



Dear Elementary Specials

Mrs. Hendrix - Art

•

Ms. Jones - Music

•

Mrs. Steele – Library/Technology

•

Coach Swope- Physical Education

Kids of Dear Elementary:

We encourage you to:

Think, Create, Do, Play, Read, and Explore.

Use our website:

<https://dearelementaryspecials.weebly.com/>

Use our packet of suggestions.

We can't wait to hear about your adventures!

#dearkidsdo

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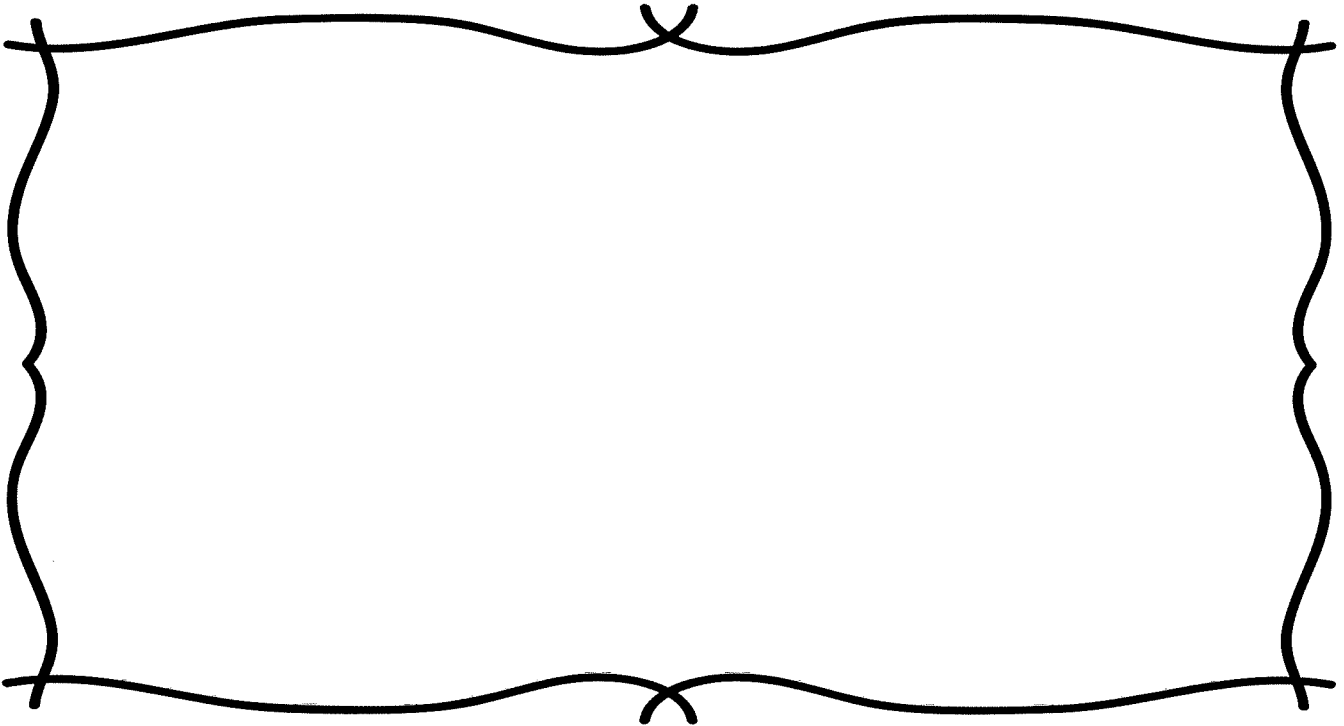
Your Specials Teachers



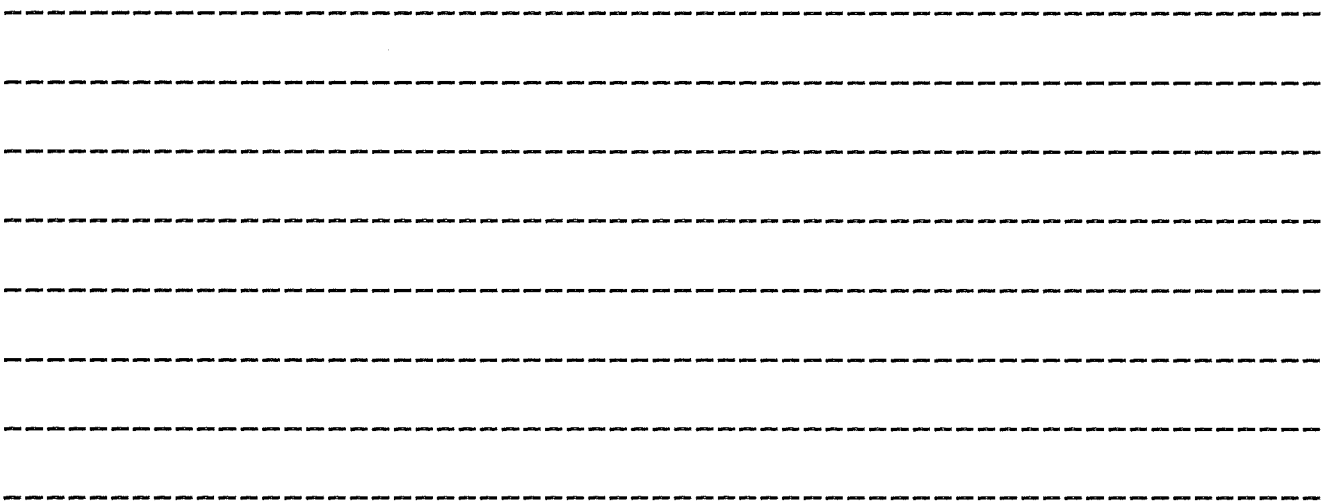
"And then, I realized what you do with an idea...

You change the world." Kobi Yamada

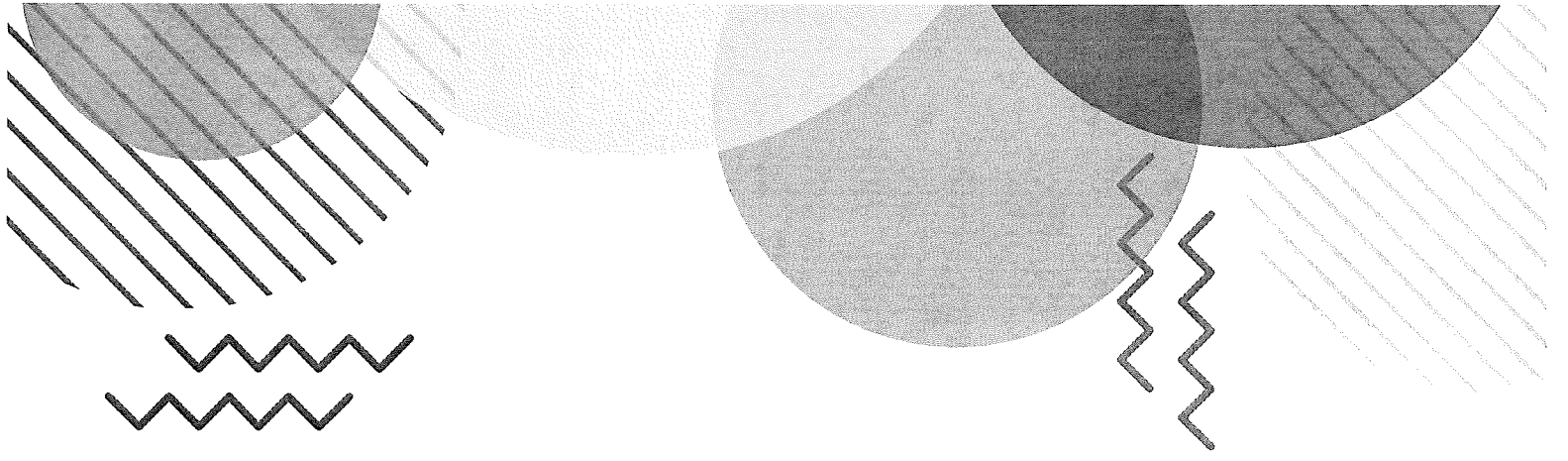
What is Your Idea?



How Will Your Idea Change the World?



Name: _____ Date: _____



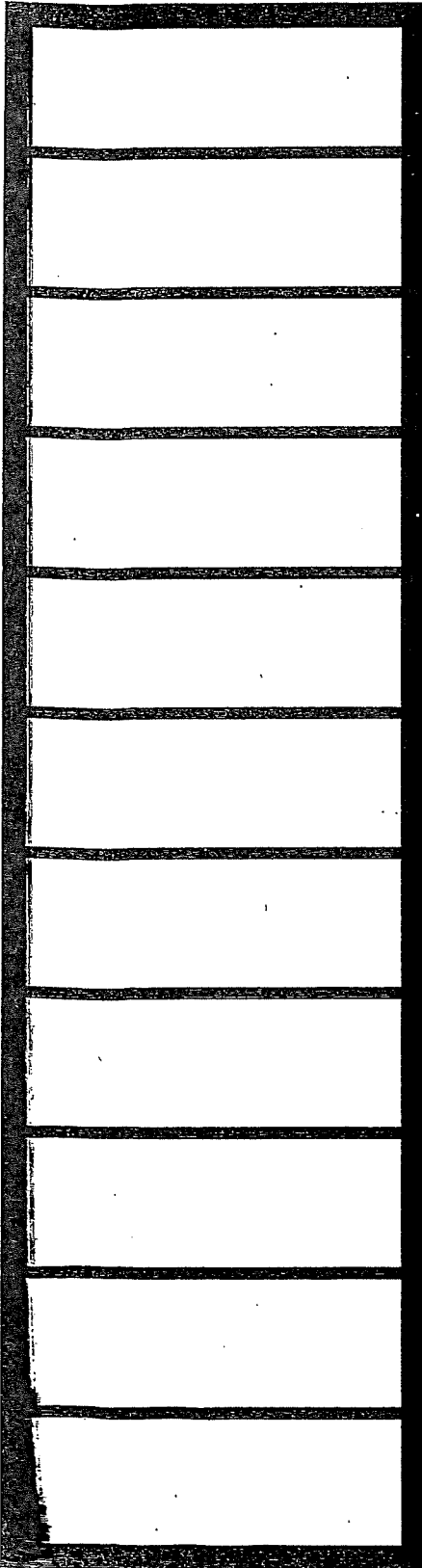
ART



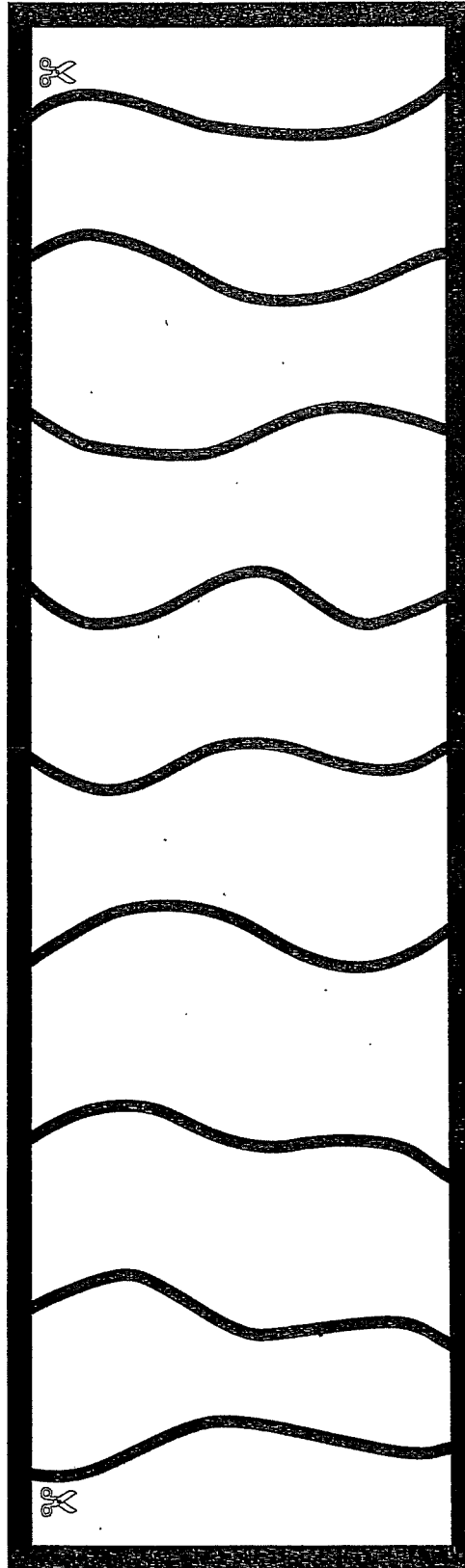
Three Snip Strips

- Cut these snip strips from brightly colored paper.
- Introduce the straight line snip strip first before proceeding with the curves and angles.
- Show students how to turn the paper, not the scissors, when cutting anything other than a straight line.
- Instruct each child how to cut along each solid black line in three or more motions.

