# 1st Grade Specials Choice Board

**March 30th - April 3rd & April 13th - April 17th**

Directions: Choose one activity to complete each day. Pick from the specials you would have that day.

For example, if you go to music on Monday, do a music activity on Monday.

| **P.E.** 🏋️ |
| **Music 🎵** |
| **Art 🎨** |
| **Media 📖** |
| **Counseling 🌐** |

**Technology Fitness Workouts!**

**Warm-Up:**
- Jog in place for 1 minute. Then, perform 3 different stretches learned in class for 20 seconds each.

**Activity:**
Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Fitness Workout Videos. Choose and participate in 2 of the Fitness Workout Videos.

Questions:
* What is the most important muscle in your body?  
* Did the workout make your heart beat faster? Breathe faster?  
* How would you change the workouts to make them more fun? Share your responses with a family member or in Teams.

| **1. Listen to the theme song of your favorite TV show or video game.** Was the music fast or slow and was it loud or soft? You can share your response in Teams! |
| **1. Draw your favorite animal in their habitat. Make sure to show plants and other animals in your picture.** Post your picture in Teams and comment on someone else’s picture. |

**A Little Spot of Kindness**

* Listen to Mrs. Bauer read *A Little Spot of Kindness* by Diane Alber.  
* How can you be kind?  

*Option 1:* Download and print the Spot chart and put a spot each day when you do something kind.  
*Option 2:* Cleaning up after yourself is one way to be kind. Find 5 things to put away.

**Watch the video clip from Brainpop video for K-2 about Feelings**

* How many feelings can you name? Happy, sad, mad? I bet you can name even more!  
* Talking about feelings helps us feel close to people who care. It helps us feel better when we’re sad or scared.  
* Putting feelings into words helps us use self-control when we feel mad or upset. If your little brother took something of yours, use an Emotion Potion, “Hey, I feel annoyed that you took that without asking me. Next time, please ask.” No need to get in a big fight over it. Just say how you feel and why, without yelling.  
* Let’s Practice sharing feelings with our family!
### No Technology Fitness Workouts!

**Warm-Up:**
- Jog in Place for 1 minute. Then, perform 3 different stretches learned in class for 20 seconds each.

Go to the Physical Education Microsoft Teams, click on the files tab, then click No Technology Workouts. Choose and participate in 1 or 2 of the No Technology Workouts.

**Questions:**
1. Your heart is a muscle that grows stronger with exercise, play, and physical activity. Can you name 3 other activities to make your heart stronger?
2. How long should you be active for every day to make your heart stronger?

Share your responses with a family member or in Teams.

### 1. Use your favorite stuffed animal as your music buddy and take them to “Arioso Land”. You can sing your favorite song with your buddy or tell them a story in your singing voice 😊

**Song ideas:** *No More Pie, Frog in the Meadow, Pitter Patter, Baby Shark*

2. Watch [this video](#) and follow along to create a folded shark puppet.

Post your picture in Teams and comment on someone else’s picture.

**myON is a website where you can access over 6,000 e-books and a daily news articles.**

1. Watch this [video](#)

   - to learn how to use myON.

2. Login to [myON](#)

   - **School Name:** Get Georgia Reading
   - **Username:** fultoncounty
   - **Password:** read

3. Practice looking for books. Read or listen to one that interests you.

4. Read or listen to one of the daily news articles. Tell a parent or friend what you learned.

### 2. Watch the video clip from [Inside Out](#)*

1. **How does a person’s face change based on their emotion?**
2. **How does a person’s body change based on their emotion?**
3. **Which of these emotions are you feeling the most right now?**

### 3. Let’s Dance!

**Warm-Up:**
- Jog in Place for 1 minute. Then, perform 3 different stretches learned in class for 20 seconds each.

**Activity:**
- Turn on your favorite song and have a family dance party for 3 minutes!

or

3. Follow the link below to go to a body percussion activity. [Rhythm Creation](#)

   Post your response in Flipgrid with the green + button.

**MackinVia**

There are many e-books and databases that can be accessed in MackinVIA.

1. Login to MackinVia using these instructions: [MackinVia Login Instructions.docx](#)

### Feelings Activity:

Fold a piece of paper in half 2 times. Write one of the following emotions in each square: happy, sad, worried, angry. Draw a picture of yourself showing each emotion.
Go to the Physical Education Microsoft Teams, click on the files tab, then click on Dance Videos. Choose and participate in 1 or 2 of the dance videos.

Questions:
* Did you like the dance you chose? Why or why not?
* What were your favorite dance moves? Show a family member.

Share your responses with a family member or in Teams.

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Explore our e-book collection. Read or listen to a book that interests you.

Explore databases such as Animal Kingdom or Britannica Learning Zone. These are good options for research.