

Seahawk Specials Distance Learning Activity for the Week of April 20, 2020



Art website: <https://anthaden3.wixsite.com/mysite-1/my-blog> . All you need is a pen or pencil and some paper.

Something new will be posted each week. Feel free to email me if you want to send photos of any of your artwork (it does not have to be one of the projects on the website).



We hope that some of you had a chance to try the mindfulness videos from last week! This week we have two short calming exercise clips to help kids (and adults!) manage the emotions they are feeling relating to covid-19 and social distancing. They include some simple breathing exercises and stretches to help release tension when you are feeling stressed, frustrated or anxious.

[\(20\) Calming Exercises for Kids: Breathing and Stretching - YouTube](#)

[\(20\) Calming Exercises for Kids: Deep breathing brain break - YouTube](#)

The videos have no verbal instructions, you follow along by looking at the cartoon character and doing what it does. Breathe in and out based on its facial movements and/or the blue dot on the screen which gets larger to signify breathing in and smaller to show when to exhale making it easy for kids to do alone or with adult help. Enjoy!

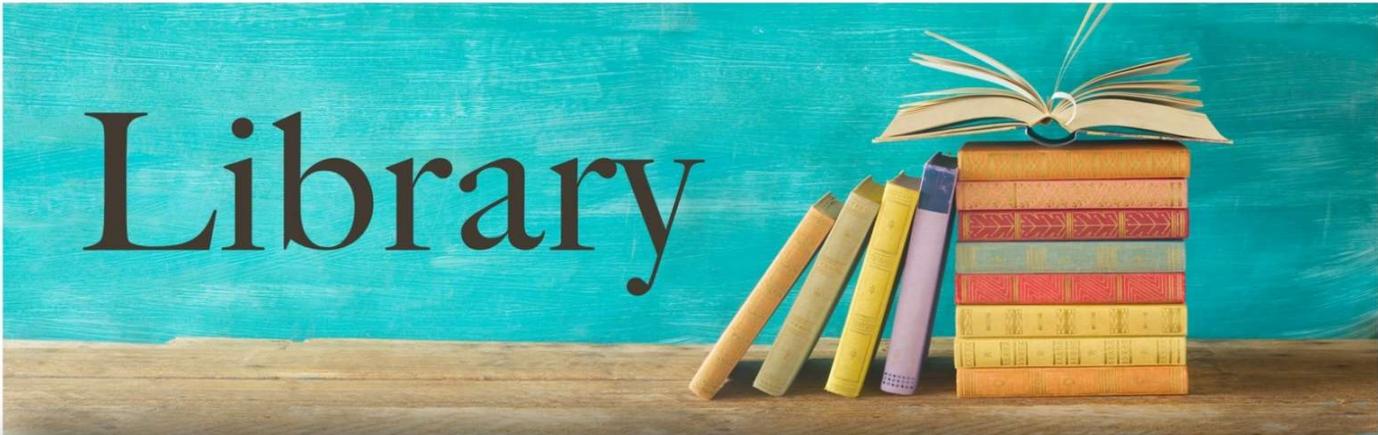


Investigations

Make a list of all the things you can think of that **open and close**. Make your list using words, pictures, or both.

When you **think** you are finished, try using categories to come up with more ideas. For example: Indoor things; Outdoor things, Things you can hold in your hand, etc.

I hope to come to one of your Zoom meetings this week looking for your creative ideas and good quality work. We'll talk about some other fun things you can do with your list. See you soon!



Library

Durham Bulls Reading incentive Program:

Wool E's Reading Club

<https://www.milb.com/durham/community/reading-club>



Grade K-1 Choice Board

https://docs.google.com/presentation/d/1_4cP5RH6EMfazN6pnMu5aO1vBvIXdY1aq0Gdu6Fvl_0/edit?usp=sharing

Grades 2-3 Choice Board

https://docs.google.com/presentation/d/1ScDmTLM_OgCmsY885fcL5aeP_6UrZk4zvNQKTeBYU1k/edit?usp=sharing

Grades 4-5 – Choice Board

<https://docs.google.com/presentation/d/1lk80AjqWbRwXyEHGDZ7HGzKluTWu0mM975fUwqgxc/o/edit?usp=sharing>



Activities for before and after grocery shopping during the Coronavirus Pandemic

- **Reading/Writing:** Ask your kids to make a list of what's in the pantry and refrigerator. Then, have them look through cookbooks or online recipes sites to find meals and snacks that use up what is on hand. Have them share their breakfast, lunch, or dinner meal ideas.
- **Math:** Find math in measuring spoons and cups, counting out numbers of ingredients, taking stock of pantry items, or planning the time it will take to prepare, cook, eat, and clean up a meal.
- **Science:** Get kids involved in baking bread, cooking an egg, or creating a homemade salad dressing. Search the internet to discover the science behind why ingredients change when they are combined, heated, or blended.



- Work on your typing skills. Remember proper keyboarding techniques;
- Position feet on floor for balance (don't cross).
- Center body to the "B" key with elbows at sides.
- Sit up straight.
- Adjust chair so you are a "hand span" away from edge of keyboard.
- Curve fingers over the home keys.
- Keep wrists off the keyboard.
- Keep eyes on copy.
- Key by touch.
- Key with a smooth rhythm.

<https://typetastic.com/learn.html>

Specials Contact Information

Role	Name	Office Hours	Email	Google Voice Number
Art	Mrs. Thaden	9:00 – 11:00	Ann_Thaden@dpsnc.net	N/A
Counselor K-2	Mrs. Rosenberger	9:00 -11:00	Melissa_Rosenberger@dpsnc.net	(252) 517-9619
Counselor 3-5	Mrs. Schira	12:00-2:00	Jennifer_Schira@dpsnc.net	(919) 429-9189
Investigations	Mrs. Tremalgia	10:00 – 12:00 (T & TH only)	Nancy_Tremalgia@dpsnc.net	N/A
Media	Mrs. Soucek	1:00 – 3:00	Valerie_Soucheck@dpsnc.net	N/A
Music	Mr. Lyle	9:00 – 11:00	James_Lyle@dpsnc.net	N/A
P.E.	Mr. Frasz	9:00 – 11:00	Richie_Frasz@dpsnc.net	N/A
Psychologist	Mrs. Kane	Email as needed	Marisa_Kane@dpsnc.net	N/A
Technology	Ms. Willingham	7:30 - 9:30	Jennifer_Willingham@dpsnc.net	N/A