



CALLING ALL KIDS!

Hi Bobcats,

I hope this finds you and your family well, enjoying some outdoor time together. I am adding some creative outdoor activities for you to try; don't forget to use "the things you know AND learned."

You can revisit the fitness alphabet, obstacle course, stations, 7 Wonder of the world, ANYtime you wish.

Stay active and have fun!

Thanks to the students who have dropped me a note/pics. of your obstacle course/*Crossfit* -like fun!

Some great stories of what you have seen RE: 7 Wonders and some of you creating your own fun with your family. (what would we do without our Grandmas?!) KEEP UP THE GOOD WORK.

Finally, please shout out to those who are taking care of you and or care about you. What would we do without them?! How about a **shout out** through a **group greeting?! Create a GROUP GREETING** like we do in class everytime we see each other. Use ALL family members, start each day with a smile, fun and connection to each other. Can you create a new one weekly?!

Feel free to drop me a note any time.(w/ or w/out pics, videos of group greetings!) I'm thinking about you and miss seeing you all. My best to you and your family.

Ciao!

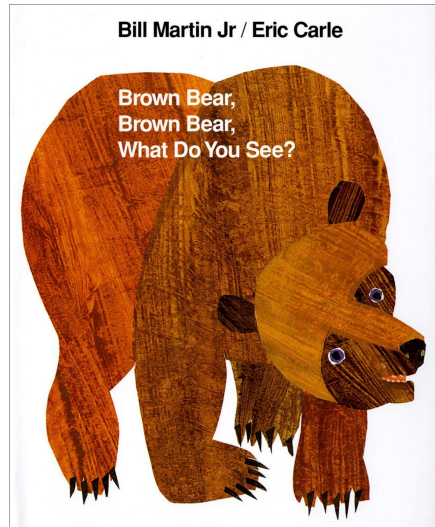
Mrs. D'Agostino :) ldagostino@brunswick.k12.me.us



Outdoor Scavenger Hunt

Take a walk with your family and put an "x" over all that you see when you are *discovering* on your walk.

2 squirrels running around	Outdoor flag	Someone riding a bike	3 birds flying together.
A dog in the backyard	2 automobiles, 1 red, 1 white	Someone walking with a pet/dog	A green pine tree with a pine cone on it
An acorn	A rock larger than your hand	A squirrel in a tree	A bird singing
A dog barking	2 airplanes in the sky	Hear a car honk its horn	A robin; they're back!



Create your own scavenger hunt:
Hike/walk outside, what do you see? (I saw a BOBCAT in the woods,
Downeast, on a rainy, cool day. NO kidding!)





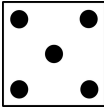

Not into going outdoors today? OR, want a change of pace? Create one inside, (can do this outside too!) and see if your family members can find what you put into your scavenger hunt.

Would be fun to have a competition of what you can see and they can not find. **Have fun!**



ROLL a story; roll the dice 3 times for each part of the story, then **act out**

the story you rolled. **No dice?** Play rock paper scissors with someone and the numbers your partner throws out are the numbers you will use for each part of the story. OR, put pieces of paper in a box or hat or container....each piece has a number, 1, 2, 3, 4, 5, 6...reach in and pull out a number...*whatdidyaget?* Can **you write it** or **draw it out** too and create a book with different chapters?!**CREATE your own categories**, for example: sport teams- basketball, baseball, etc...Action in sport, spike, slap shot, etc....AND, losing the game by 4, you are the athlete with the last shot....etc....

<u>Rolled #</u>	<u>Animal</u>	<u>Activity</u>	<u>Problem</u>
 One	Bird	Flying	On Fluffy Pillows
 Two	Frog	Jumping	Over Big Ant Hills
 Three	Dolphin	Swimming	In A Pool Of Pudding
 Four	Elephant	Walking	With Loud Feet
 Five	Horse	Galloping	In a Crowded Forest
 Six	Bear	Crawling	Under Low Branches

Last but not least something familiar with a fun twist:

Body Rock, Paper, Scissors

1. Face your opponent.
2. Jump up and down and say, " rock, paper, scissors."
3. Then you physically become the rock or paper or scissors.

REMEMBER: Scissors cuts paper, rock breaks scissors, paper covers rock.



Physical ROCK:

Make yourself into a small ball.(kinda like a rock pose or child's pose.)



PAPER:

Stand tall with your feet apart, arms apart over head- kinda like the open part of a jumping jack.



Scissors:((without the karate look- hard to find a pic for this one!)

Facing forward, one foot is in front of you and the other is behind you, like a pair of scissors opened up.

Have fun and stay active in any manner that you can, even when it is not PE day!