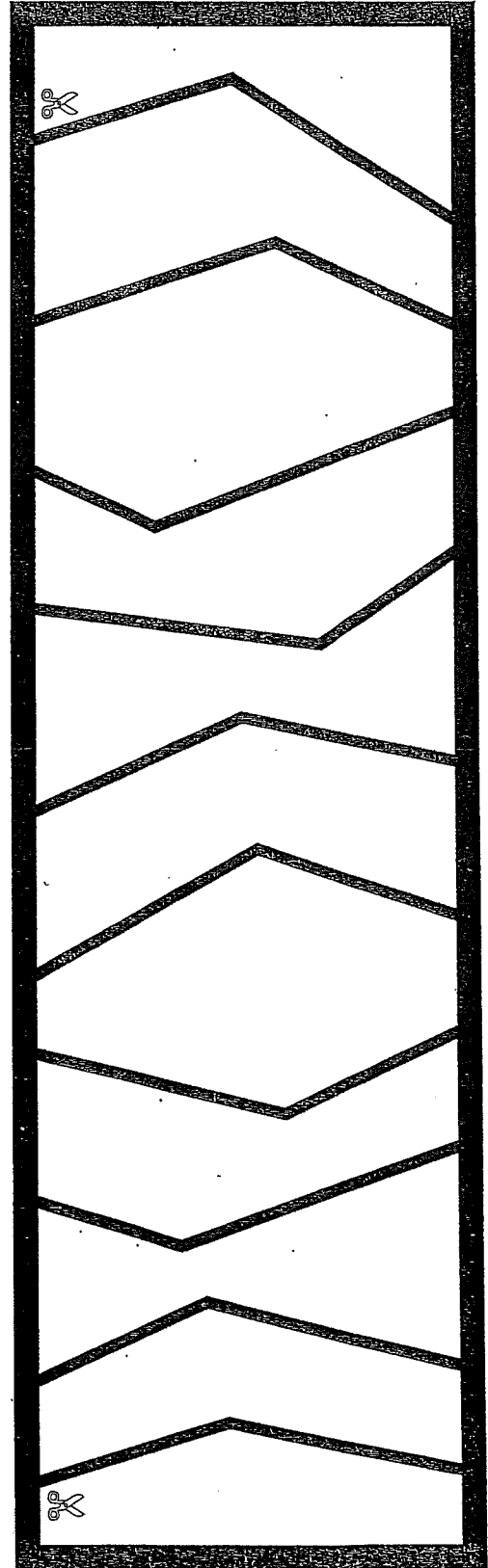
Straight Lines



Curved Lines

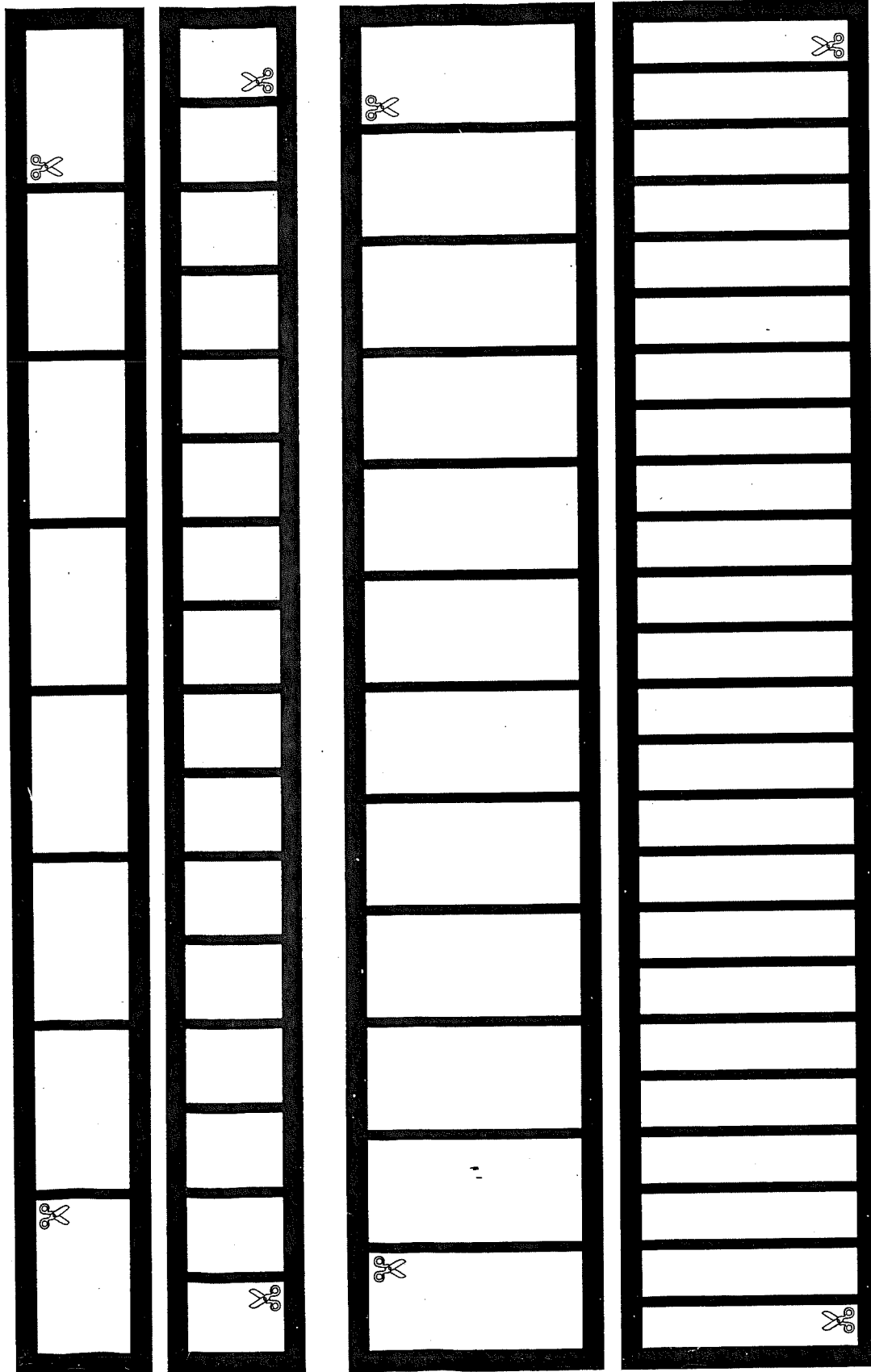
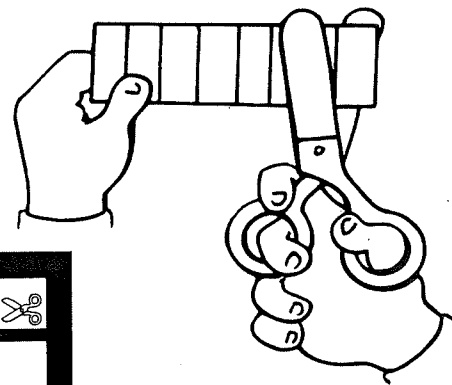


Angled Lines



One Snip Strips

Two Snip Strips

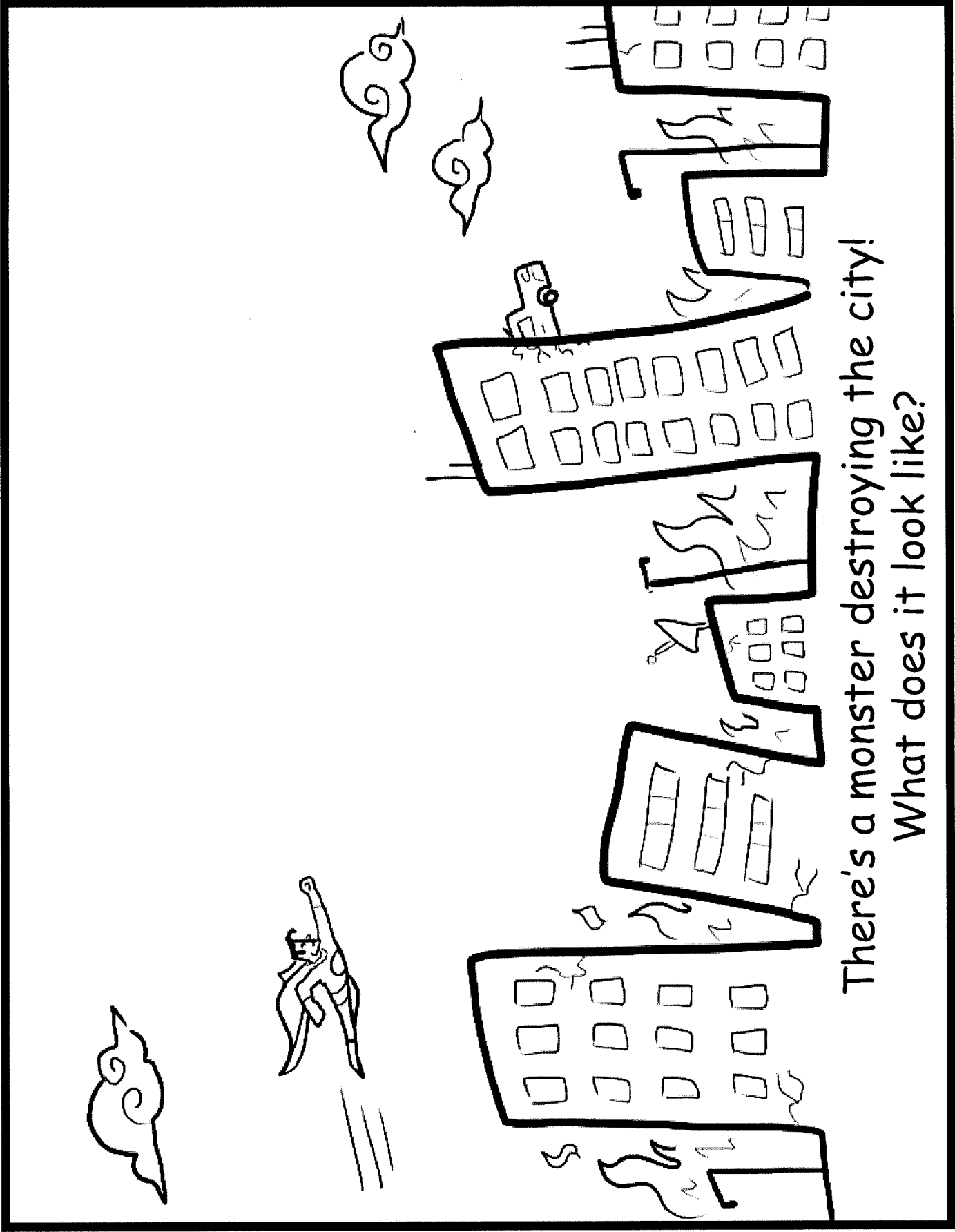


- Copy these snip strips onto brightly colored paper and cut them apart before giving them to the children.
- Introduce the one snip strips (one motion) first.
- Show each child how to hold the scissors in one hand and the snip strip in the other.
- Instruct each child how to cut along each solid black line in one motion.
- Have each child collect the small pieces and paste them onto a large sheet of colored paper. Or, place the pieces in a reclosable plastic bag for the child to take home.
- When one snip strips are mastered, instruct each child to cut the two snips strips using two motions with the scissors.

FINISH THE DRAWING

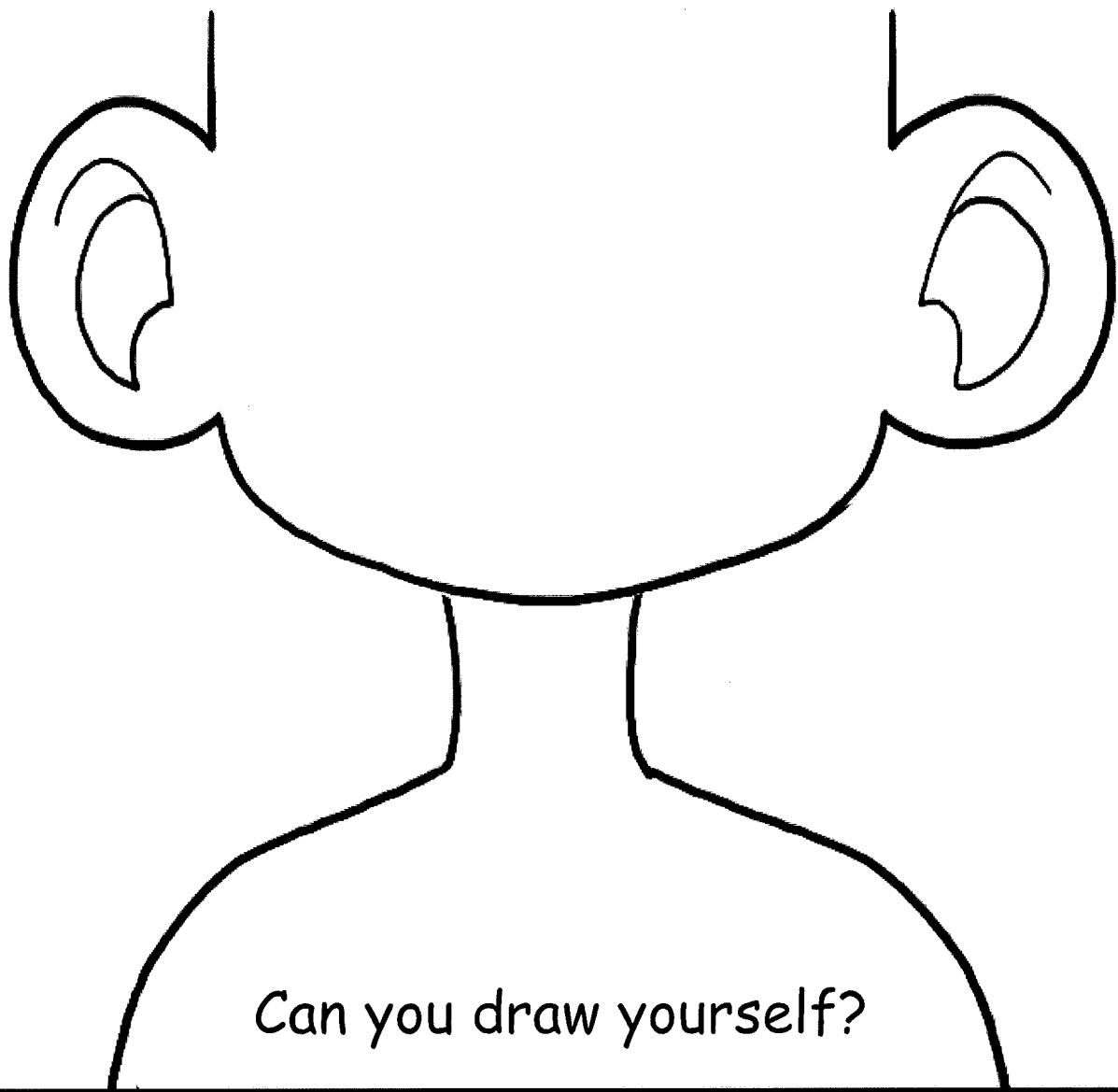


What is he watching on TV?



There's a monster destroying the city!
What does it look like?

FINISH THE DRAWING



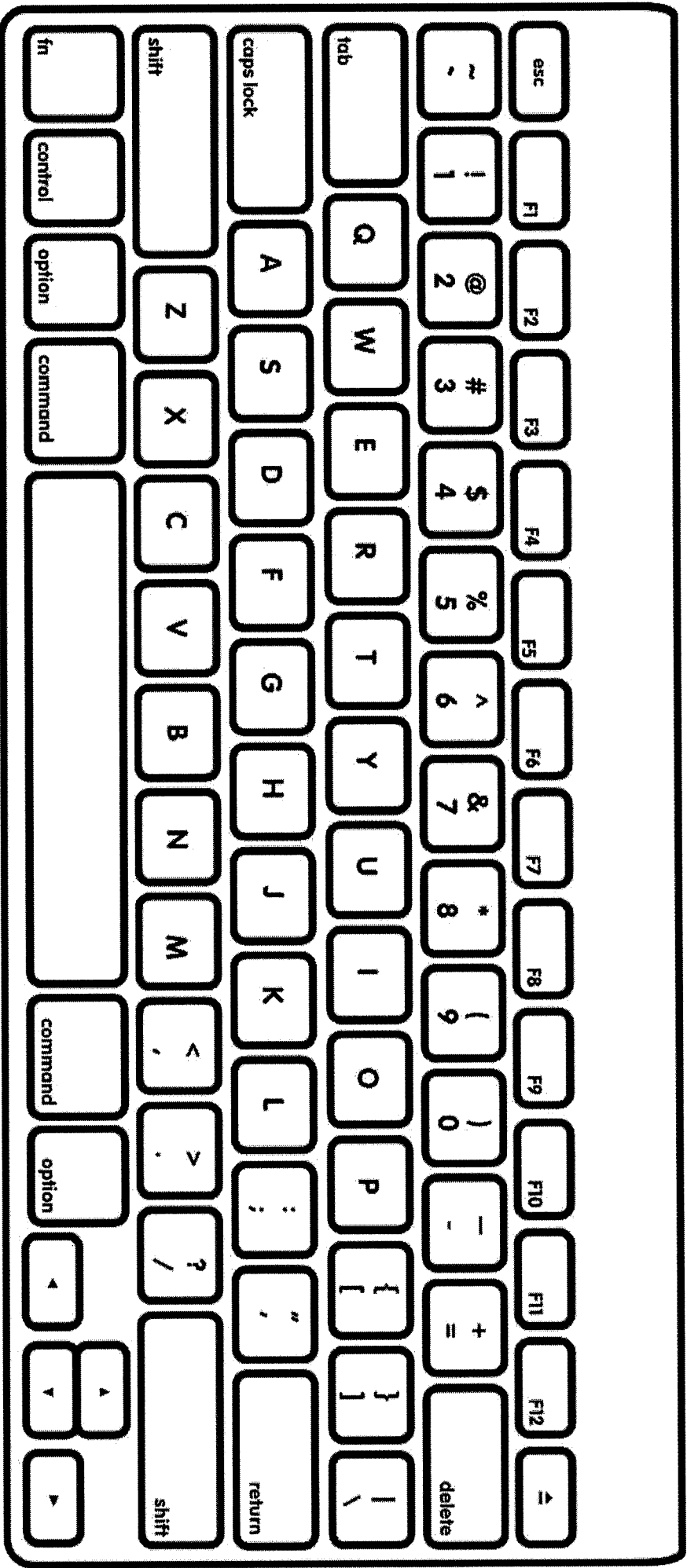
Can you draw yourself?

