2nd 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.

<table>
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<tr>
<th>P.E.</th>
<th>Music</th>
<th>Art</th>
<th>Media</th>
<th>Counseling</th>
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<td><strong>Technology</strong>&lt;br&gt;<strong>Fitness Workouts!</strong>&lt;br&gt;Warm-Up:&lt;br&gt;-Jog in Place for 90 seconds. Then, perform 3 different stretches learned in class for 20 seconds each.&lt;br&gt;<strong>Activity:</strong>&lt;br&gt;Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Fitness Workout Videos. Choose and participate in two of the Fitness Workout Videos.&lt;br&gt;<strong>Questions:</strong>&lt;br&gt;*Did the workout increase your heart rate?&lt;br&gt;Breathing?&lt;br&gt;*How can being active for 60 minutes a day improve your fitness level?&lt;br&gt;*How would you change the workouts to make them more fun?&lt;br&gt;Share your responses with a family member or in Teams.</td>
<td><strong>Music</strong>&lt;br&gt;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!</td>
<td><strong>Art</strong>&lt;br&gt;1. Draw your favorite animal in their habitat. Make sure to show plants and other animals in your picture.</td>
<td><strong>Media</strong>&lt;br&gt;Celebrate Women’s History Month with Pebble Go. Learn how women throughout history have made great accomplishments despite many challenges, such as not being treated the same as men.&lt;br&gt;1. Pebble Go has a Women’s History Month Quiz. The quiz uses your personal interests to match them with a famous woman in history. Click Here to take the quiz.&lt;br&gt;2. Login to PebbleGo and learn more about the person you matched with from the quiz.&lt;br&gt;<strong>Username:</strong> northw&lt;br&gt;<strong>Password:</strong> school</td>
<td><strong>Counseling</strong>&lt;br&gt;<strong>Emotions!</strong>&lt;br&gt;*Watch the video clip from Rocket Kids about Emotions&lt;br&gt;*What emotion or emotions are you feeling right now?&lt;br&gt;*How can you measure your emotions?&lt;br&gt;<em>Do emotions change or stay the same?&lt;br&gt;</em>“There are no good or bad emotions.” Do you agree or disagree? Why?</td>
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**No Technology Fitness Workouts!**

**Warm-Up:**
- Jog in Place for 90 seconds. Then, perform 3 different stretches learned in class for 20 seconds each.

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

Questions:
* What was your favorite exercise? Least favorite? Demonstrate each 5 times.

* Can you identify 3 ways you are active at school? At home?

* How can the above activities improve your fitness level?

Share your responses with a family member or in Teams.

| 2. 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. | **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. | **How Does Our Body Show Our Feelings?**
* Watch the video clip from [Inside Out](#)  
* How does a person’s face change based on their emotion?  
* How does a person’s body change based on their emotion?  
* Which of these emotions are you feeling the most right now? |

Post your picture in Teams and comment on someone else’s picture.
3. Let's Dance!

**Warm-Up:**
- Jog in Place for 90 seconds. Then, perform 3 different stretches learned in class for 20 seconds each.

**Activity:**
- Perform 2 Just Dance videos (video game or on YouTube).
- Turn on your favorite song and have a family dance party for 3 minutes!
- Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Dance Videos. Choose and participate in 1 or 2 of the dance videos.

**Questions:**
*How can dancing improve your fitness level?*
*What was the easiest dance move to perform? The most difficult?*
*What could you do to make the dance better?* Share your responses with a family member or in Teams.

**Activity:**
- Follow the link below to go to a body percussion activity. **Rhythm Creation**
- Post your response in Flipgrid with the green + button.
- 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.

**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.