

## Flexible Instruction Activities - LC1

Choose one activity from each column below for the classes of Language Arts, Math, Science, and Specials. You can either write or draw for each activity. Send it in to school the next school day or take a picture and text or email your teacher. If your child does this for the day, they will be able to be marked as attending school for the day.

Snow Day	Language Arts	Math	Science	Specials	Group
1	Choose one letter of the alphabet and find 5 objects that start with that letter.  Write or draw those objects.	Find a circle, triangle square, and rectangle objects in your house.  Draw pictures of them.	Find 2 items that float and 2 items that sink.  Draw a picture of it and whether it sunk or floated.  (get permission from an adult for objects to use)	<b>Gym</b> - Listen to a song and have a dance party.	<b>5,4,3,2,1 Grounding exercise</b> Write or draw the following things you observe with your 5 senses: <ul style="list-style-type: none"><li>• 5 things you can see</li><li>• 4 things you can feel</li><li>• 3 things you can hear</li><li>• 2 things you can smell</li><li>• 1 thing you tasted that day</li></ul>
2	Make a thank you card for a mail carrier/delivery person.	Count how many cars pass your window in a 5-minute time frame.  Write the number down.	Draw or write about the weather.  Record the weather at breakfast, lunch and dinner.	<b>Music</b> - Make your own instruments and have a concert.  Draw a picture of the instrument.	<b>Emotional Check-in</b> How does being at home during virtual instruction make you feel? Identify 2 emotions you are feeling and write them down or draw a picture of them.
3	Find a penny, pick it up, and write/draw a wish.	Find numbers in your home and then write 10 numbers you find.  Examples: clocks, calendars	Put an object on a windowsill and watch the pattern of the shadow throughout the day.  Draw a picture from breakfast, lunch and dinner.	<b>Art</b> - Draw a picture about what your "Perfect Day" would look like.	<b>Heart Rate body scan</b> Check your pulse on your wrist to notice how fast your heart is beating after you do the following different activities. Count how many beats you feel in 15 seconds after you have done the activity and write the number down. <ul style="list-style-type: none"><li>• Sitting still</li><li>• 20 jumping jacks</li><li>• 10 long, deep breaths</li><li>• Running in place for 30 seconds</li></ul>
4	Look out your front door in the morning.	Use a ruler, tape measurer, or other objects to measure something in your bedroom.	Take a walk with your family or look out your window.	<b>Tech Ed.</b> - List 5 items of technology that is in your house.	<b>Breathing exercises</b> Practice the following 3 breathing exercises.

	<p>Draw a picture of what you see and write a caption.</p>	<p>Draw a picture of it and write measurement down.</p>	<p>Draw a picture of something you see.</p>	<p>Draw a picture or describe them.</p>	<p>Write down your favorite exercise.</p> <ol style="list-style-type: none"> <li>Imagine you have a mug of hot cocoa. Breathe in through your nose to smell the hot cocoa, then blow our breath out of your mouth to cool it down. Repeat 3 times.</li> <li>Think of your belly as a balloon. Take a deep breath in and fill your belly/balloon. Hold your breath for 3 counts. Breathe out through your mouth slowly to deflate the balloon. Repeat 3 times.</li> <li>Imagine you are a dragon. Take a deep breath in all the way. When you breathe out, make a quiet roar like you are breathing out fire. Repeat 3 times.</li> </ol>
5	<p>Describe the dog below with words or draw a picture to look like this dog.</p> 	<p>Count how many windows and doors are in your house.</p> <p>Add the number together. Write the numbers in an addition number sentence.</p> <p>Example: <math>4+2=6</math></p>	<p>Find an object in your house or outside and describe it using 3 of your senses.</p> <p>(See, hear, feel, taste, smell)</p>	<p><b>Library</b> - Read or listen to a book.</p> <p>Write or draw the book title.</p>	<p><b><u>Identify Coping Skills</u></b></p> <p>Read or have an adult read the list of coping skills.</p> <p>Identify 3 coping skills you like to use and write them down or draw a picture of you using them.</p> <ul style="list-style-type: none"> <li>• Deep breathing</li> <li>• Take a mindful walk</li> <li>• 5,4,3,2,1 grounding technique</li> <li>• Imagine your favorite place</li> <li>• Yoga</li> <li>• Picture the people you care about</li> <li>• Remember the words to a song you love Say the alphabet slowly</li> <li>• Make a fist and then release it</li> <li>• Take a shower or a bath</li> <li>• Counting</li> <li>• Coloring</li> <li>• Use a stress ball or fidget</li> <li>• Exercise</li> <li>• Stretch</li> <li>• Listen to music or sing</li> </ul>

					<ul style="list-style-type: none"><li>● Play with a pet</li><li>● Play with a sibling</li><li>● Read</li><li>● Eat a snack</li><li>● Drink water</li></ul>
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