

# PE, Music, Library and Counseling Collaboration

## Peterson Puffins pick an activity each day

**color the box when you're done,  
have a favorite?  
that's okay, you can do it more than once!**



PE	Music	Library	Counseling	Art
Record a fitness journal for the week. On a sheet of a paper, write or draw each activity you did and how many minutes you did it.	Find a household object you could use as an instrument. Play it!	Point out the title of the book you're reading to someone at home. Tell them three things you like about the book and three things you don't like.	Interview a family member about their career choice. Draw a picture of them working in their career.	Using materials from your recycle bin, create a piece of 3D artwork or sculpture. Take a picture or write about your work and the materials used.
Pick a song of your choice. Create a dance or exercise routine for the length of the song.	Lyrics are the words to a song. Write new lyrics to the melody "Twinkle, Twinkle" to make a song about nature. Perform it for a family member.	Act out the story "The Three Little Pigs." Get creative with props from around your house.	Write a "thank you" card to someone in your family. Draw a picture and tell them why you are thankful for them.	Draw a picture of your home. Label the different rooms.
Pick 5 different muscles to stretch. Hold each stretch for 20 seconds. Don't forget to stretch both sides of your body!	Draw a musical staff and label the notes on the staff. If you can, try to write out both treble and bass clef!	Read a book to a family member, a pet or a stuffed animal.	Pick three different breathing exercises to teach to a family member. Such as: <ul style="list-style-type: none"> <li>- The Pretzel</li> <li>- The Balloon</li> <li>- Lazy 8s</li> <li>- Brain Buttons</li> <li>- Cross Crawls</li> </ul>	For one-week, draw a self-portrait in your journal, showing how you are feeling. Write what feeling it is and why.
Spend some time focusing on mindfulness. Using your 4-7-8 breathing exercises. (Breathe in for 4 secs, hold for 7, and exhale for 8). Repeat 5 times.	Listen to your favorite song. Tap the steady beat as you sing along with it.	Draw a map of the school library: label the different areas, such as non-fiction, fiction, graphic novels, etc.	Draw a "when I grow up" self-portrait, showing what you want to be when you grow up.	Peel 3 crayons. Find 3 objects with texture (bottom of shoe, a leaf, etc.) and place the piece of paper on top of the object then rub the paper with the crayon. What pattern did it make?
Create an obstacle course with things you can find around the house. What can you go over, under, around, and through? How fast can you go?	Take a sound walk. What sounds do you notice? Sing your favorite song from music class on your walk.	Choose three of your favorite characters from a book and draw a picture of you with them.	Show a family member what different feelings look like on your face. What do your eyebrows do? your eyes? your mouth? when you feel: <ul style="list-style-type: none"> <li>- Happy</li> <li>- Sad</li> <li>- Excited</li> <li>- Scared</li> <li>- Anxious</li> <li>- Angry</li> <li>- Bored</li> </ul>	Fold a piece of a paper into thirds. In the first box draw the head of a creature. Fold it back and pass the paper to a family member. Now they draw the middle. Fold back again and switch. Now they draw the legs. Once everyone has added their part, open it up.

**if you have questions, you can send an email to:**

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