



This week the themes are **space, earth, food, exercise** and **mindfulness**! We hope you enjoy the activities while you continue to stay home.


# Monday


## space


GRADES:

 **WATCH** What Do Astronauts Do? **3-6**

 **WATCH** National Geographic: Solar System 101 **3-8**


 **PLAY** Percent Panic **4-6**

 **PLAY** Sparkanoid **K-6**


 **PLAY** Orbital Order **4-6**

 **LUNCH** Blueberry Pancake Smoothie **ALL**

 **LISTEN** "Me and My Place in Space" **ALL**

 **READ** "Would You Step Out Into Space" **PK-2**


 **CREATE** Outer Space Crafts For Kids **ALL**

 **VISIT** NASA's Curiosity Rover **ALL**


# Tuesday

## Earth


GRADES:

 **WATCH** Gravity 3-6

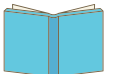
 **WATCH** The Basics of Freshwater 3-6


 **PLAY** Dress For The Weather PK-1

 **PLAY** Earth Day Crossword 3-6

 **PLAY** Let Me Grow K-6

 **LUNCH** Marshmallow Fruit Dip ALL

 **LISTEN** "I Am Earth" ALL

 **READ** "Can You See The Wind" PK-2

 **CREATE** Paper Mache Earth Craft ALL

 **VISIT** Son Doong Cave, Vietnam ALL

# Wednesday food

GRADES:



**WATCH** Why Vegetarian?

PK-4



**WATCH** You Are What You Eat

5-8



**PLAY** Stack The Burger

2-6



**PLAY** Make a Pizza

PK-3



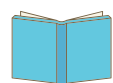
**PLAY** Sushi Slicer

PK-6



**LUNCH** Cheeseburger Cups

ALL



**LISTEN** "Can I Eat That"

ALL



**READ** "My Navajo Taco"

PK-2



**CREATE** Rainbow Milk Toast

ALL



**VISIT** National WWII Museum


ALL


# Thursday


## exercise


GRADES:

 **WATCH** How Do Our Bodies Move 3-6

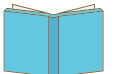
 **WATCH** Why Do We Sweat 3-6


 **PLAY** It's Glow Time 4-6


 **PLAY** Soccer Math Rounding 2-6


 **PLAY** Koala Paddleboards 3-6

 **LUNCH** Breakfast Banana Splits ALL

 **LISTEN** "The Yoga Ogre" ALL

 **READ** "Move!" PK-2

 **CREATE** Motor Skill Game ALL


 **VISIT** Ancient Egypt ALL

# Friday mindfulness


GRADES:


 **WATCH** Mindfulness Meditation 1-6

 **WATCH** What Is Mindfulness 1-6

 **PLAY** Hook 3-6

 **PLAY** 2048 4-6

 **PLAY** 40x Escape PK-6

 **LUNCH** Bread in a Bag ALL

 **LISTEN** "I am Peace, a Book of Mindfulness" ALL

 **READ** "How Do I Feel Today" PK-2

 **CREATE** Make Your Own Stress Ball ALL

 **VISIT** The Louvre Museum, France ALL



# Saturday

GRADES:

