

Marshall Elementary School: K-2

Encore / Specialist Student Choice Board

Marshall families, the specialist team at Marshall has created a CHOICE BOARD full of optional educational activities for our Eagles to do at home. For additional resources, or questions about activities, please use the Specialists' Marshall Website links below and look under each teacher's page for more resources and contact information.

[Art Room Website](#) [Music Room Website](#) [STEM Website](#) [PE Website](#) [School Counseling Website](#) [Library Website](#)

Activity	PE	Art	Music	Library	Guidance	STEM
1	Follow along with Mr. Spring to complete Gymnastics Animals & Stunts! (click link)	Create an animal out of play doh, modeling clay or homemade salt dough	Fortunately Vocal Exploration: Comment along with the video in your silly voice!	Read a book to your pet or stuffed animal. Tell them what the title of the book is and the author. Notice 5 things on the front cover. Tell your animal what you see.	Coping Skills: Create your own calm down kit at home. Remember when we have feelings like mad, sad, scared, or worried, we need to do something healthy with it so we can feel better again. For today's activity, find a box, a bag, or any container. You may choose to decorate it if you would like. Then, find things around your home that make you feel happy and would help you calm your feelings. For example, a stress ball, a stuffed animal, coloring supplies, bubbles, or a favorite toy. Find a cozy place to put your calm down box!	Build a fort using blankets and chairs. When you are finish, read a book inside your fort.
2	Play Fitness Memory with a friend or family member!	Make a paper airplane covered in patterns. 5 paper airplane folds	Hang About Sing along with the video or teach it to your family!	While reading a book outside, notice at least two things using each of your senses: smell, hear touch, and see.	Resilience: Identify recent changes and label them as big changes or small changes. Use this worksheet if you'd like or use a blank sheet of paper. Make a rating scale and label one side "small change", and the other side "big change". Discuss with your parents; How did you feel when this change happened? Practice some breathing skills to wrap up this lesson. Lay on the ground and put a stuffed animal on your belly and watch it move up and down as you take deep breaths or follow along with this breathing video .	Design a bird feeder or bird house using recycle items such as water bottle, milk or juice carton. Add other recycle items and decorate. Have an adult help you to hang it from a tree branch. Watch to

						see if any birds visit. Record the type, number, and how often.
3	Follow along with Mr. Spring to continue working on Gymnastics Animals, Stunts & Balances! (click link)	Invent a new kind of plant. And give it a name.	Frog in the Meadow Make a frog out of play-doh or natural objects and have him sing the song while jumping on your shoulder/arm/head/leg....anywhere!	Do a puzzle with a family member: either a word search, maze, or floor puzzle.	Internet Safety: Talk with your parents about strangers and how strangers are also online. Discussion questions; What is the internet? What kinds of things should we not tell a stranger? What kinds of things are okay to tell a stranger? Are there strangers online? Review with your child that information is private and should not be shared without a trusted adult's permission. Kinder Internet Video 1st Internet Video 2nd Internet Video	Make shadow drawings. Place a small toy or figure standing on a plan paper in a sunny spot or outside. Trace the shadow in the morning, noon, and late afternoon. How does it change? Why does the shadow change?
4	Play Missing Letter Fitness!	Make a map of your bedroom. Include all the details.	Grab your favorite stuffed animal and have them sing you a song they make up: like this!	Watch Lunch Doodles with the author / illustrator, Mo Willems. Choose an episode and read any of his books, if you have them!	Time Management: Work with your parents, or alone, to create a schedule of your day. Write down 3 goals you would like to do every day. (Maybe, reading, math, and exercise; or coloring, building, and reading). Work hard to check these 3 goals off your list each day.	Build a boat/ raft from items in your house. You can use foil, sponge, straws, etc. Set your raft in a tub of water and see how much weight it can hold. Record the number of pennies or weights.
5	Find any ball and complete the Catch Quest and/or the Throwing Quest	Make a Found Object Colorwheel from things around your house.	Try shaking each part of your body individually. Shake them high, low, and all around!	Draw an illustration of your favorite book. Add yourself or your family into the illustration.	Safe at Home: Talk with your parents about being safe at home. What are some dangers in the kitchen? In the bedroom? In the living room? In the bathroom? Discuss fire safety and medicine safety with your trusted adult. Draw a picture of your family safe at home.	Earth Day: Upcycle a plastic bag . What can you make out of a plastic bag and other materials that you have at home? Can you make a bracelet?