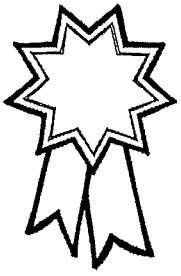


Library/Tech



TYPE AND SPELL



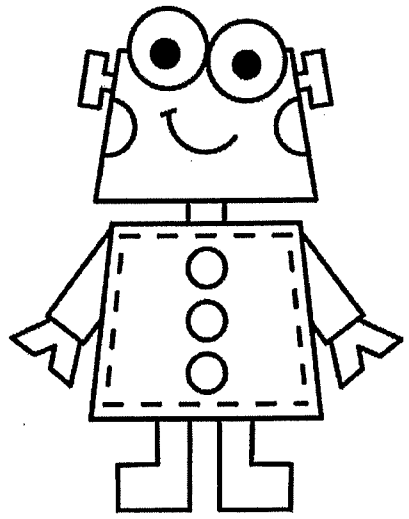


Directions: Use the coordinates to fill in the squares on the charts below, revealing your secret design. Once you complete both charts, think about the difference between the large and the small designs. (*Suggested answer, with further instructions, is in the teacher's guide.*)

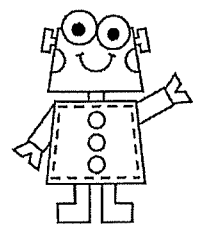
coordinates

- A1
- A5
- B1
- B4
- C1
- C4
- D1
- D3
- E1
- E2
- F1
- F3
- G1
- G4
- H1
- H4
- I1
- I5

	1	2	3	4	5	6	7	8	9
A									
B									
C									
D									
E									
F									
G									
H									
I									



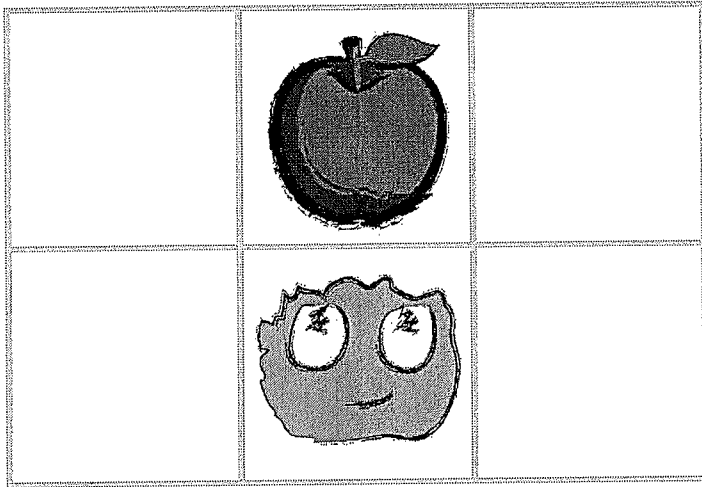
	1	2	3	4	5	6	7	8	9
A									
B									
C									
D									
E									
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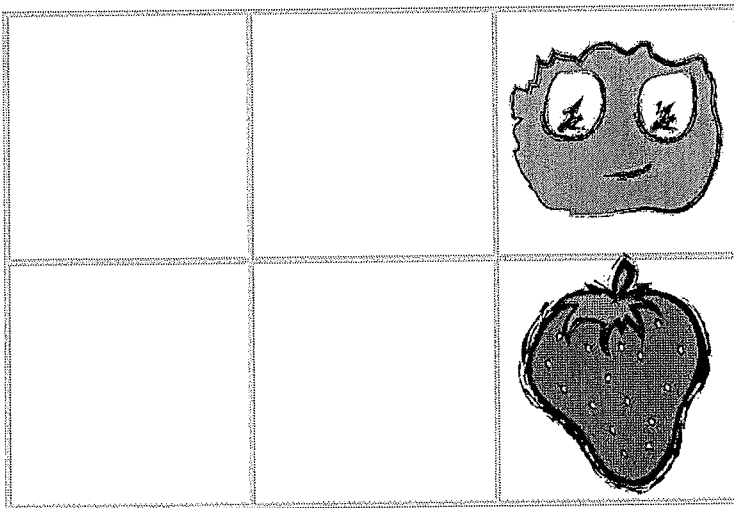
Happy Maps



1. Which way should the Flurb step to get to the fruit?



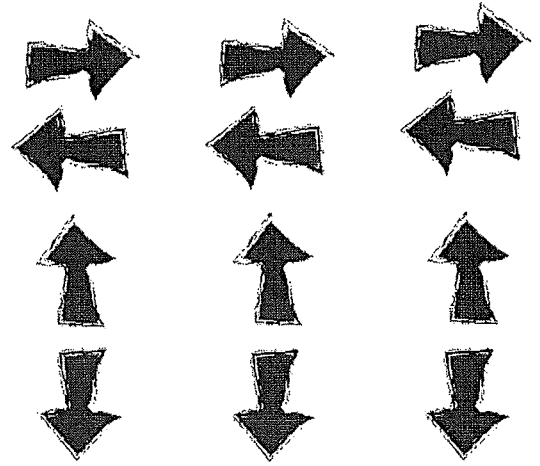
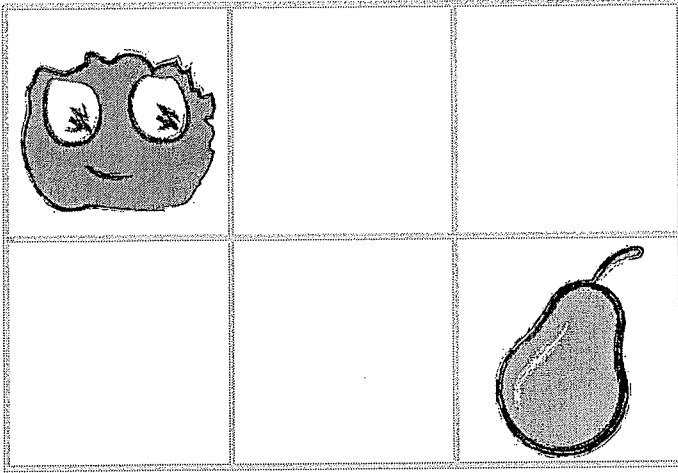
2. Which way should the Flurb step to get to the fruit?



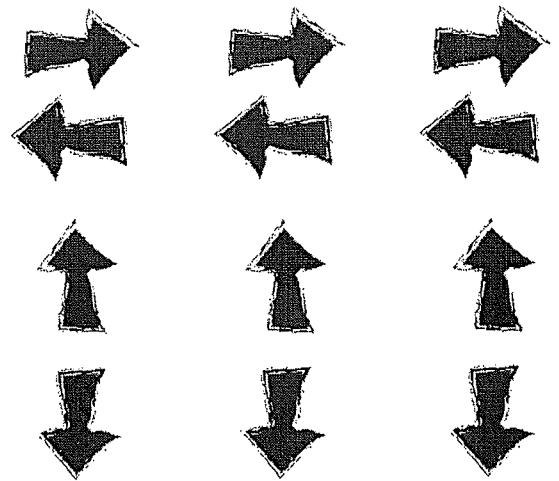
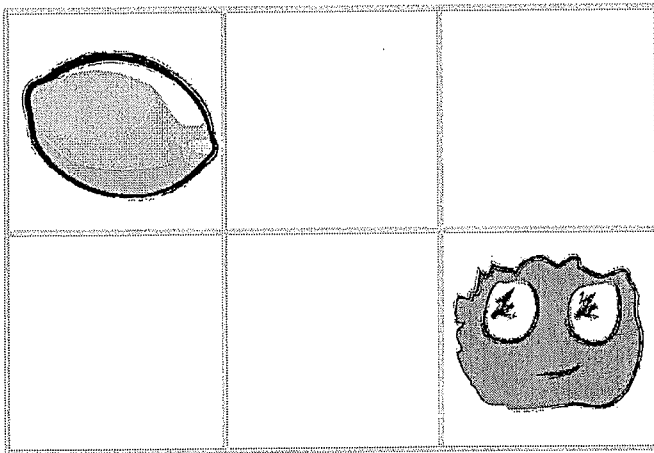
Happy Maps



5. What should the Flurb do to get to the fruit?

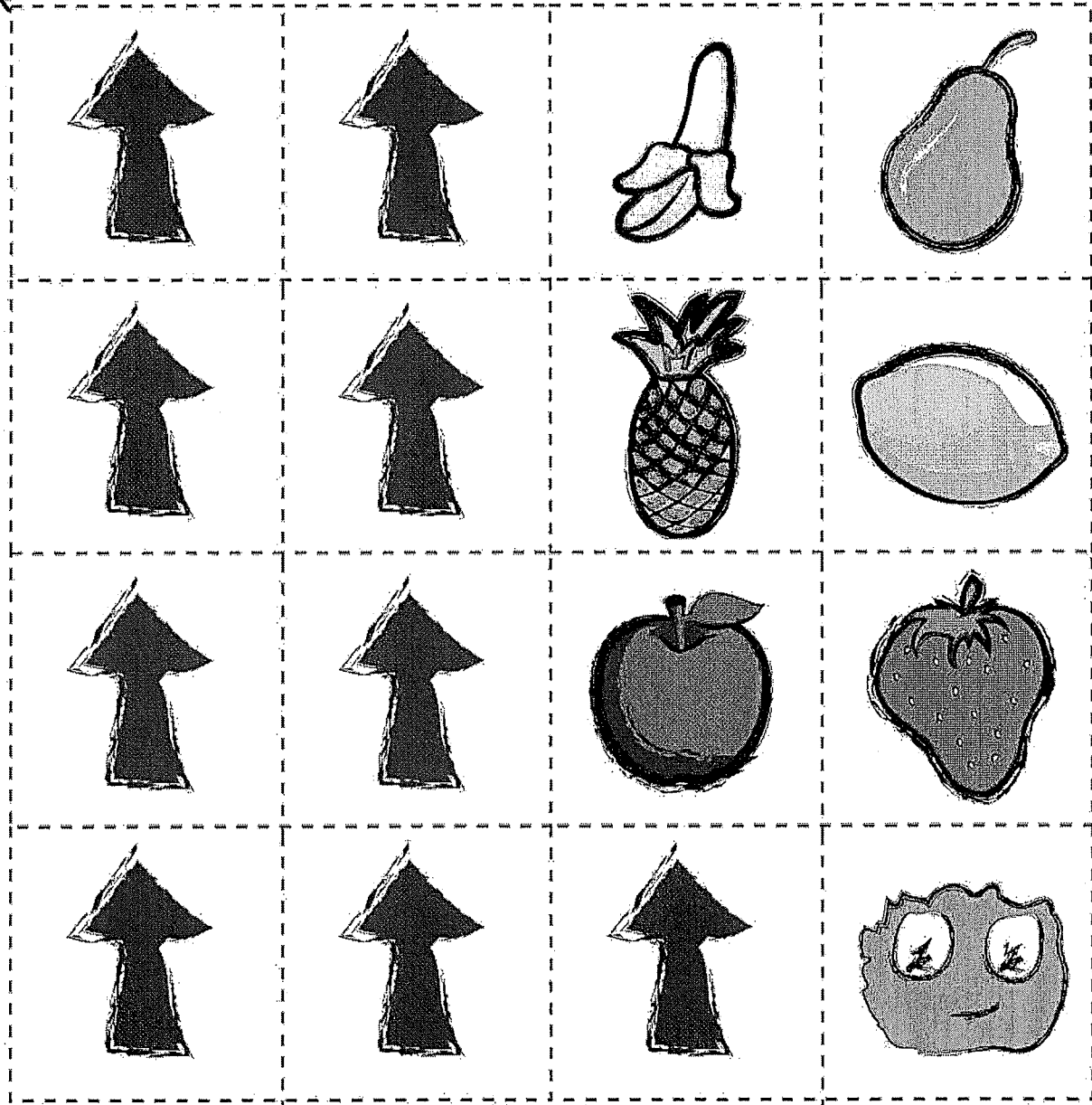


6. What should the Flurb do to get to the fruit?



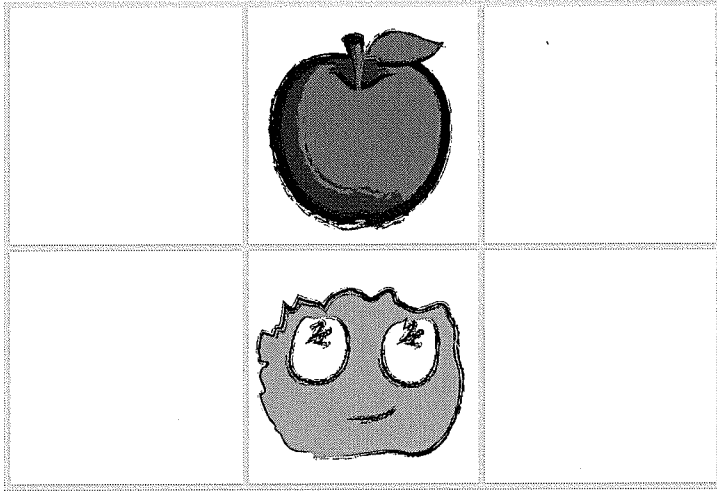
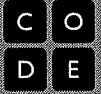
Happy Maps Game Pieces

C O
D E



1

Happy Map 1



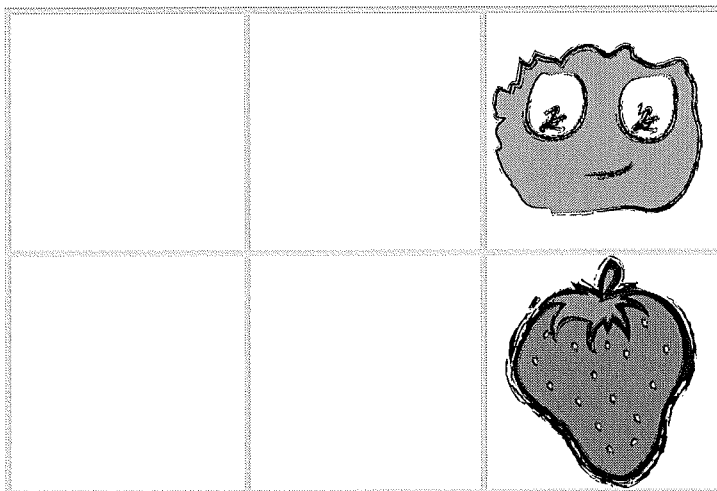
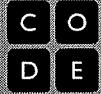
Which way should the Flurb step to get to the fruit?



