### Kindergarten 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>
<thead>
<tr>
<th>P.E. 🏋️‍♂️</th>
<th>Music 🎵</th>
<th>Art 🎨</th>
<th>Media 📚</th>
<th>Counseling</th>
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| **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 two of the Fitness Workout Videos.  
Questions:  
*Why did you choose the workout?*  
*Did you like the workout? Why or why not?*  
*Did the workout make your heart beat faster? Did it make you breathe faster?*  
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. | Know Your Feelings!  
*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 page, click on the files tab, then click No Technology Workouts. Choose and participate in one of the No Technology Workouts.

**Questions:**
* How did your body feel after the workout?  
* Why is it important to exercise?  
* What was your favorite exercise?  
* What was your least favorite exercise?  

Share your responses with a family member or in Teams.

### 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

Go to the Physical Education Microsoft Teams page, click on the files tab, then click on Dance Videos. Choose and

### 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.

### 3. Follow the link below to go to a body percussion activity. Rhythm Creation

Post your response in Flipgrid with the green + button.

### 3. Think about your favorite book. Draw your favorite part of the story. Include characters and a setting.

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

### Draw a picture of your favorite character from a book. Have someone help you write down the title of the book and the name of the character.

### 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?

### 3. 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.

### 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
participate in one 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.
* How can dancing improve your fitness level?