to see which meanings you can remember.

<b>Spanish</b>	<b>English</b>
A cantar	To sing
A bailar	To dance
A aplaudir	To clap
A saltar	To jump
A marchar	To march
A correr	To run
A galopar	To gallop
A caminar	To walk

# *Music - Grades PK-2 Tempo/Dynamics Review*

Be creative and have fun! Any questions? Want to share?

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In the past we have studied form in music. We have learned that there are sections of music that can be arranged in a variety of patterns.

AB Form means there are two sections of music. They are different from each other.

ABA Form means there are three sections. The 1st and 3rd sections are the same, but the 2nd section is different.

Theme and Variations ( A A1 A2 A3 etc.) is a form that has many sections. It begins with a main melody or tune, which is called the theme. In the other sections, the theme is changed or altered in an important way. A drawing representing Theme and Variation could start with one balloon. The next balloon could be a different color. The next balloon could have stripes. The next balloon could have polka dots. The next balloon could be smaller or larger.

Create drawings to represent the different forms below.

AB Form

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ABA Form

--	--	--

Theme and Variation (A A1 A2 A3)

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Ah! vous dirai-je, Maman <https://www.youtube.com/watch?v=QN4IIr3Pq9I>

Listen to 3 minutes of this music showing Theme and Variations. What familiar tune do you hear?

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If you can't get Youtube, listen to Theme and Variations on America by Charles Ives.

# PREK-5TH ART CHOICE BOARD

Choose one Art assignment from the choices below to complete each week (5/25, 6/1, 6/8).

Be creative and have fun! Please submit in Google Classroom or by email.

Contact Mrs. Boumiea (HHGES/GALES) email [aboumiea@kent.k12.md.us](mailto:aboumiea@kent.k12.md.us)

Mrs. Jetton (RHES/GALES) email [tjetton@kent.k12.md.us](mailto:tjetton@kent.k12.md.us)

Questions for us? Our Office Hours are 8:45 - 4 PM everyday by email OR visit us on Zoom:

PreK-2nd Grade every Tuesday from 10-11 AM, 3rd-5th Grade every Thursday from 10-11 AM

Zoom links are posted in the Grade level Google Classrooms and through email requests.

## Let's talk about Henri Matisse!

The artist, **Henri Matisse** (1869-1954) was known for making colorful works of art. He was a French artist who used a variety of materials in his work, including paint and charcoal, but he is most famous for 'drawing with scissors'. As Matisse became older, he began to work with brightly colored paper and would cut out shapes, animals, leaves, dancers and flowers and then arrange them.

See this film footage of Henri Matisse at work:

<https://www.youtube.com/watch?v=GN0okOq8Hyc>

One of Matisse's most famous works is called *The Snail*.



*Does the spiral pattern of shapes remind you of anything?*

He made this collage in 1953. It is made up of cutout paper shapes glued down. It is a square shape about 9.5 feet tall and wide. This is taller than most ceilings!

When you first look at it, it shows Matisse's interest in bright colors.

He used complementary colors

(colors across from each other on the color wheel). When an artist uses these colors together, (green next to red, and blue next to orange) the colors pop-out and attract attention.

Then if you look closely at the shapes, you can see he arranged them in a spiral like a snail shell. The lilac shape in the top left corner shows a snail shape too.

Listen to Henri's Scissors by Jeanette Winter:

<https://www.youtube.com/watch?v=RfvcgeH8fRA>

## Now let's try Drawing with Scissors!

1. Gather your supplies: scissors, glue, a variety of paper, and a pencil (in case you want to draw first)
2. Cut out shapes from your paper. They can be any shapes you want; organic (curved shapes without names) or geometric (square, rectangle, triangle). Use your imagination!
3. When you have a pile, take a larger sheet of paper and arrange your shapes on top of it. Think about your composition and how the pieces interact with each other. Experiment with your shapes! Overlap to make new shapes.
4. Glue your shapes down.

Matisse would listen to music as he worked. To get your creative juices flowing listen to some music as you cut.

**Share your collage with your art teacher!**

Choose **one** of the following

## Drawings to complete.

***Be creative and make it your own idea!***

Use the entire piece of paper and include a background with details.