Revision 140428.1a

2

Happy Map 2



Which way should the Flurb step to get to the fruit?



Revision 140428.1a

Name: _____

Date: _____

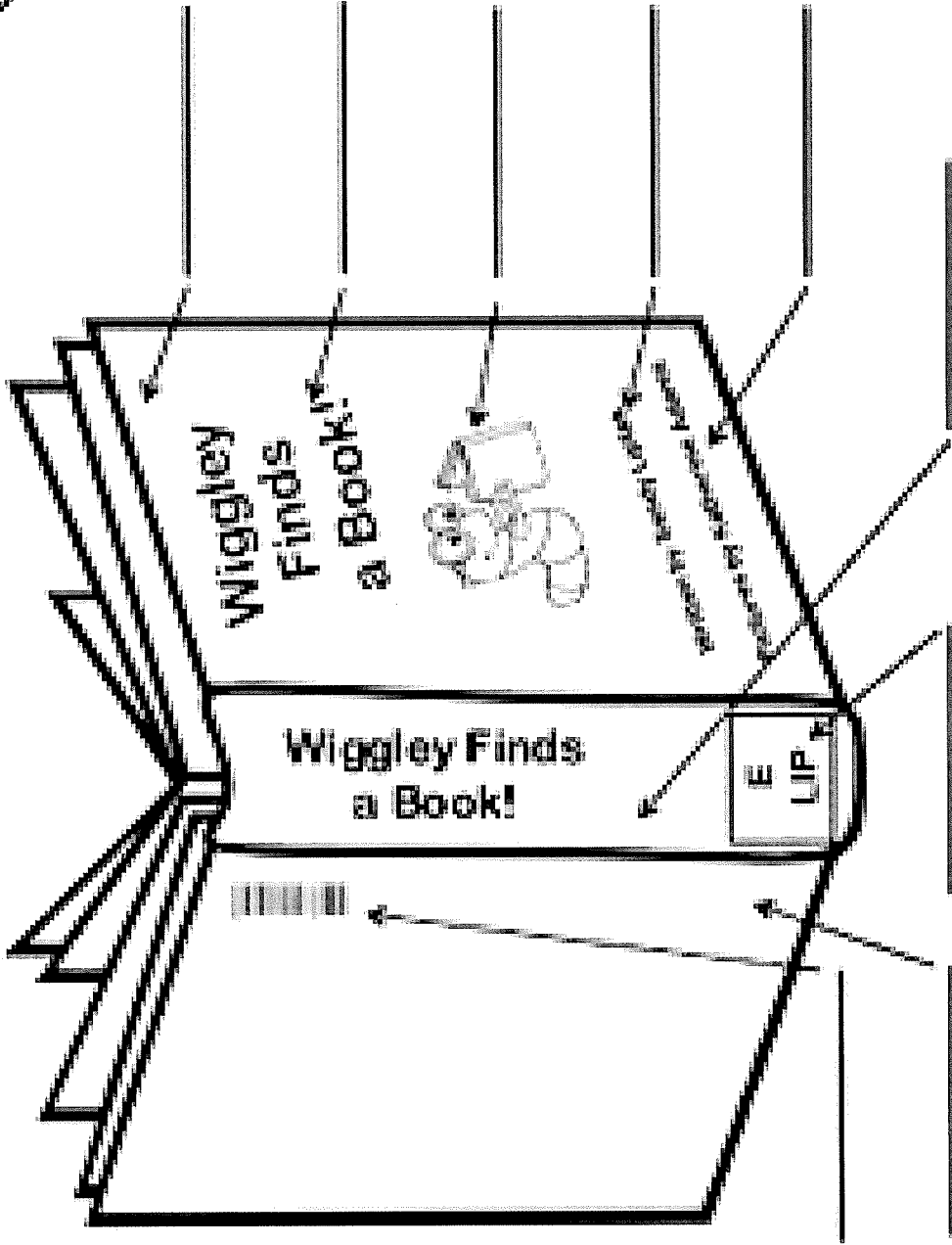
Can You Label the Parts of a Book?

Directions:

Use the words in the Word Bank below to label the parts of a book.

Word Bank:

- Front Cover
- Back Cover
- Spine
- Title
- Author
- Illustrator
- Illustration
- Call Number
- Barcode



Parts of a Book

Name _____



Title

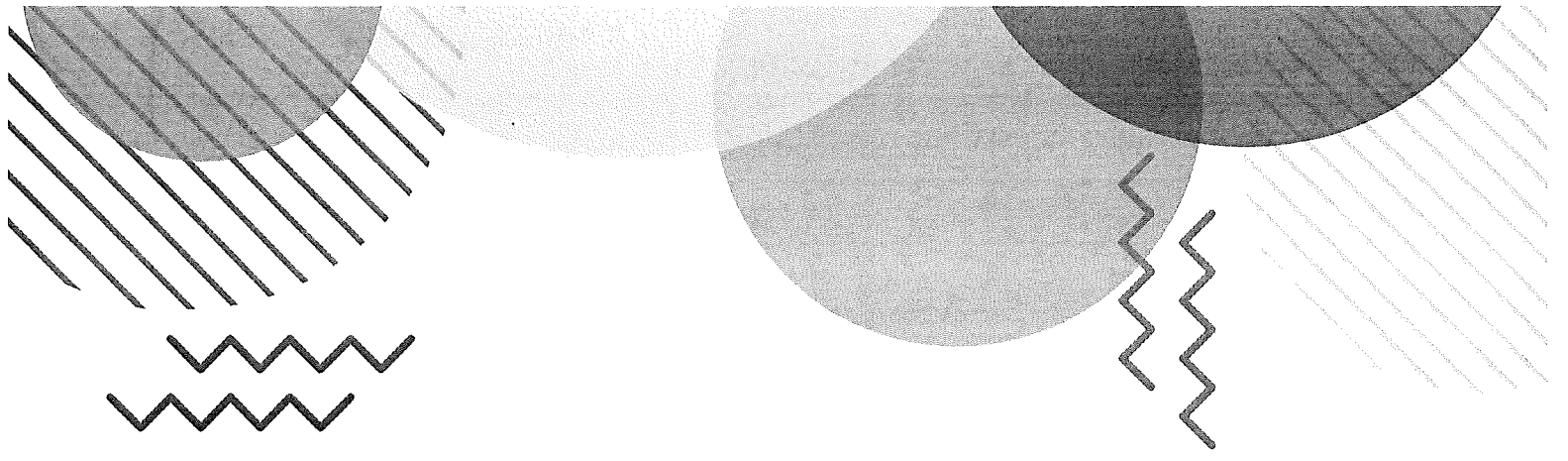
Author

Pages

Front Cover

Back Cover

Spine



MUSIC



.....

The Ice Cream Sundae

Today was a day I did everything
right,
Though my brother annoyed me, I
still didn't fight.
I played nicely all day, didn't argue or
scream,
Now my mom says we'll go for a dish
of ice cream. *mmmm*

I ate all of my breakfast and all of my
lunch,
I picked up my toys (and I have a
bunch),
And since I've been helpful, like part
of a team,
I think I might ask for two scoops of
ice cream. *mmmm*

Two scoops! What a treat! But I
think you'll agree,
It would be hard to imagine one
better than me.
I've done everything right, or so it
would seem,
Maybe Mom will allow me four
scoops of ice cream. *mmmm*

Yes! Today has been special. It's not
every day,
I do everything right, in such a nice
way.
So why not, of course, since I'm
building up steam,
Have some syrup on top of four
scoops of ice cream. *mmmm*

.....

"You've been perfect my dear," That's
what Mom said today,
So I know she won't mind if I have it
my way.
To the syrup, add nuts and also
whipped cream
And a cherry on top of four scoops of
ice cream. *mmmm*

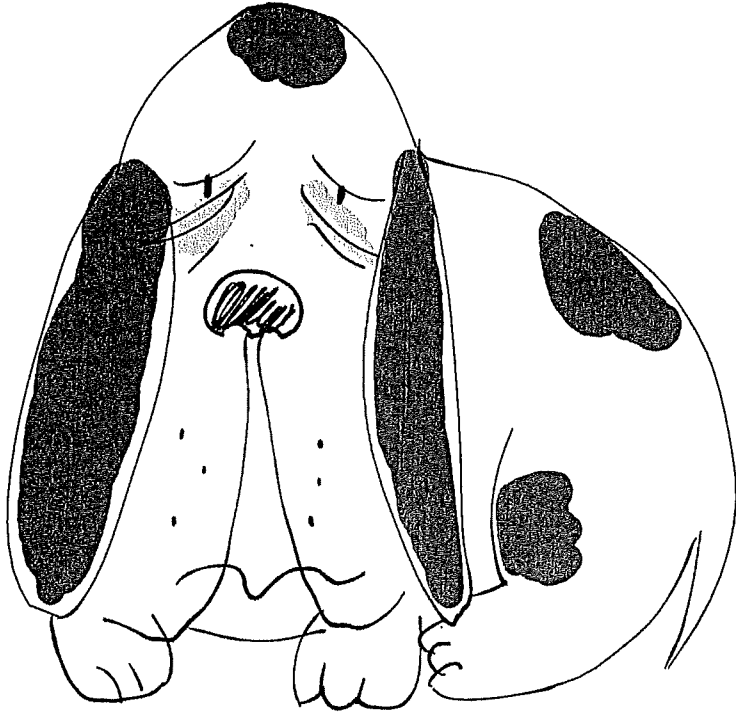
And yet, when I think about wanting
more,
Though it sounds awfully good, I
know what's in store.
I'll eat and I'll eat and I'll run out of
steam,
And I won't feel so good after all that
ice cream. *mmmm*

Since today was a day I did every
thing right,
I will not spoil my record by making a
sight.
I'll ask most politely, though it was
fun to dream,
"May I have one scoop of vanilla ice
cream?" *mmmm*

—John M. Feierabend

Vocal Explorations

Feb



.....
**I Thought I Heard a
Puppy Whine**

I thought I heard a puppy whine,

mmm, mmm, mmm

Maybe it was in my mind.

mmm, mmm, mmm

Then again, it might be swine,

mmm, mmm, mmm

No, I'm sure it sounds canine.

mmm, mmm, mmm

Yes, I am quite sure this time,

mmm, mmm, mmm

That I hear a puppy whine,

mmm, mmm, mmm

And I think I see a sign,

mmm, mmm, mmm

That my ears are working fine.

mmm, mmm, mmm

Dad says she's my Valentine,

mmm, mmm, mmm

And her name is Adeline.

mmm, mmm, mmm

See my face begin to shine,

mmm, mmm, mmm

I think she is super fine.

mmm, mmm, mmm

— John M. Feierabend

.....

Cowboy Joe

Cowboy Joe was a bold young man,
He dreamed of rustling cattle, most of
all.

He wanted to see if the cows would
come

When he let out his cowboy call.
yee-haa

He practiced all day from morning to
night,

And he practiced both summer and
fall.

He knew some day he'd have his
chance

To try out his cowboy call.
yee-haa

Well, finally one day, it was proudly
announced

That his ma and pa and all,
Were takin' a trip to his grandfather's
ranch

Where he could try out his cowboy
call.
yee-haa

He jumped for joy and grabbed his
gear

And he ran back down the hall.

He hopped into the car and was ready
to go

To let out his cowboy call.
yee-haa

When he arrived at the ranch he was
happy to see

That the cows were not in the stall.

He dashed to the field where they
quietly grazed

And he let out his cowboy call.
yee-haa

Well they all did come right up to the
fence

And he sure felt ten feet tall.

"I'm Cowboy Joe. See how the cows
come

When I let out my cowboy call."
yee-haa

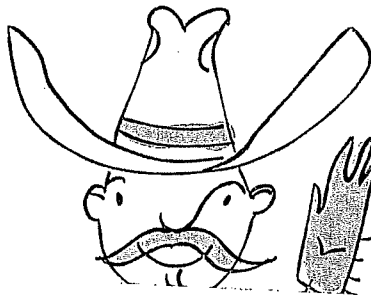
Now, that was really some day for
Cowboy Joe

And he sure did have a ball.

Now he's wantin' to try bigger and
better things;

So he's practicing his elephant call.
(?)

— John M. Feierabend



.....

Mr. Wiggle and Mr. Waggle

Part 1

This is the story of Mr. Wiggle and Mr. Waggle.

Hold up the thumb of each hand.

Mr. Wiggle lived in this house,

Open one hand, fold thumb down, and wrap fingers around the thumb.

And Mr. Waggle lived in this house.

Open the other hand, fold thumb down, and wrap fingers around the thumb.

One day, Mister Wiggle decided to go visit Mr. Waggle.

So, he opened the gate!

Open the fingers and make an upward creaking sound.

And he came outside, boop!

Raise thumb and make a high pitched "boop."

And he closed the gate!

Close fingers into a fist with thumb still up and make a downward creaking sound.

And he went up the hill and down the hill,

Raise thumb up high and with great exaggeration have children raise their voices saying, "up the hill" and lower thumbs and voices with "down the hill."

Up the hill and down the hill,
Up the hill and down the hill
Until he got to Mr. Waggle's house.
He knocked on the gate.

Knock, knock, knock, Mr. Waggle!

Make a knocking motion three times.

Knock, knock, knock.

Three more knocking motions.

No Mr. Waggle!

So he went

Up the hill and down the hill,

Up the hill and down the hill,

Up the hill and down the hill

Until he got to his house.

He opened the gate!

Open fingers and make an upward creaking sound.

And he went inside, boop!

Fold thumb down and make a high pitched "boop."

And he closed the gate!

Close fingers around thumb and make a downward creaking sound.

