



Northwoods Elementary Grades K-2 **MAPEL** At-Home Learning  
Week of 5/12 - 5/18

<b>MAPEL Subject</b>	<b>Recommended Activities</b> (Total of 30 minutes of MAPEL per week)
<p><b>Music</b> Ms. Wanda Miller's Email: <a href="mailto:wmiller@ecasd.us">wmiller@ecasd.us</a></p>	<p><b>Activities: Try to do 10 minutes a week. You can always do more if you want. 😊</b></p> <ol style="list-style-type: none"><li>1. Do this <a href="#">funny baseball themed music/movement activity</a>.</li><li>2. Sing <a href="#">Take Me Out to the Ball Game</a> and <a href="#">Count on Me</a> with Ms. Miller.<ul style="list-style-type: none"><li>o Tap CC, tap English, &amp; the words for the refrain will show.</li><li>o Sing along on the refrain (or entire song if you can).</li></ul></li><li>3. Sing the echos in <a href="#">My Aunt Came Back</a> with Ms. Miller.</li></ol> <p><b>Bonus Activities:</b></p> <ol style="list-style-type: none"><li>1. Call/video chat someone and sing a song or do an activity from above! ❤️</li><li>2. Go to <a href="#">Ms. Miller's Music Room Facebook Page</a>.<ul style="list-style-type: none"><li>o Join us every Tuesday 7-7:30pm for a Sing-a-long!</li><li>o Please <a href="#">email Ms. Miller</a> song requests!</li></ul></li><li>3. Go to <a href="#">Ms. Miller's Music Room Blog</a> new activities added weekly!</li></ol>
<p><b>Physical Education</b> Mrs. Erin Johnson's Email: <a href="mailto:ejohnson@ecasd.us">ejohnson@ecasd.us</a></p>	<p><b>Always ask an adult's permission before doing any of these activities. Also, get outside for fresh air and physical activity/movement as often as you can!</b></p> <p><b>Activity:</b> Alphabet Action Challenge <b>Skills:</b> Muscular Strength, Cardiovascular Endurance, Literacy connection <b>How to play:</b></p> <ul style="list-style-type: none"><li>● Game 1: "A, B, C Push Ups"- Get in a plank/push-up position, then touch your right hand to left shoulder = A, then left hand to right shoulder = B, continue this same pattern all the way through to the letter Z!</li><li>● Game 2: "Row Your Boat Push Ups or Sit Ups"- Same as "A, B, C Push Ups," only this time you will sing "Row, Row, Row Your Boat" and alternate hand to shoulder reciting a word to the song for each shoulder; OR do a sit-up during words of the song!</li></ul>

- Game 3: “Spell Your Name Jumping Jacks”- Arms Out and Legs Apart = First letter of name, Arms Down and Legs Together = Second letter of name, and continue!
- Game 4: “A, B, C Mountain Climbers”- Mountain Climber position is down on hands & feet. One foot forward - one back and switch to other foot forward - other back. Hands stay shoulder width apart. Every time you switch feet, you will recite letters of the alphabet, or sing words to songs!
- Game 5: “Imaginary Jump Rope” - Pretend you are holding an imaginary jump rope, and practice jumping rope with 2 feet together, spelling out different names or words!

**\*\*Bonus Activities for this week:**

1. If you have an object and appropriate space at home, practice rolling a ball! (skill practice and review)
2. If you have access to some type of technology, try this video: 5 Mindfulness Exercises for Kids  
<https://www.youtube.com/watch?v=Wsy2L9VvX90>
3. Hi friends! I am also starting an optional game with you, called “PE PEN PALS: Where in Eau Claire is Mrs. Johnson?” Each week I will have a picture here of myself exercising at a location in Eau Claire. If you know the answer of where I am, become a Pen Pal with me! Write me an email with the answer, while also sharing a picture of yourself being active! We can write back and forth and I will also be able to see different ways you are keeping your body active and healthy while you are at home.

Game: “Where in Eau Claire is Mrs. Johnson?”

This week, Mrs. Johnson is dribbling a basketball at this location in town, while her kids practice their rollerblades and hoverboards! Do you know where she is?!