Start with pencil and then color your drawing using a medium of your choice (crayons, colored pencil, markers, etc.).

Refer back to the video posted in Google Classroom about Art Supplies to get more unconventional ideas for supplies.

## -Create a Landscape

This could include a Farm, Fields, Trees or Flowers

## -Create a Cityscape

This could include Buildings, Traffic or Busy Streets

## -Create a Seascape

This could include an Ocean, Sea creatures, Boats

## -Create a Waterscape

This could include a Pond, Creek, or River

Be sure to share your picture and which "scape" you picked with a sibling or adult.

**Send a picture to your art teacher or visit us on Zoom to explain your art!**

**Sean Kenney** is an artist that creates elaborate sculptures out of Legos.

Check out this video to learn more about his process:  
[https://www.youtube.com/watch?v=DJwkPKqSvx4&feature=emb\\_logo](https://www.youtube.com/watch?v=DJwkPKqSvx4&feature=emb_logo)



To view his current exhibits, click here:  
<https://seankenney.com/exhibits/>

### ***Think like an Artist or Engineer!***

**Problem:** Create a 3-D Structure-Must stand on its own  
**Imagine** What theme or design do I want to focus on?

Brainstorm multiple ways to build your design.

**Plan** What material do I want to use (see below for ideas)?  
What limitations does my material have?

**Create** Follow your plan and create something! Test it out  
to see if it will work how you were envisioning.

**Improve** Make changes to your design to improve it. Does  
it meet the requirements?

#### **Ideas for Materials to use:**

- Legos
- Megabloks
- Magnet Tiles
- Interlocking Blocks
- Bristle Blocks
- Wooden Blocks
- Pattern Blocks
- Cardboard
- Foam Pieces
- Popsicle Sticks
- Game pieces (dominoes, cards, etc.)
- Paper, straws, tape, paper clips
- Marshmallows and Toothpicks

→Was your design successful?  
→What was one challenge you had to work through?  
→What was your inspiration?

**SHARE** your art and responses with others.  
Don't forget to take a picture for your art teacher!



### ***Let's make Maracas***

A maraca is a musical instrument that you shake. These were first created by the native Indians of Puerto Rico.

To make your maraca you will need:  
2 or 4 toilet paper rolls, heavy tape like duct tape, dry rice or beans, scissors, and a way to decorate the outside like markers or paint.

**This video will show you how to make these super easy maracas:**

[https://www.youtube.com/watch?v=FVXGIGAKDzI&disable\\_polymer=true](https://www.youtube.com/watch?v=FVXGIGAKDzI&disable_polymer=true)  
[https://www.youtube.com/watch?v=FVXGIGAKDzI&disable\\_polymer=true](https://www.youtube.com/watch?v=FVXGIGAKDzI&disable_polymer=true)

Play some music while you make your maraca. If you can, make one for yourself and one for a member of your family. Then, you can play music together.

After you create the maraca, think about how you will decorate your maraca.

*Will you create a pattern, use text, symbols?*

*How will you decorate the one for someone else?*

*Will it be the same as yours or different?*

**Use markers or paint or stickers**  
**Be creative with color, line and shape**

Prepare to show off your maracas and talk about the designs. Can you shake along to a musical beat?

**Watch this video and try to find the maracas and shake your maraca to the beat:**

<https://www.youtube.com/watch?v=y0bcTSDFScg&feature=youtu.be>

Send a picture or video to your art teacher! :)

**Quilling** is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs.

We will use these skills along with old magazines or any colorful paper to make a silly face or something else of your choice.

**You will need:** scissors, glue, any colorful paper, a pencil to roll the paper strips around, and a background heavy paper. You can cut a cereal box to make a square background.

Take a moment and watch this video:  
<https://www.youtube.com/watch?v=W2BSnkXuxII>

I am cutting strips of paper from an old magazine and rolling it around my pencil then securing the roll with a dot of glue. Please watch my short video:  
<https://youtu.be/PSqH15-zJaE>



Here is my finished quilling project.