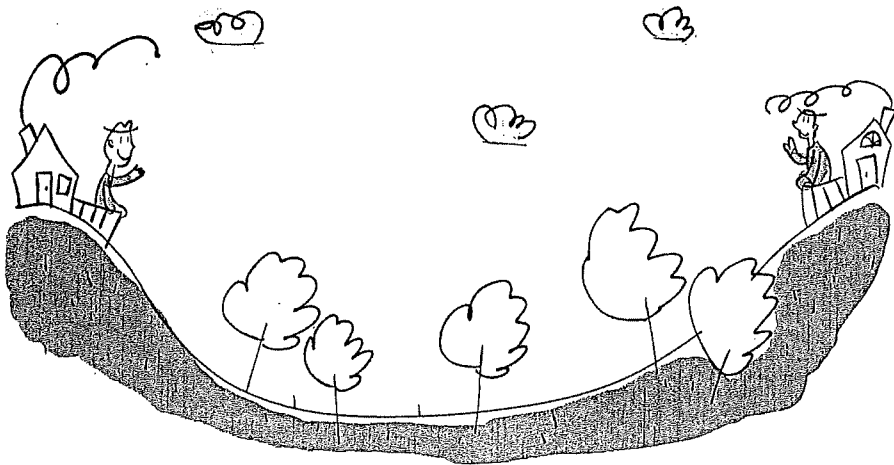
And he went to sleep.

Part 2

Well, pretty soon Mr. Waggle decided he would go visit Mr. Wiggle.

So he opened his gate, boop!

Using other hand, continue story, motions, and sounds as before until "And he went to sleep."



Part 3

Well, pretty soon Mr. Wiggle decided
to go see Mr. Waggle,
And Mr. Waggle decided to go see
Mr. Wiggle.

So they opened their gates!
*Motions and sounds as before with both
hands.*

And they came outside, boop!
And they closed their gates!
And they went up the hill and down
the hill,
Up the hill and down the hill,
Up the hill and down the hill
Until all of a sudden they saw each
other!

And they said, "Hello Mr. Wiggle."
Wiggle one thumb.
"Hello Mr. Waggle."
Wiggle the other thumb.
And they talked and they talked and
they talked,
Until it was time to say "Goodbye."

"Goodbye."
Wiggle one thumb.
"Goodbye."
Wiggle the other thumb.
And they went up the hill and down
the hill.

*Motion with both hands with extreme
vocal inflection as before.*
And up the hill and down the hill,
And up the hill and down the hill
Until they got to their houses.

They opened their gates!
*Open fingers of both hands and make
an upward creaking sound.*
They went inside, boop!
*Fold thumbs down and make a high
pitched "boop."*

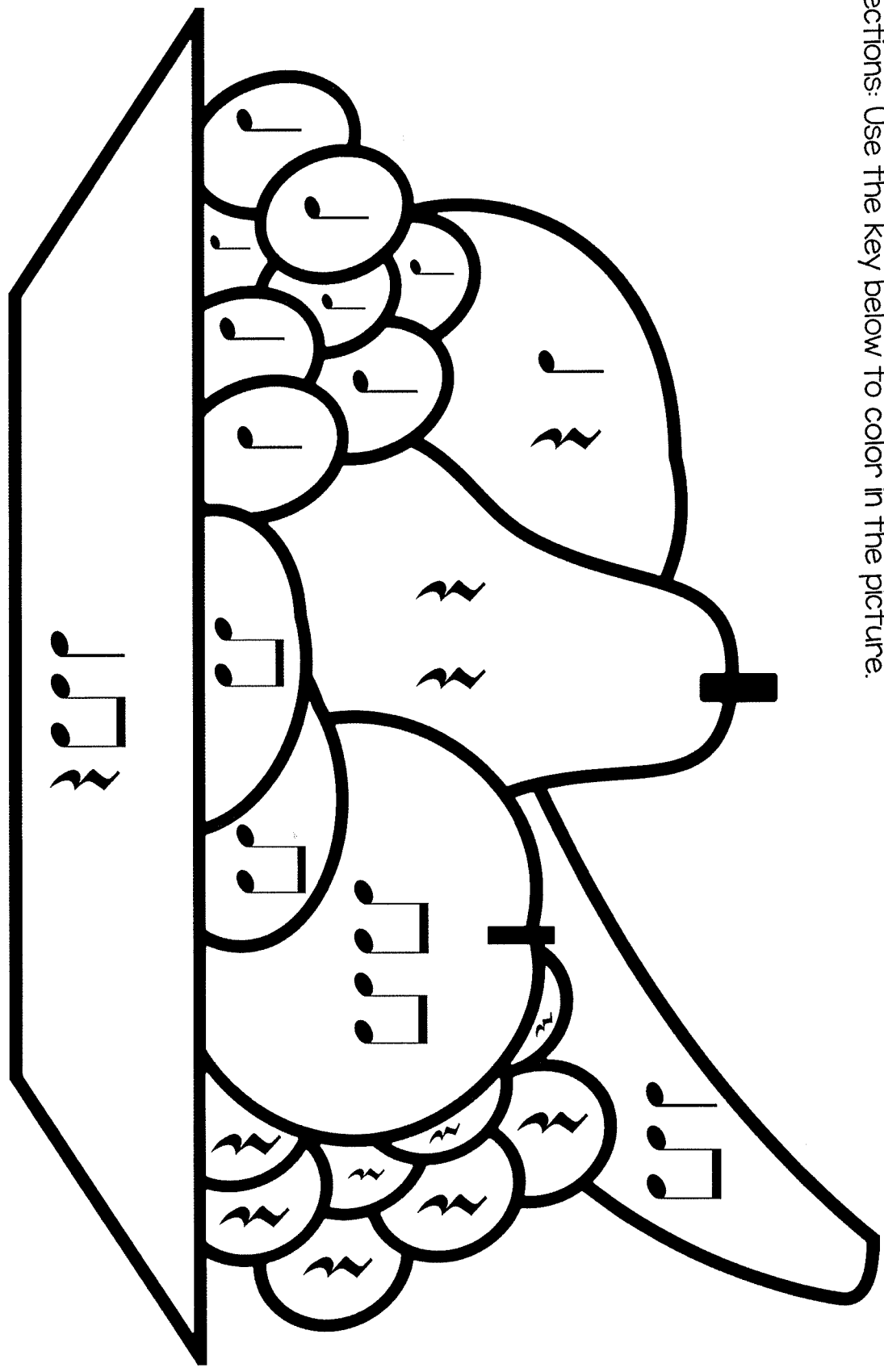
They closed their gates!
*Close fingers around thumbs and make
a downward creaking sound.*
And they went to sleep.

The End.

Name: _____

Directions: Use the key below to color in the picture.

RHYTHM COLORING
"BOWL OF FRUIT"



♪ ♪ ♫

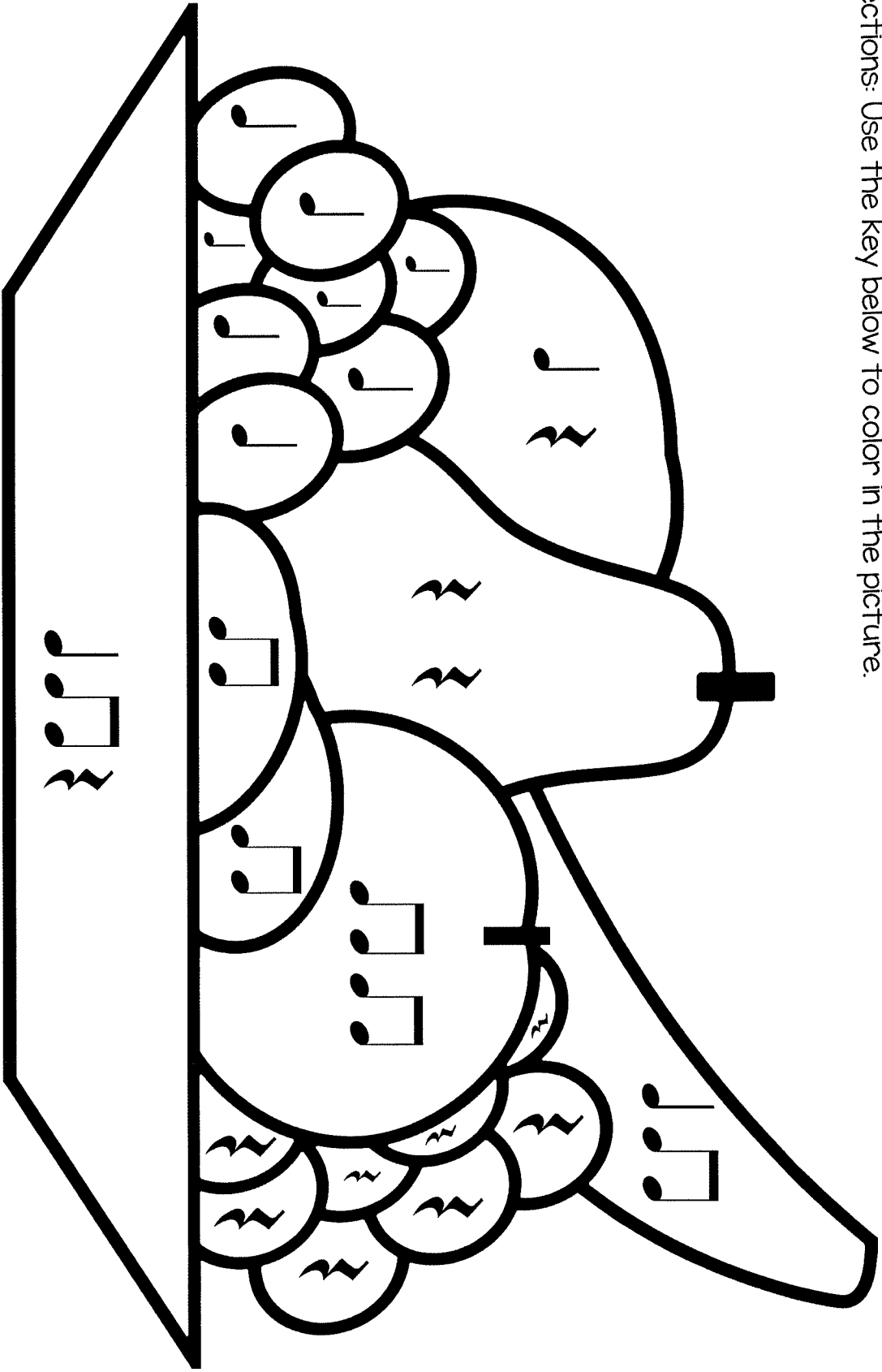
KEY

- quarter note purple
- quarter rest green
- quarter note, eighth notes yellow
- quarter note, quarter rest orange
- eighth notes brown
- two sets of eighth notes red
- two quarter rests yellow-green
- quarter note, eighth notes, quarter rest blue




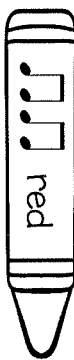

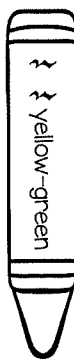

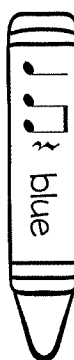
Name: _____

Directions: Use the key below to color in the picture.

RHYTHM COLORING
"BOWL OF FRUIT"



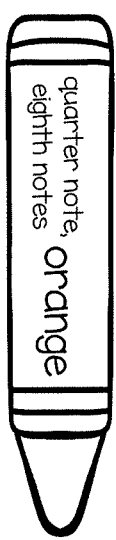
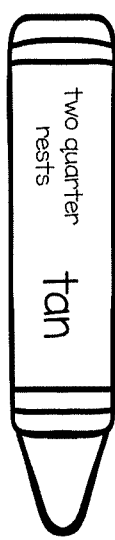
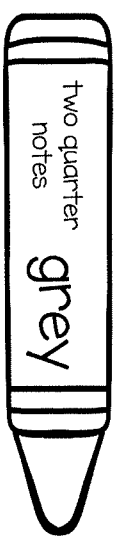
KEY

-  purple
-  brown
-  green
-  red
-  yellow
-  yellow-green
-  orange
-  blue

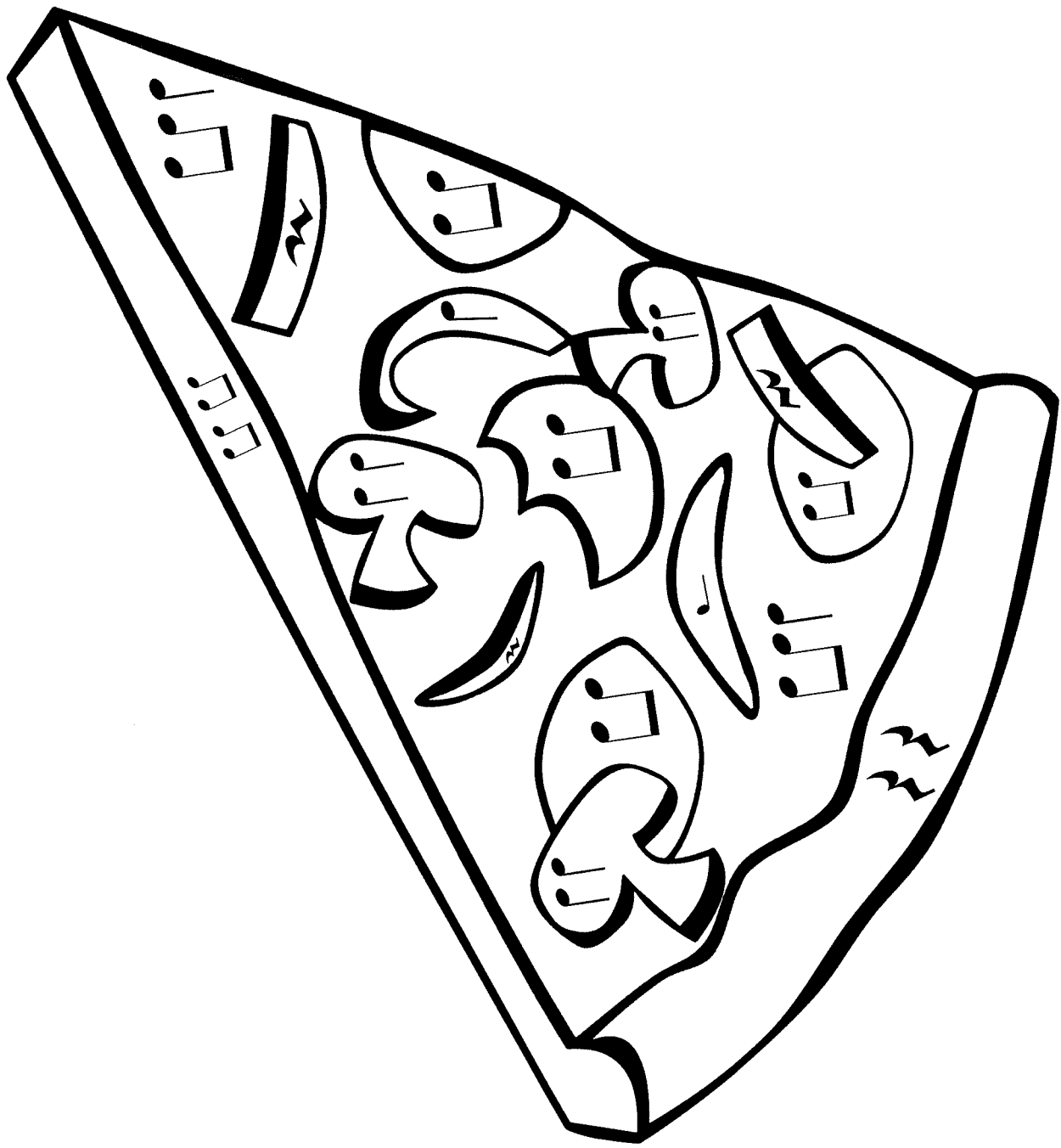
Name: _____

Directions: Use the key below to color in the picture.