6	Play Pattern Fitness!	Choose a Silly Drawing Prompt	Try I Climbed Up the Apple Tree in as many different voices as you can think of!	Talk to someone about your favorite book. Ask the other person what theirs is and ask them why they like it. Give them a recommendation for another book to read.	Conflict resolution: Express your feelings without blaming others. Practice using I-statements with your family “I feel”...”when you”. Or use your bugs and wishes. “It bugs me when”...”I wish you would”. Read a bug and a wish with your child or watch the read aloud here. A Bug and a Wish .	Reverse Engineering – with adult’s help, explore how a small windup toy or pen works by taking apart the item. Explore what is the purpose of each part.
7	Complete any Mike Morris PE at Home Challenge!	Interactive Chalk Drawing	See how fast, slow, and in-between you can so A Sailor Went to Sea	After you make a fort, read a book in your PJ’s. If you have a flashlight, use it to read your book!	Conflict resolution: Knowing the difference between fact and assumption is important when resolving conflicts. Just because someone said something doesn’t mean it’s true. A fact is something you know is true. An assumption is something you think is true but you might be wrong. Check out this activity about facts and assumptions .	Paper Engineering: Make a pop-up card using a 3D pop up mechanism http://www.childrensengineering.com/linkspopups.htm
8	Complete the Spell It Out Workout!	Springtime Bunny Drawing	Find something in your house that makes a sound and keep the beat as you say the Engine, Engine rhyme	While reading, notice an object’s color from your book. Play I Spy and notice other items that have the same color, shape, or size.	Coping Skills: What are your choices in different situations? Uses this worksheet to go over some scenarios and choices. Discuss different options with your child and help them to remember to stop and think! Stop the reaction, think about the consequences and what will happen, then make a choice. This will help your child understand that their attitudes and actions will affect how others respond to them. If you want an extra activity please print out this worksheet .	Make a paper airplane or Hoop Glider using a straw and 2 paper strips. How far can you make it go? Does a 3 rd strip make it go farther? 
9	Go for a walk outside with an adult and complete this BINGO Challenge!	There be Monsters! Drawing	Keep the beat along with the Viennese Musical Clock	Learn about your favorite fairy tales in another language! Use this link to explore your favorites in Spanish. Read your favorite fairy	Transitions: Transitions are never easy, even when they can be exciting. Transitioning to the next grade can be scary for younger kids so here are some book suggestions to read to your child as they adjust to the transition up one grade level. The Kissing Hand On our way to 1st Grade	Create a parachute or zip line for a small action figure to travel down from at least your shoulder height.

				tale book or retell a favorite to a family member.	The night before 1st Grade Next Stop: 2nd Grade 2nd Grade Rocks The Pigeon has to go to School	Make it move faster or slower.
10	Complete any Quest , Fitness Activity and/or at Home Activity !	Scribble Day!	Listen to the story The Tailor and the Mouse	Ask an adult or watch someone else read to you! Ms. Becky , Storyline Online , Scholastic , or Storytime Online!	Check out more resources here School Counseling Or here Lessons	Read a book. What is the problem in the story? Build something to help solve the problem.

Marshall Elementary School: 3-5

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[Art Room Website](#) [Music Room Website](#) [STEM Website](#) [PE Website](#)

[School Counseling Website](#) [Library Website](#) [Strings Website](#)