My face is stylized and reminds me of masks found in different cultures. Sometimes the art we have seen before influences our artistic choices. Maybe you will be influenced by other artists!

Check out this modern Quilling Artist, Yulia Brodskaya:  
<https://www.artvulia.co.uk/>

When your quilling project is complete, ask yourself these 3 questions:

1. Was I influenced by art from a different culture or current pop culture?
2. What does my art say about me and my culture?
3. How is my piece of art I made at home different than it would have been if we made it in school?

**Write down your answers to the questions, then send them with a picture of your quilling to your art teacher.**



Drawing a **boat** can make us think about summertime and relaxing outside. There are many different types of boats. You can draw from a picture or by looking at a real boat. You can draw a boat using your imagination. However you choose to draw a boat, think about how it is powered. Does it use wind to move like a sailboat or does it have an outboard motor or a motor inside the boat?

*Try drawing a sloppy copy of the sailboat below. Add the water and sky. Add color or other details like people.*



*The second boat is a fishing boat with lots of details. How is it powered? Does it use wind to move the boat or a motor? Try drawing a sloppy copy of a fishing boat.*

Do you see any boats when you take a walk outside? Have you ever seen a boat on a trailer? Have you ever seen a kayak?

**Draw any kind of boat-Add details and color!**  
Be sure to send a picture of your final copy to your art teacher. Thank you!

Things to think about:  
Why are some boats on trailers?  
Why do some people have sailboats and some people have motor boats?  
What would you do with a kayak that you can't do with a big sailboat?

What kind of boat did Captain Jack Sparrow have?



# PreK – 5<sup>th</sup> PE/Health Choice Board

## May 26 – June 12

Choose (1) PE activity and (1) Health activity per week from the choices below. Each activity can only be chosen once. Be creative & have fun! Questions? Want to share a challenge? Contact your teacher:

Mr. Williams (HHGES): [dbwilliams@kent.k12.md.us](mailto:dbwilliams@kent.k12.md.us)

Mr. Walters (RHES): [wawalters@kent.k12.md.us](mailto:wawalters@kent.k12.md.us)

Mr. Pritzlaff (GALES): [rpritzlaff@kent.k12.md.us](mailto:rpritzlaff@kent.k12.md.us)

### PHYSICAL EDUCATION

#### Yoga

Choose yoga poses from the cards below and hold each move for 10 seconds or choose one of the two YouTube videos below:

Pokémon Yoga!

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

Trolls Yoga!

<https://www.youtube.com/watch?v=U9Q6FKF12Qs>



**Cross-Legged**



**Cat**



**Tall Mountain**



**Tree 2**



**Plank**



**Chair**



**Cobra**



**Down Dog**



**Goddess**

### HEALTH

#### Shoe Tying



Listed below are 4 videos showing different shoe tying techniques.

Make it a goal for your child to be able to tie his or her own shoes by the end of the summer! If your child already knows how, then great!

Technique #1

<http://safeshare.tv/v/bhrf201K90w>

Technique #2

<https://safeshare.tv/x/ss56e32fad97f8d>

Technique #3

[https://safeshare.tv/x/eN9LcG\\_4B74](https://safeshare.tv/x/eN9LcG_4B74)

Technique #4

<https://safeshare.tv/x/ss56e3302a0034f>

# PreK – 5<sup>th</sup> PE/Health Choice Board

## May 26 – June 12

### PHYSICAL EDUCATION

## Just Dance

Make up a dance to any of your favorite songs or visit YouTube, search “Just Dance Kids” and choose a song to dance.



### HEALTH

## Healthy vs. Unhealthy Choices

Look at the options below and decide if it is a healthy choice or an unhealthy choice. Discuss your choices with an adult.

Taking medicine that a doctor gave you	Washing your hands	Staying up late every night	Using the oven alone	Eating yogurt for a snack
Using a tissue to blow your nose	Riding your bike without a helmet	Going for a jog	Keeping your feelings bottled up inside.	Having ice cream sometimes as a treat
Using sunscreen	Getting enough sleep	Taking <u>medicine</u> a friend gave you	Eating fruits and Vegetables	Riding a bike with a helmet
Wearing a life jacket when in a boat	Putting a magnet in your mouth	Eating candy for breakfast every day	Cleaning your body only on Thursdays	Riding your bike with a helmet
Going to the doctor for a regular check-up	Playing with knives	Watching hours of TV everyday	Finding a way to stay active while doing something you enjoy.	Practicing yoga

### PHYSICAL EDUCATION

See if you can complete all of these this week!