KEY



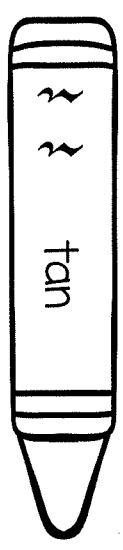
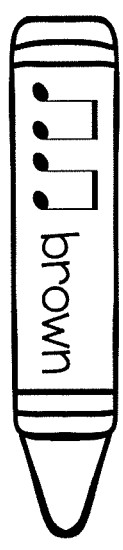
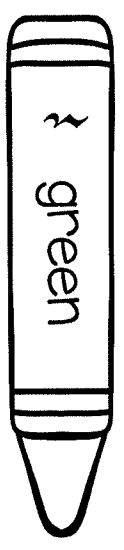
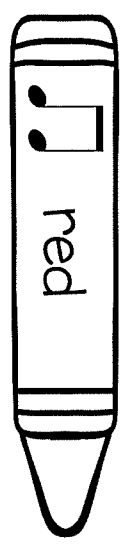
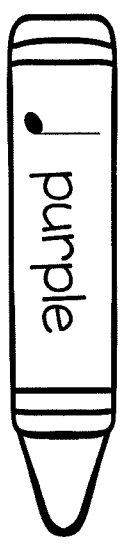
RHYTHM COLORING
"SLICE OF PIZZA"
♪♪♪ ?



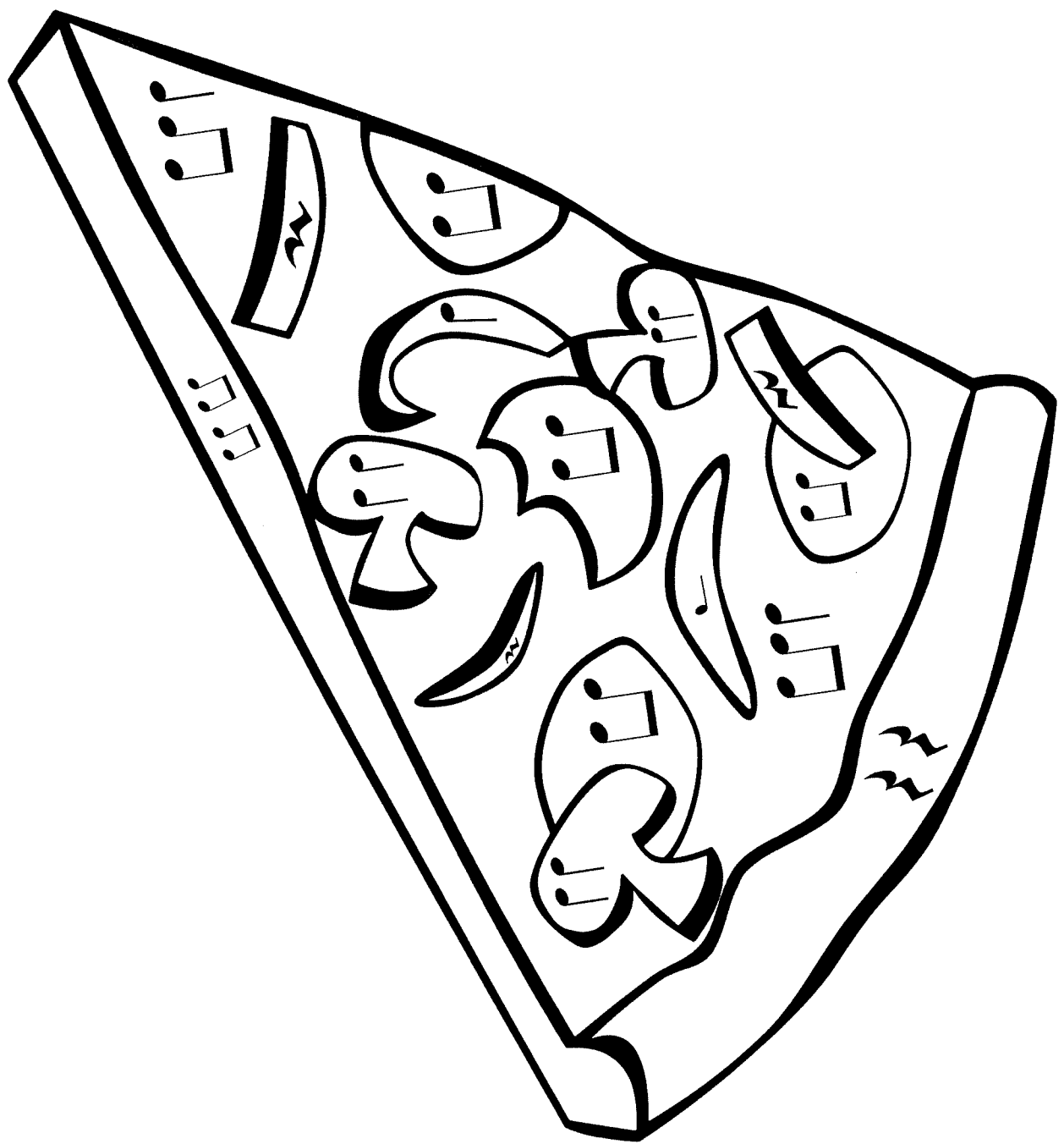
Name: _____

Directions: Use the key below to color in the picture.

KEY



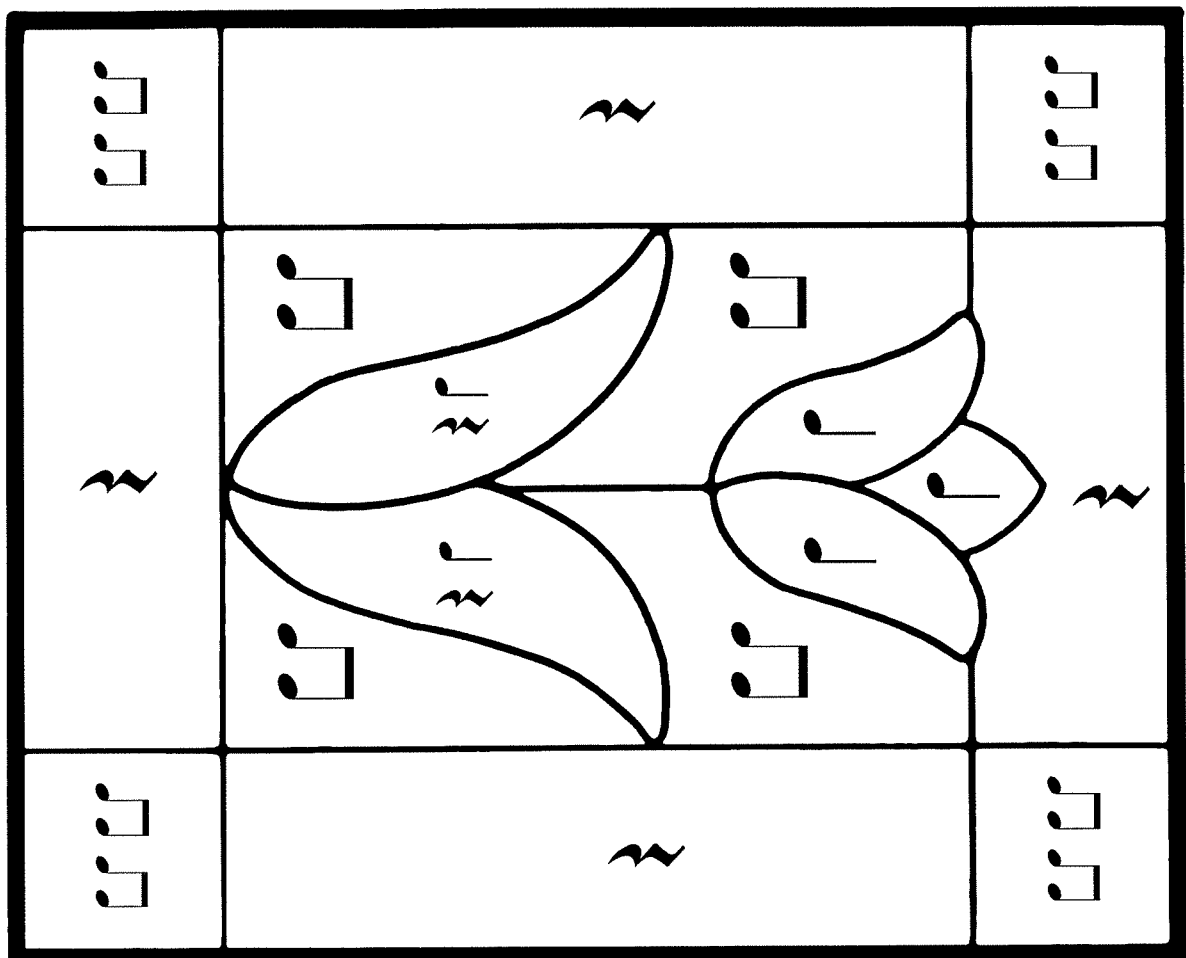
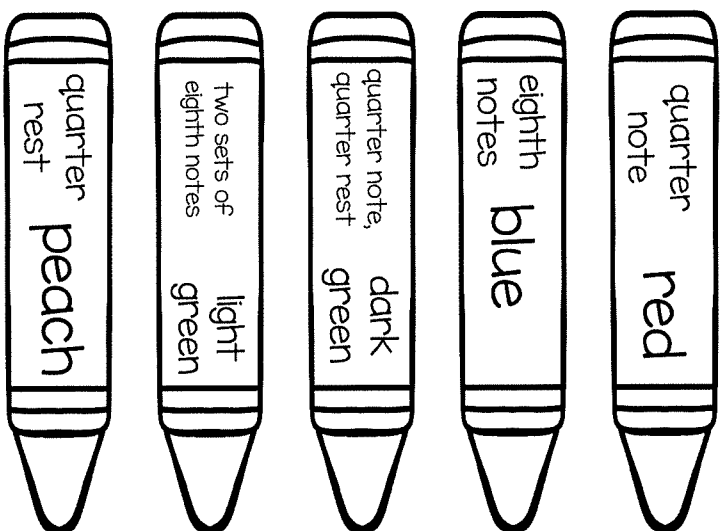
RHYTHM COLORING
"SLICE OF PIZZA"
♪♪♪ ♪



Name: _____

Directions: Use the key below to color in the picture.

KEY

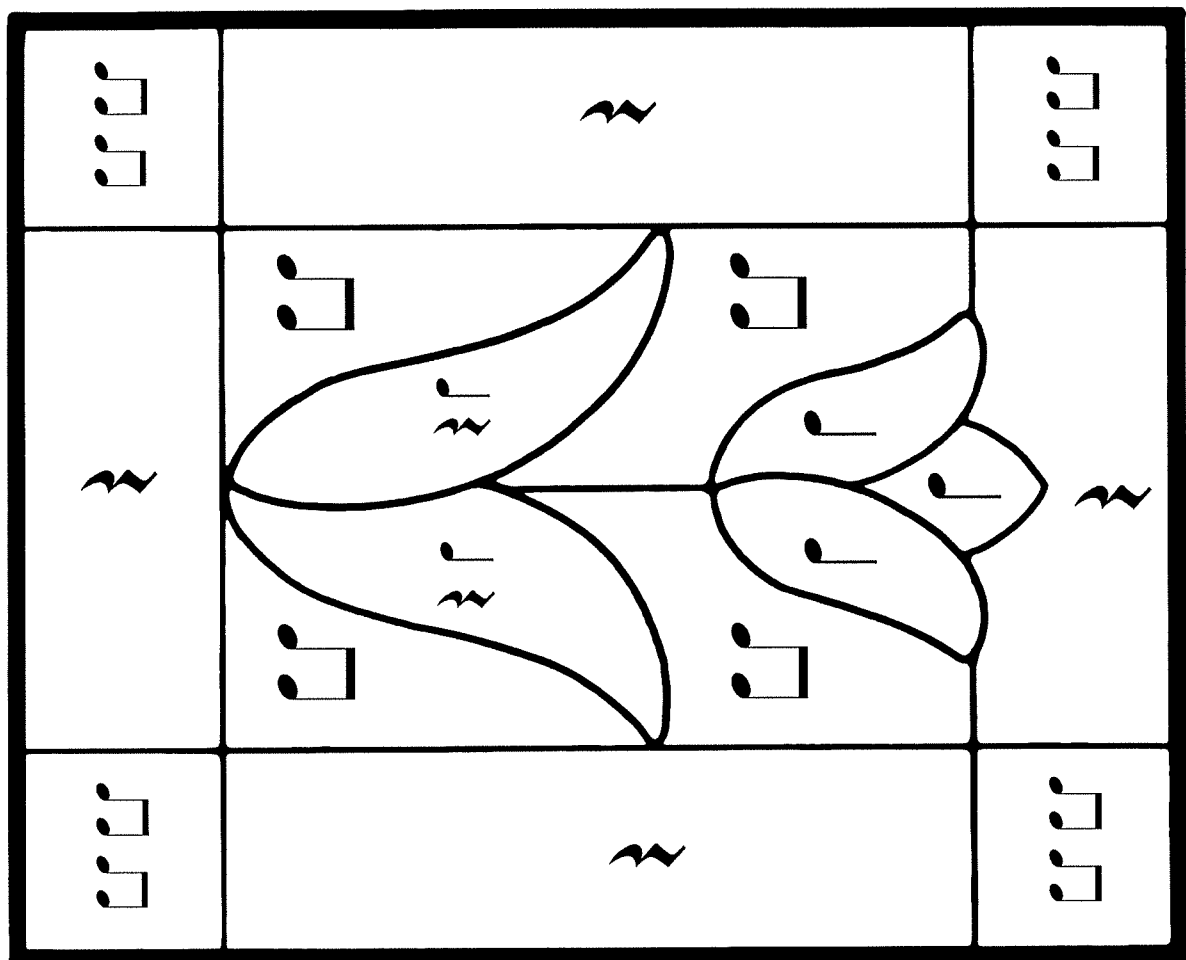
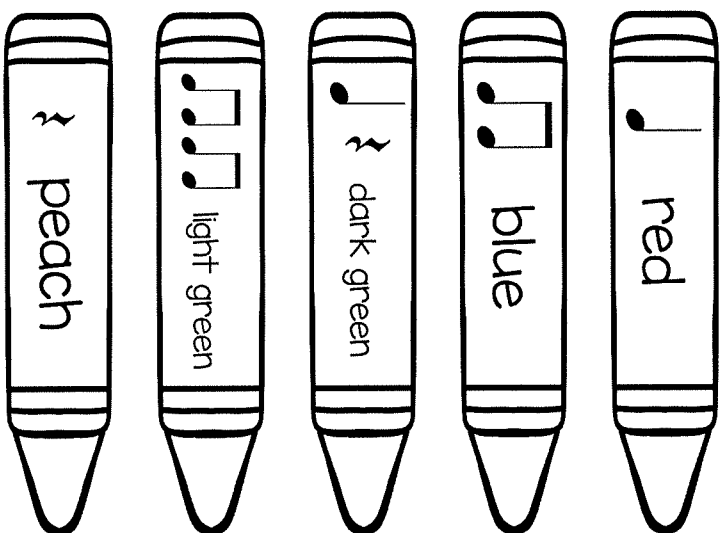


RHYTHM COLORING
"MOSAIC TULIP"
♪ ♪ ♪

Name: _____

Directions: Use the key below to color in the picture.