Activity	PE	Art	Music	Library	Guidance	STEM	Strings
1	Play Kick-tac-Toe with a friend or family member. Kick-Tac-Toe	Draw a picture of what is out your window. Include the window in your drawing.	Come up with as many ways as you can to jump to the song Subete el Tren	Continue to talk at home about how to be a good digital citizen. Play this game to practice making safe choices.	Coping Skills: Self-talk plays a big role in how we view ourselves and what we are capable of. In this activity, you will practice battling your Shadow Self, or negative self-talk, by coming up with positive self-talk. Think of a stronger, positive self-talk response to fight the negative thoughts that your Shadow Self is throwing your way! Write your responses using this Positive Self-Talk Worksheet .	Design a bird feeder or bird house using recycle items such as water bottle, milk or juice carton.	Play your D-Major Scale in front of a mirror and check for proper posture:)
2	Play Strike While It's Hot With a friend or family member. Strike While It's Hot	Fold your paper in half and create a symmetrical drawing.	Find four different sounds in your house and make up rhythm patterns on each like this	Explore your favorite author's website. For example: Look at Dav Pilkey's here! Write them a letter and send it to them.	Resilience: Think of a difficult situation you have faced recently. Imagine being in a helicopter, rising above the situation to expand your view. As you rise above and expand your view of the situation, think of your view of the situation, the other persons view of the situation, the choice you will make, and something	Design a marble run using items around the house such as paper plates, toilet paper rolls, paper, scissors, and tape.	Arrange your stuffed animals in chairs and play a "mini-concert" for them.

					you notice now that you did not notice on the ground when only focused on their point of view. Points of View Worksheet Resilience Video		
3	Play Deck of Fitness on your own or with a friend/family member! Deck of Fitness	Become a fashion designer and design your own outfits or clothing line.	Call or video chat a friend or family member you haven't seen in a while and share your favorite song with them like this	Talk to a friend or family member about your favorite book, or a book you are currently reading. Ask them or give them a book recommendation.	Internet Safety: Talk with your parents about appropriate uses of the internet. What sites are safe and which are not safe? How can I protect myself and others while using the internet? What types of personal information should not be shared? 3 rd Grade: Heads up: Stop, Think, Click 4 th Grade: Stand up to Cyberbullying 5 th Grade: The Protection Connection The Case Of The Cyber Criminal Game	Take the Rube Goldberg Bar of Soap Challenge or create another Rube Goldberg machine to catch a "monster"	Have a parent record you playing your favorite "Strings" piece and send it to Mrs. Kline
4	Complete any Mike Morris Challenge PE at Home	Make a map of your bedroom. Include all the details!	Create an "Aiken Drum" from food or objects in your house like this	Fold, color, draw, or create a bookmark for your book. Try to make it out of something recycled. Can't think of any ideas? Research "bookmark ideas" with adult permission!	Safe at Home: Discuss with your family what the rules and expectations are when you are home alone. Work with your parents to create a list of specific rules and/or expectations for when you are home alone. This can be on the refrigerator, kitchen counter, just as long as it's located where you can easily find them. Know what the dangers are in each area of your house and what to do if there is a fire. Safety Tips Video Fire Safety	Create a musical instrument using recyclables. How can you change the pitch (high/ low sound)?	Figure out how to play "Baby Shark" on your instrument. (HINT: visit the Strings Room website to find the notes)
5	Play Kicking Corners on your	Keith Haring Drawing	*Sweet Child of Mine Form	Use another form of media: Use a recipe , read a newspaper,	Time Management: Each day come up with two to three goals to accomplish for	Design a pair of shoes using paper, scissors,	Visit HyltonCenter.org/MAAH