## Library

Mrs. Julie Misurek's  
email:

[jmisurek@ecasd.us](mailto:jmisurek@ecasd.us)

### Activity:

Listen to Mrs. Misurek read this year's Coretta Scott King Illustrator Honor book [Sulwe](#) by Lupita Nyong'o and illustrated by Vashti Harrison.



Pretend you are going to talk to one of the characters in the story. What questions would you ask them?



The **Coretta Scott King Book Awards** are given annually to outstanding African American authors and illustrators of books for children and young adults that demonstrate an appreciation of African American culture and universal human values. The award commemorates the life and work of Dr. Martin Luther King, Jr., and honors his wife, Mrs. Coretta Scott King, for her courage and determination to continue the work for peace and world brotherhood.

### Highlighted Resource:



[Reading is Fundamental](#) has over 197 read-alouds! Create engaged readers when you use Reading Is Fundamental's video adventures so they can read anytime, anywhere.

I enjoyed [Do Not Lick This Book](#) by Idan Ben-Barak (author) & and Julian Frost (illustrator). This book is a great way to

	introduce to young children how germs work and live.
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## Art

Mrs. Julie Schaller's Email: [jschaller@ecasd.us](mailto:jschaller@ecasd.us)

### **AT-HOME LEARNING DIRECTIONS:**

Choose from the options below (choose one or both) to explore Color. Use whatever materials you have at home. The students may work by themselves or as a family team during these unusual circumstances. There are bonus ideas as well! I would love to see what you have made, please send images to me at [jschaller@ecasd.us](mailto:jschaller@ecasd.us) or if you use Facebook go to my Facebook page [Mrs. Schaller's Budding Artists](#)

THIS WEEK'S ELEMENT OF ART FOCUS IS **COLOR**

**COLOR:** Color is created when light reflects off an object; this is why you can't see color in the dark.

### **ART CHOICE #1:**

#### **FOUND OBJECT COLOR WHEEL OR RAINBOW**

Go around your home and search for different colored objects to create a color wheel. Be sure to put your colors in the correct order - Red, Orange, Yellow, Green, Blue, Purple.



### **ART CHOICE #2:**

#### **WARM OR COOL NON-OBJECTIVE DRAWING**

Choose warm (reds, yellows, oranges) or cool (greens, blues, and purples) colors to create a non-objective or abstract drawing.

Start by creating a line or simple scribble.

### **BONUS RESOURCES**

Want to learn more about COLOR? Check out these ideas!

#### **ARTISTS THAT USE COLOR:**

**Kandinsky -**

<https://www.tate.org.uk/art/artworks/kandinsky-cossacks-n04948/how-paint-kandinsky>

**COOKIE COLOR WHEEL** (materials: white frosting, cookies, primary colored food coloring)

#### **COLOR SCAVENGER HUNT**

Find Something...

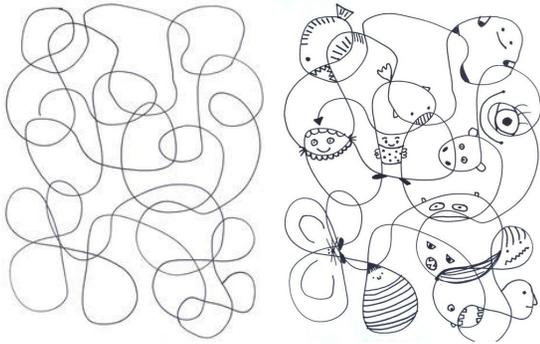
- Red
- Orange
- Yellow
- Green
- Blue
- Purple
- Neutral
- Monochromatic
- With Complementary Colors
- Warm Colored
- Cool Colored
- With Analogous Colors
- With Primary Colors
- With Secondary Colors
- With Tertiary/Intermediate Colors

#### **Color Videos:**

COLOR THEORY:

[https://www.youtube.com/watch?v=L1CK9bE3H\\_s](https://www.youtube.com/watch?v=L1CK9bE3H_s)

WARM & COOL HANDS



Then, color the spaces with different warm or cool colors.



The example on the left uses warm colors and the example on the right uses cool colors.



Landscapes



Cityscapes