KEY

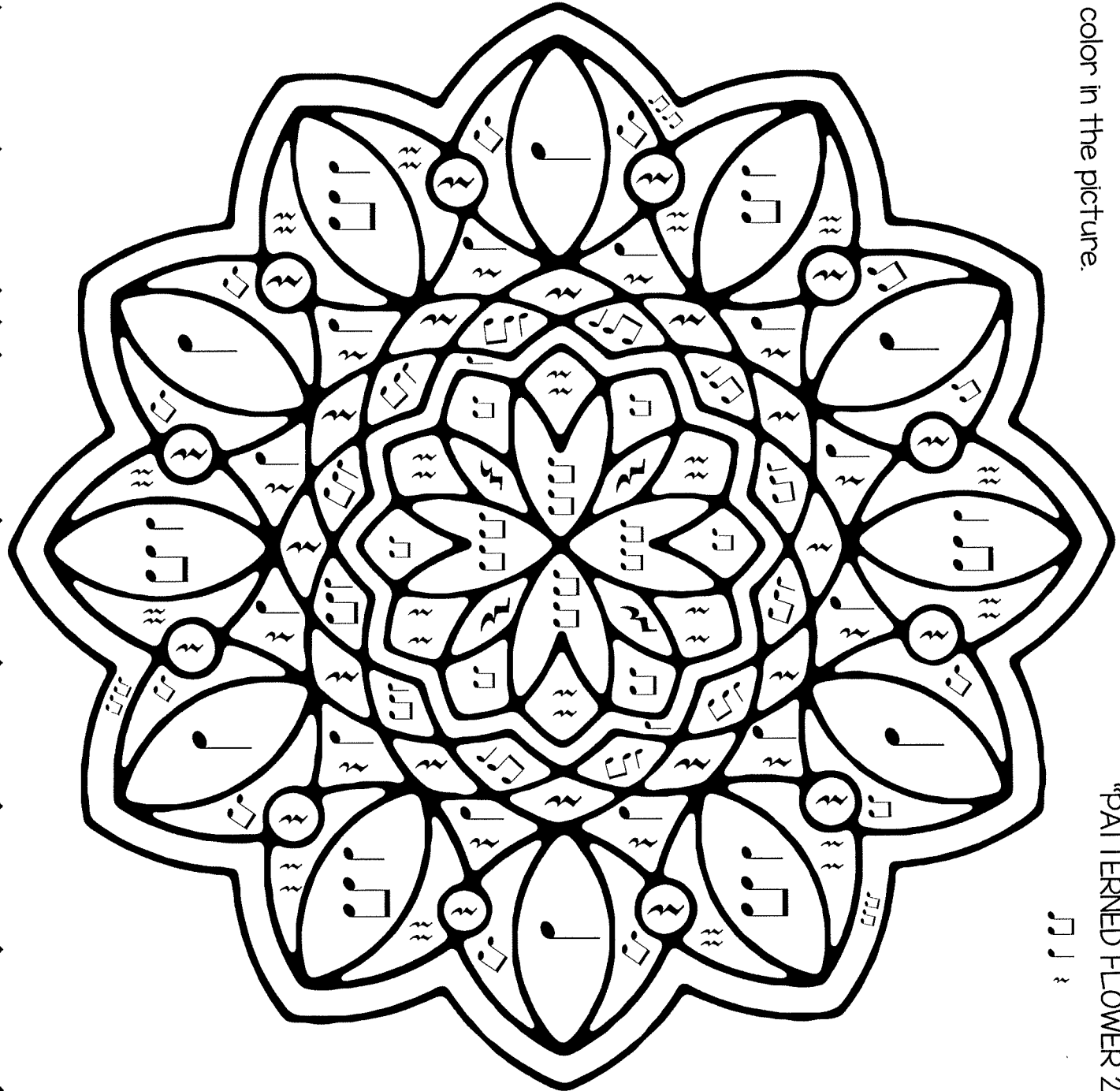
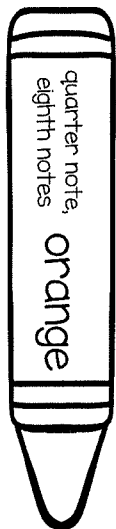
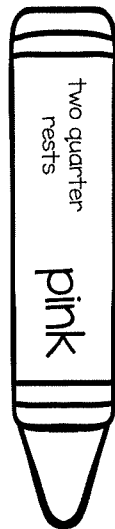
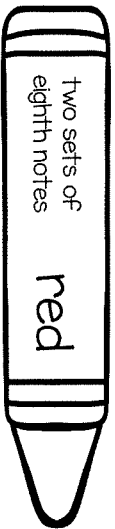


RHYTHM COLORING
"MOSAIC TULIP"
♪ ♪ ♪ ♪

Name: _____

Directions: Use the key below to color in the picture.

KEY



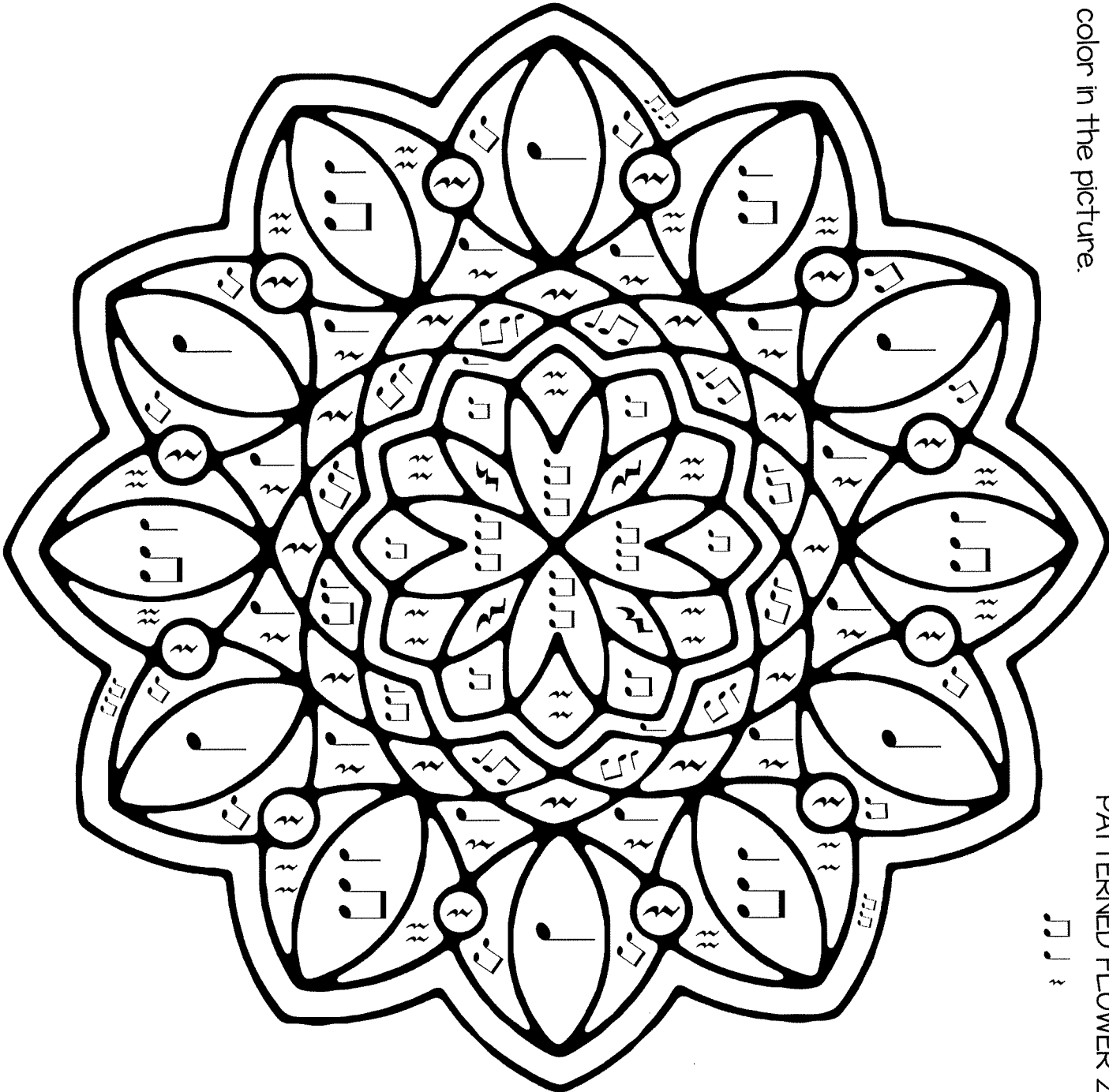
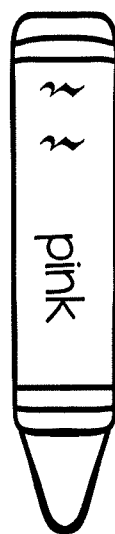
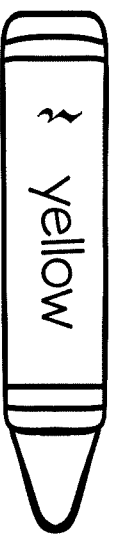
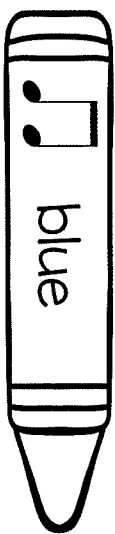
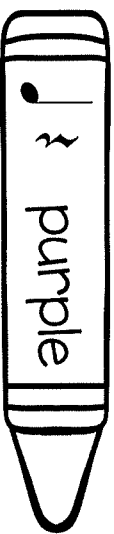
RHYTHM COLORING
"PATTERNED FLOWER 2"



Name: _____

Directions: Use the key below to color in the picture.

KEY

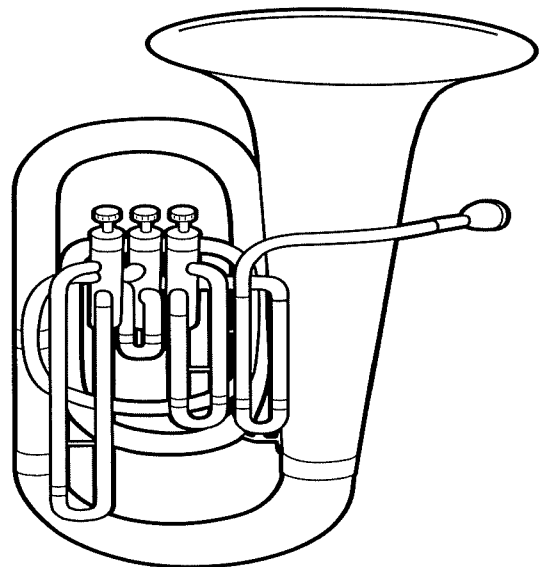
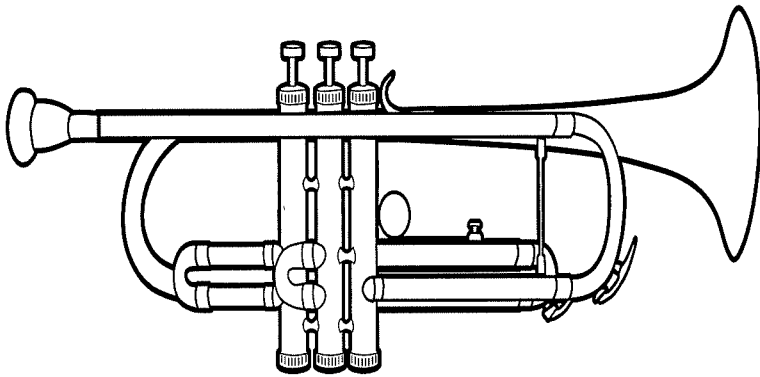
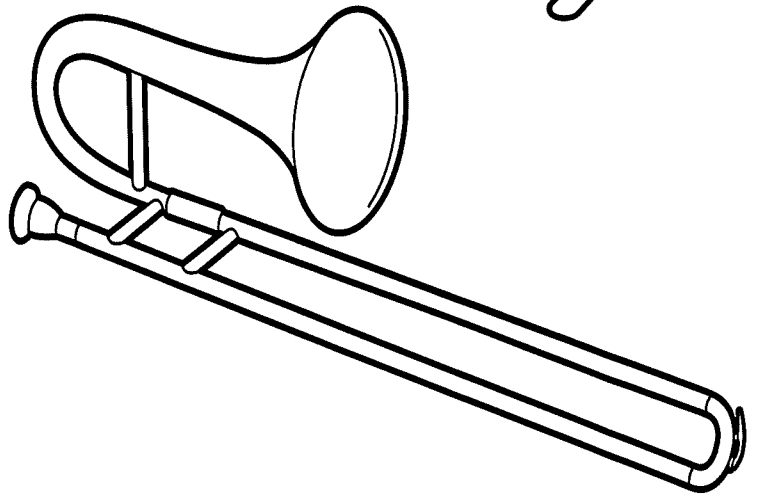
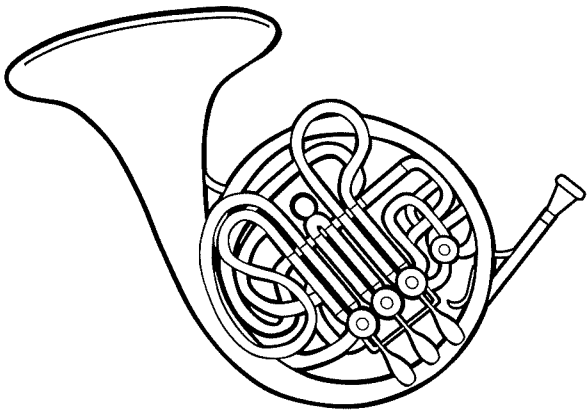


RHYTHM COLORING
"PATTERNED FLOWER 2"