Do \*3 Rounds\*

- 15 burpees
- 50 jumping jacks
- 15 crunches

### HEALTH

## Family & Furry Four-legged Friends



Who or what do you enjoy spending time with...a family pet, a parent, a sibling,

# PreK – 5<sup>th</sup> PE/Health Choice Board

## May 26 – June 12

	<ul style="list-style-type: none"> <li>• Arm Stretch</li> <li>• Leg Stretch</li> <li>• Sprint up &amp; down your sidewalk or around your house 10 times after each lap do 10 push ups</li> </ul>	<p>or a friend? Spend 15-20 minutes giving this special person or four-legged friend some love and attention. Snuggle, play, and enjoy connecting.</p>
	<ul style="list-style-type: none"> <li>• Hop on left foot 10x's</li> <li>• Hop on right foot 10x's</li> <li>• 10 log rolls</li> <li>• 10 bear crawls</li> </ul>	
	<p>Roll up a sock and shoot it or throw it at a trash can, hamper.</p>	
	<p>Learn a dance from the 70s, 80s or 90s.</p>	
<p>Try these links for your new dance moves: Here are some fun links to try:</p> <p style="text-align: center;"><b>70s: Night Fever</b> <a href="https://www.youtube.com/watch?v=ATQmb6UC63A">https://www.youtube.com/watch?v=ATQmb6UC63A</a></p> <p style="text-align: center;"><b>80s: MC Hammer Dance</b> <a href="https://www.youtube.com/watch?v=T_7Ln_NrP3s&amp;feature=youtu.be">https://www.youtube.com/watch?v=T_7Ln_NrP3s&amp;feature=youtu.be</a></p> <p style="text-align: center;"><b>90s: Cha Cha Slide</b> <a href="https://www.youtube.com/watch?v=9JXHs5mM8b0">https://www.youtube.com/watch?v=9JXHs5mM8b0</a></p>		
<p><b><u>PHYSICAL EDUCATION</u></b></p> <p style="text-align: center;"><b>Card Fitness</b></p>		<p><b><u>HEALTH</u></b></p> <p style="text-align: center;"><b>Mindful Movement: These Feet Were Made for Walking</b></p>

# PreK – 5<sup>th</sup> PE/Health Choice Board

## May 26 – June 12



Take a deck of cards, flip the top card. Complete exercises based on the suit & number on the card.

Face cards are worth 15.

	Spades-jumping jacks
	Clubs-squats
	Hearts-mountain climbers
	Diamonds-Your choice.

Do 10 cards worth.



Go for a walk around your neighborhood with your parent. Spend this time outside observing your surroundings. Notice the flowers, trees, rocks, sky, and other details. Play "I spy" as you walk to look around and notice his or her environment.

### PHYSICAL EDUCATION

## Thermometer Fitness 1.0

**Directions:** Perform the exercises indicated by each thermometer.



**Side To Side Reach**



**Elbows To Knees**

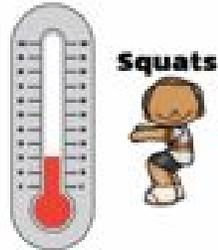


### HEALTH



Plan out family meals for 3 days. Work together to have a mixture of fruits, veggies, and proteins.

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PHYSICAL EDUCATION

# FRACTION FITNESS

Complete each exercise the indicated number of times based on the fraction of each number given.

$\frac{1}{2}$  Of 50



Windmills

$\frac{1}{2}$  Of 20



Push-Ups

$\frac{1}{2}$  Of 40



Thigh Stretch  
Work Legs

$\frac{1}{2}$  Of 40



Planks

HEALTH



Develop a list of healthy coping skills for every letter in the alphabet to use when you're stressed out or having a bad day.