

#4 Gertrude Walker Elementary Specials Choice Board

Directions: Choose at least one activity from each special's column each week. Color in the squares you complete. Try to complete as many squares as possible. Have fun! Please share pictures of your activities with us!

Miss Shiloh's Art	Mr. Thornton's PE	Just for FUN!	Mrs. Cessna's Music	Mrs. Knight's Library
Sculpture! Make a sculpture using only found objects.	Star Jumps! Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat as many times as you wish.	Go Outside! Go on a mindful walk outside.	K: Read & color 2 pgs. in Rhymes 1-2: Do the Bunny Hop for 1 minute & teach to others 3-4: Sing: Hey Look Me Over with actions & teach to others	Mrs. Knight's GW Library Destiny Page! Read or listen to a book or do an activity on Mrs. Knight's page.
Draw! Draw your favorite family tradition.	Crane Balance! Here is a challenge. Put your hand on the ground, lean forward and balance your knees on your elbows. Only your hands should be on the floor.	One Minute! Spend 1 minute doing deep breathing. (or figure 8 breathing)	K: Read and color 2 pgs. in Rhymes 1-2: Sing Mary Poppins: Super.. Chim.. Spoonful.. Let's Go Fly..Step in Time.. 3-4: Read & color Haydn & share information	Read a Fairy or Folk Tale! Which story did you read?
Draw! Draw and color a picture of your yard.	Walk & Talk! Did you know that regular exercise can help prevent diabetes? Go for a walk with an adult and talk about ways to prevent diabetes.	Free Space! GO WASH YOUR HANDS!!!	K: Sing Head & Shoulders Knees & Toes & teach to others 1-2: Sing It's a Small World 3-4: Do the Bunny Hop for 2 minutes & teach to others	Read in a Comfy Place! Where did you choose to read? When did you read there? What book did you read?
Go on a Texture Hunt! See how many different textures you can find around your home. Remember you can do rubbings of them with paper and a crayon.	Play Musical Frogs! This game is just like musical chairs except players hop around like frogs and sit on lily pads (use pillows).	Watch & Talk! Watch a movie and talk about the characters feelings.	K: Sing: How Much is that Doggie & teach to others Just Like Me 1-2: Teach Step in Time & Let's Go Fly 3-4: Read & color Vivaldi & share information	Read your Favorite Book! What is your favorite book? Have you read another book by the same author?
Paint! Paint a picture of your pet or favorite animal. Remember to use proper painting techniques.	Breathing! While lying down in a quiet place, put your hands on your stomach and pay attention to the up and down of your belly as you breathe.	WALK! Go for a walk around your neighborhood and see how many teddy bears you can find and count.	K: Teach Rhymes you have colored to others 1-2: Read & color 2 pgs. in Rhymes 3-4: Sing: Small World & GW School Song & teach to others	Free Choice Reading! You choose where you read and what book you read. Tell me about what you read and where and what you liked and disliked about it.