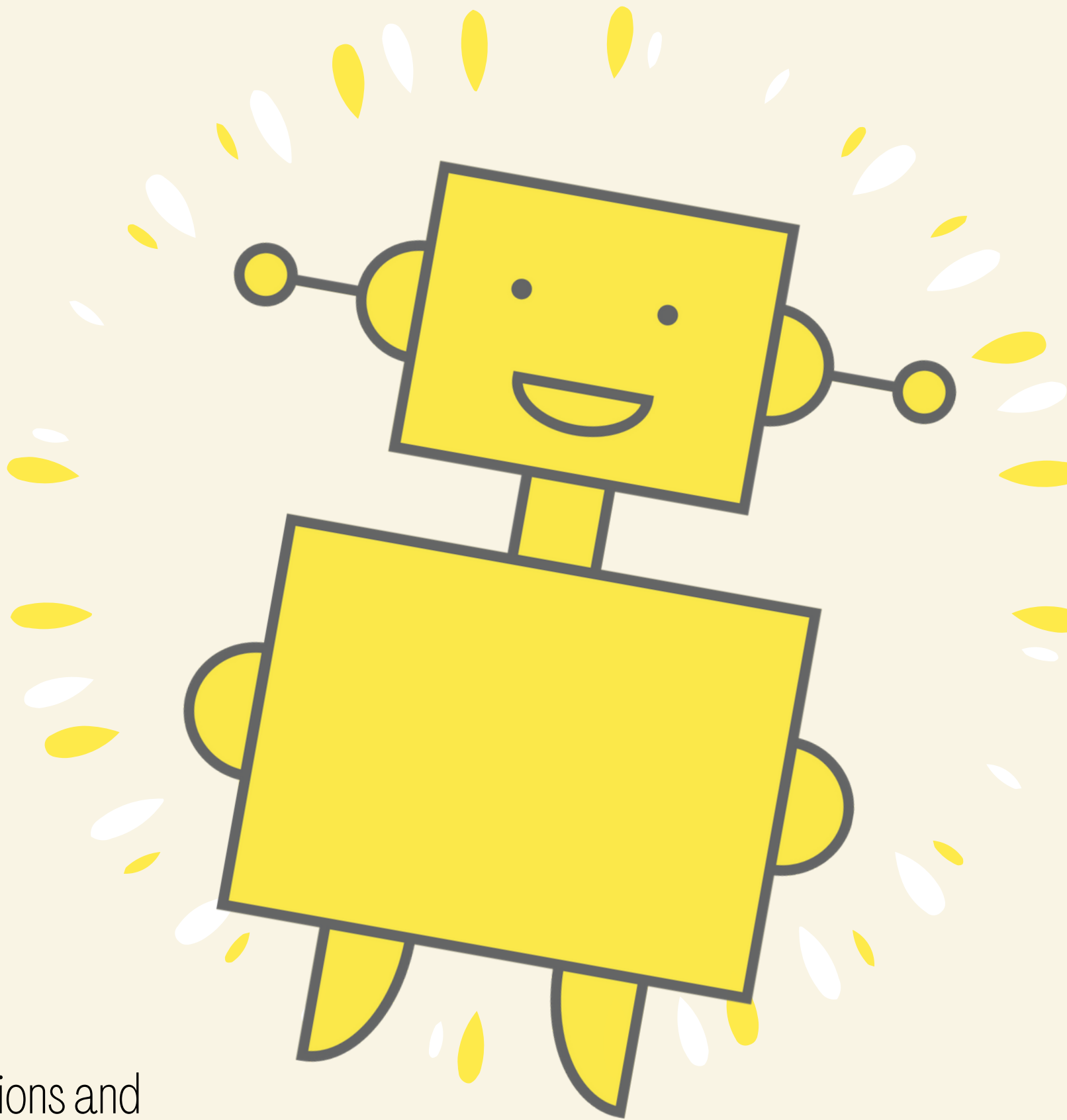
	<b>WATCH</b>	<u>Family Fun Cardio Workout</u>	<b>ALL</b>
	<b>WATCH</b>	<u>Cheese Please</u>	<b>K-6</b>
	<b>WATCH</b>	<u>Why Do Animals Have Tails</u>	<b>K-6</b>
	<b>LUNCH</b>	<u>Mango Strawberry Salsa Tacos</u>	<b>ALL</b>
	<b>CREATE</b>	<u>Rainbow Paper Spinner Toy</u>	<b>ALL</b>
	<b>DRAW</b>	<u>How To Draw Gary from Spongebob</u>	<b>PK-2</b>
	<b>READ</b>	<u>"Parts Of Me"</u>	<b>ALL</b>
	<b>LISTEN</b>	<u>"No David!"</u>	<b>ALL</b>

# Sunday

GRADES:

	<b>WATCH</b>	<u>Jungle Exercise For Kids</u>	<b>ALL</b>
	<b>WATCH</b>	<u>The Science of Being Scared</u>	<b>K-6</b>
	<b>WATCH</b>	<u>Why Does Water Hurt Your Nose?</u>	<b>K-6</b>
	<b>LUNCH</b>	<u>Loaded Grilled Cheese</u>	<b>ALL</b>
	<b>CREATE</b>	<u>Rainbow Bubble Snake</u>	<b>ALL</b>
	<b>DRAW</b>	<u>How To Draw Katara from Avatar</u>	<b>PK-2</b>
	<b>READ</b>	<u>"Let's Get a Checkup"</u>	<b>ALL</b>
	<b>LISTEN</b>	<u>"My No No No Day"</u>	<b>ALL</b>





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