	own or with a partner. Kicking Corners		Review and Analysis WATCH THIS FIRST!!!!!!	magazine, listen to an audiobook, watch a video of someone else reading. Storyline Online , or Storytime Online!	yourself. These goals can include practicing (math, reading, writing) organizing your room, practicing a sport you enjoy, cooking, or exercising. Try your best to accomplish these goals by using positive self-talk and writing down your reasons for wanting to achieve these goals.	and tape. Can you wear your shoes? Create a commercial or poster for your new shoes.	And discover "Mason Arts at Home".
6	Play Flip the Yard with a friend or family members. Flip the Yard	Choose a Silly Drawing Prompt	* Chrome Music Lab Rhythms form activity (watch video for explanation)	Read a book and draw an illustration of your favorite character. Rewrite or change the ending. What if that character had not been in the book? Would the story have changed?	Coping Skills: Sometimes we worry about things that may be big or small, and they may make us feel uneasy. When we become worried, we are not able to focus or think the same way as we normally would. When this happens, try Imagining your favorite place, picture the people you care about, and take a break (a walk around your house or get some fresh air outside). ** Try to take at least one hour a day to do something that you enjoy and relaxes you. You may also use this Coping Skills as a calming technique.	Design and build a catapult or trebuchet to launch paper ball or marshmallow. Measure the distance.	Create your best bow hold, place a "cheerio" on the bow tip and walk around your family room five times—remember to keep your fingers round and soft.
7	Play Yahtzee Fitness with a partner. Yahtzee Fitness	Interactive Chalk Drawing	*Sweet Child of Mine moves to the beat guided form movement lesson (1)	Interview a person older than you. Ask them specific questions (5 or more) about what life was like when they were your age. What things are the same? Different?	Conflict Resolution: We all have feelings and sometimes are feelings can get out of control when we are upset, angry, scared or worried. Use the Things I can Control Bubble to help sort these thoughts. But before we say something to another person, we must remember the word THINK by using the Stop and Think Poster .	Which is the best invisible ink? Write 3 messages using milk, lemon juice, and vinegar. Allow to dry. Heat up the paper with a blow dryer to see the	Violin/Viola/ & Cello players: Challenge yourself to play a G-Major Scale. Hint: your fingers will feel just like the D-

					<p>**Remember, before we act or speak, we must ask ourselves "Is this how we would want to be treated"?</p> <p>To practice this click here Superhero Empathy Activity</p>	message appear	Major scale; simply begin on the open G-string instead.
8	Complete Mind and Body Bingo Mind and Body Bingo	Springtime Bunny Drawing	*Sweet Child of Mine create your own movements form activity (2)	Keep a journal of what life was like during this time, make a comic, make a storyboard , or a time capsule of cool items with your family. Write a letter to a family member that is not staying with you.	<p>Conflict Resolution: It's important to know the difference between a rumor and a fact. A fact is something that is true. A rumor is something that someone told you was true but you don't know for sure. Take a look at this Facts vs. Assumptions activity.</p> <p>It's also important to remember that rumors can be very hurtful and can affect a large number of people. Check out this video about additional information about rumors and gossip.</p>	Earth Day: Upcycle a plastic bag . What can you make out of a plastic bag and other materials that you have at home?	Violin & viola students: place an empty TP roll on your left shoulder, place your bow inside the tube and practice 20 straight bow strokes. Cello & bass students do the same with the tube on your left knee.
9	Using equipment that you have at home, choose a quest of your choice to complete. Quests	Set the Scene Drawing	*Choose your own favorite song and draw a picture of the form using shapes, letters, or another creative way (1)	Using the website Art Hub , find a project that goes with a book you are currently reading. Complete the drawing and put it in your window so other people can see it!	Transitions: Transitions can be difficult for many people. They can be both a very exciting time, but it can also leave you with many questions of what to expect next especially when transitioning to the next grade level. Below are some videos to help to help your children ease their worries and possibly answer some of the questions they may have. Transitioning to 4th grade Transitioning to 5th Grade	Reverse Engineering – with adult's help, explore how a small windup toy or pen works by taking apart the item. Explore what is the purpose of each part.	Write a paragraph describing your favorite memory from 5 th grade Strings.

					Transitioning to Middle School 5th Grade Activity		
10	Complete any activity on our webpage!	Optical Illusion Drawing	*Create simple 1- or 2-part moves to go with each part of your song from activity 9 and perform your moves with the music! (2)	Use one of these cool websites to learn or practice a new language! Morse Code Polly Lingual Sign Language	For additional information and resources click here School Counseling	Engineers solve problems to improve our lives. Brainstorm an invention that can improve your life. Draw or build a prototype to show how it works.	Write a paragraph describing your musical goals for 6 th grade. Share it with your family!

*Music Activities 5-10 go together. "WATCH ME FIRST" should be watched before any other activity in yellow (this is the lesson). Activity 7 should be completed before activity 8. Activity 9 should be completed before activity 10. Suggested sequences for a 2-3 week project would include activities 5 then 6; activities 5, then 7 and 8; or activities 5 then 9 and 10.