Name: _____

Brass Family



Name: _____

Percussion

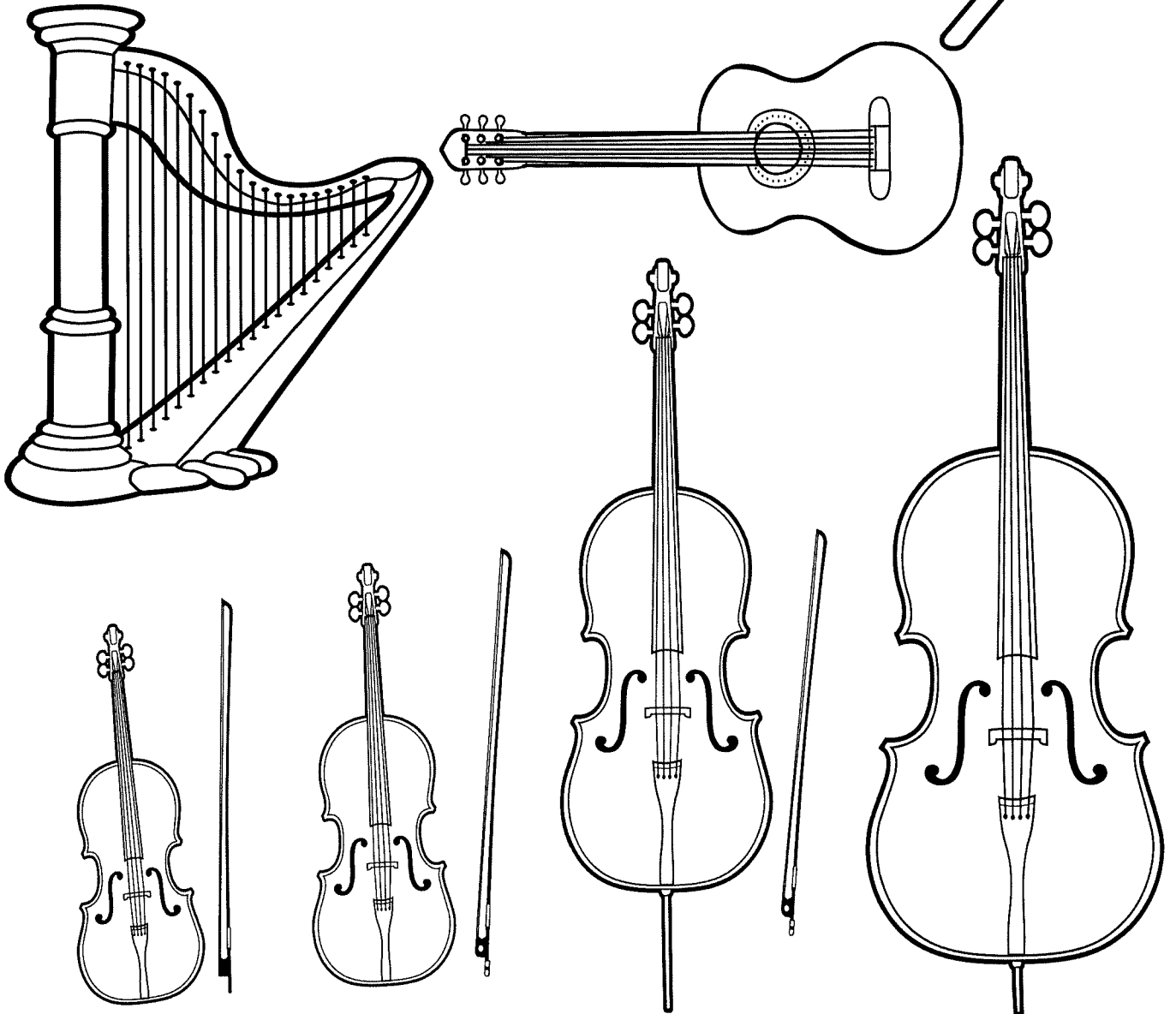
Family



Name: _____

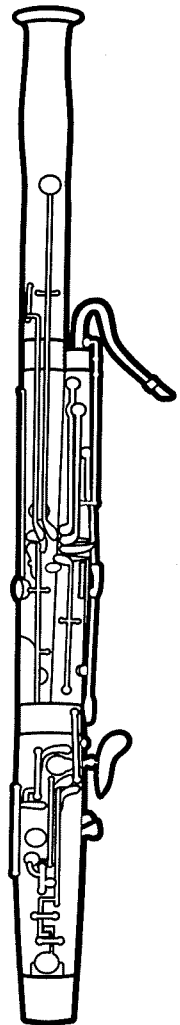
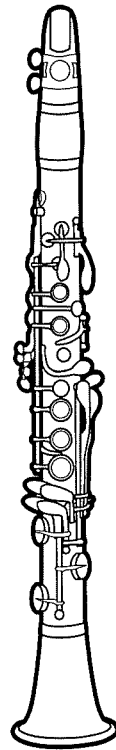
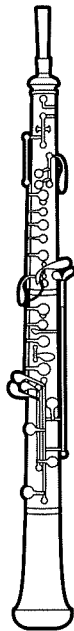
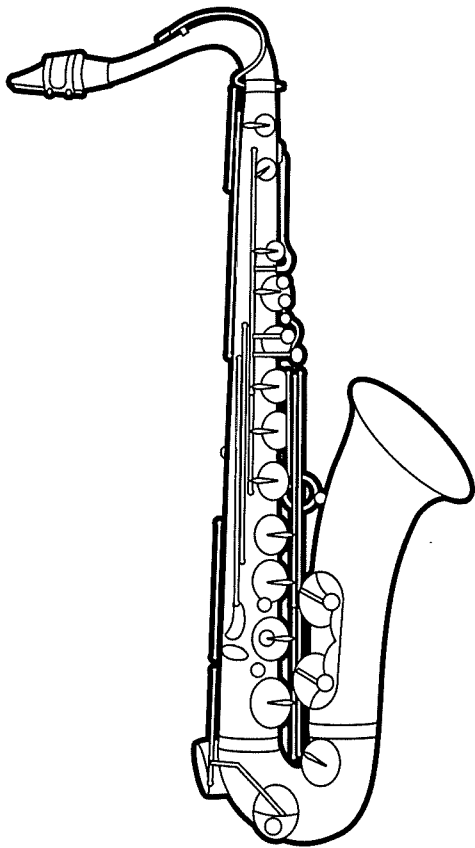
Strings

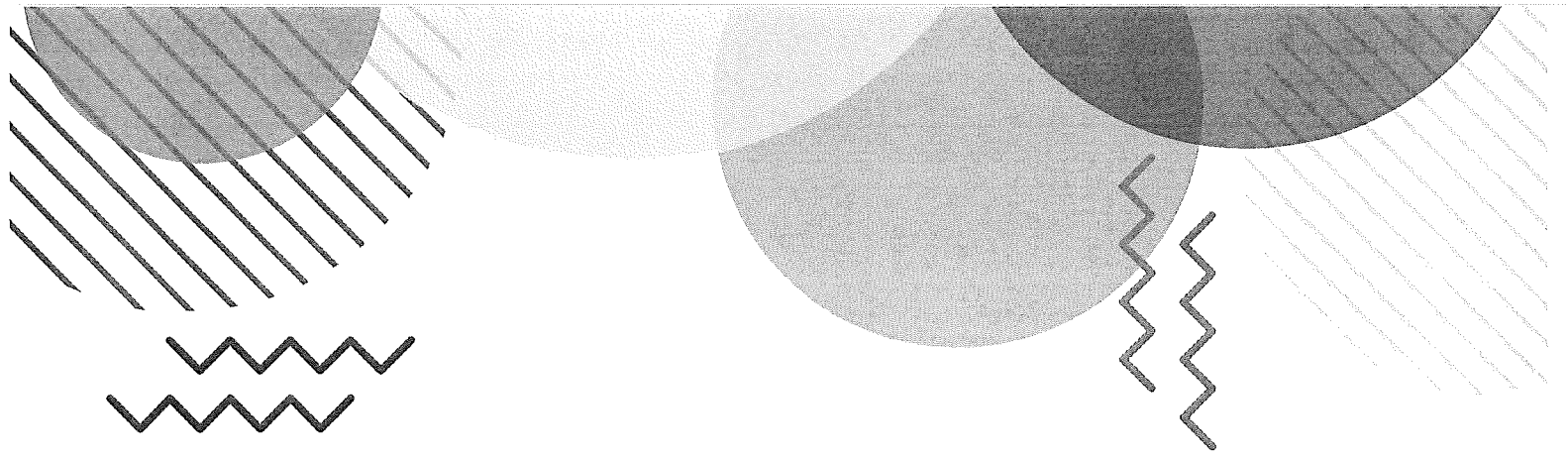
Family



Name: _____

Woodwind Family





P.E.



Spell Out Your First AND Last Name

A	10 Burpees	N	50 Jumping Jacks
B	25 Sit-ups	O	30 Second Plank
C	30 Squats	P	10 Backwards Lunges
D	15 Push-ups	Q	30 Arm Circles
E	1 Minute Wall Sit	R	20 Spiderman PLanks
F	10 Jump Squats	S	3 Laps
G	20 Tricep Dips	T	30 Line Jumps
H	40 High Knees	U	30 Second Side Plank (R&L)
I	20 Bicycle Crunches	V	20 Wall Push-ups
J	15 Sumo Squats	W	25 Oblique Twists
K	30 Mountain Climbers	X	25 Jump Squats
L	25 Jump Rope	Y	20 Hip Dips
M	20 Plank Jacks	Z	10 V-ups



ROLL in the NEW YEAR!



Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement. Your workout should consist of at least 10 rolls of the dice. However, if you're feeling extra motivated, roll a few extra times to intensify your workout!

Roll a 2 – 5 pushups

Roll a 3 – 15 sit-ups

Roll a 4 – 15 squats

Roll a 5 – 20 mountain climbers (10 each side)

Roll a 6 – 10 Burpees

Roll a 7 – 25 jumps (with or without a rope)

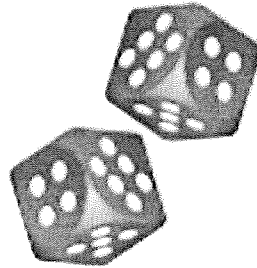
Roll an 8 – 20 lunges (10 each leg)

Roll a 9 – 30 side jumps

Roll a 10 – 20 plank shoulder touches

Roll an 11 – 50 jumping jacks

Roll a 12 – 30 high knees (15 each leg)



Complete the ROLL in the NEW YEAR fitness challenge throughout the month of January. Using the calendar, write your initials for each day you complete a workout. At the end of the month, add up the total number of days completed, have your parents sign the bottom of the sheet, and return it to your PE coach for an award certificate.

ALPHABET FITNESS BINGO

In Dr. Seuss' *ABC book*, he made the alphabet easy to learn by going from Big A, little a, all the way to Z for "Zizzer-Zazzer-Zuzz." Now we are going to make ALPHABET FITNESS BINGO just as easy and exciting with our own ABC's.

How many words on the grid can you complete during the next 35 days?

1. Locate and discuss the meaning of the Word of the Day on the calendar.
2. Match each letter of the word to the "Alphabet Fitness Key" to determine your workout.
3. Complete the Workout of the Day.

Example: M-U-S-C-L-E

M - 5 Burpees

U - 15 Squats

S - 15 Mountain Climbers

C - 10 Squats

L - 10 Walking Lunges

E - 20 Mountain Climbers



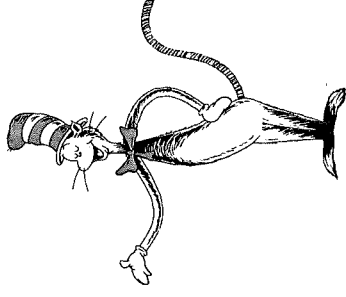
Extension/Progression: Discuss the word of the day with your parents. Can you use the word of the day in a sentence?

ALPHABET FITNESS BINGO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NUTRITION	RESPECT	MUSCLE	FITNESS	SQUATS	AGILITY	MOTIVATE
YOGA POSE	BREATHE	WARM-UP	INTEGRITY	VITAMIN	ROUTINE	BALANCE
AEROBIC	FLEXIBLE	COMMIT	HEART RATE	PACING	CALORIE	INTERVAL
EFFORT	HYDRATE	ENDURANCE	WELLNESS	AMRAP	VEGGIES	PRACTICE
NUTRIENTS	REPETITION	PERSEVERE	DEDICATION	VIGOR	HYGIENE	HYDRATE

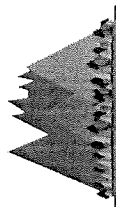
ALPHABET FITNESS KEY

A - 20 Jumping Jacks	N - 20 Second Plank
B - 20 Crunches	O - 20 Jumping Jacks
C - 10 Squats	P - 10 Arm Circles
D - 10 Pushups	Q - 15 Crunches
E - 20 Mountain Climbers	R - 5 Pushups
F - 10 Burpees	S - 15 Mountain Climbers
G - 10 Arm Circles	T - 20 High Knees
H - 15 Squats	U - 15 Squats
I - 5 Push-ups	V - 10 Burpees
J - 20 High Knees	W - 30 Jumping Jacks
K - 10 Push-ups	X - 15 Crunches
L - 10 Walking Lunges	Y - 20 Jumping Jacks
M - 5 Burpees	Z - 20 Plank Shoulder Taps



PLAY IT UP FOR THE HOLIDAYS!

It's time for good old-fashioned play! Play allows children to use their **creativity** while developing their **imagination, dexterity, and physical, cognitive, and emotional strength**. Through play children learn at a very early age to engage and interact in the world around them. **Play is a cherished part of childhood**. By finding the right balance between work and play, children will grow up happier, better adjusted, and more prepared to conquer the world.

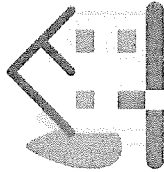


OUTDOOR PLAY!

- Design a scavenger hunt
- Play tag
- Play at a local playground
- Build a fort
- Draw a four-square or hopscotch court with chalk and play
- Build a snowman or a snow fort
- Practice jumping rope
- Practice a sport with friends and family
- Play hide and seek
- Go for a hike and explore local trails
- Rake your leaves into a giant pile
- Climb a tree
- Go fishing
- Ride your bike
- Play fetch with your dog

HERE'S HOW:

1. Each day, **PLAY IT UP** indoors or outdoors.
2. Use the indoor or outdoor activities listed or create your own fitness fun.
3. Participate in one or more activities for at least one hour throughout each day.
4. Write down your chosen activities on the calendar provided!



INDOOR PLAY!

- Make your own slime
- Play Blind Man's Bluff
- Play a card or board game
- Play hide and seek
- Play charades
- Build an indoor obstacle course
- Build a structure out of cardboard
- Design and play your own "Minute to Win It" games
- Make a bowling alley with home-made pins
- Build a blanket and pillow fort
- Create your own workout
- Create an indoor treasure hunt for family
- Bake a holiday treat with a parent
- Make paper airplanes and fly them
- Put on a play with your family
- Draw and color
- Go indoor rock climbing

PLAY
is the work of childhood
Mr. Rogers