

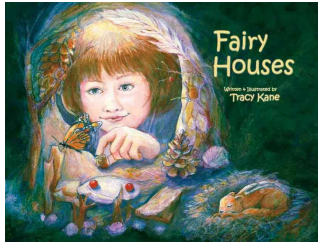


**PE Lesson 1: Sanctuary:** *noun* 1. a place of refuge or safety. "his sons took sanctuary in the church" 2. a nature reserve. "a bird sanctuary"

**Calling all kids!** Here's hoping you are having some fun these days at home. Take some time to *move*, every day in any way you enjoy! These next two lessons are all about YOU and what you might find in a place to call your own. ([sanctuary](#))

I was *zooming* with Mrs. Palopoli's class and we had a GREAT discussion about this lesson and what a *sanctuary* is. During these challenging times, we all need a spot to call our own, a safe place just for you. Mrs. Palopoli and I talked about when we were kids, forts were the BIG things. We both built forts in our yards, the woods and just used material we could find outside. My fort even had a club, my neighbors, friends, sisters and I would go to the fort as a club and just imagine ways to play and have fun.

**This first lesson** is an **outdoor adventah**. How many of you have heard of fairy houses? You



may have even read this book.

- **Head outside** and build a fairy house, a safe place for mythical creatures to be safe in. You can use anything natural to build your sanctuary. If your yard is not really a place to find *woodsyy kinda stuff*, why not use recycle bin material? Be creative.
- **Maybe you** might create a fairy house playground?
  - **Act out** what you might see the creatures doing if they were to use your playground/house.
- **Check this out:**  
<https://drive.google.com/open?id=1eDwPci5En6TK4nJ67VLaH4wICsqBmrFFFxKbB1-bh vA>
- **Perhaps you and your family** can create an outside *campground*? A place to go and sit, read, write, play on your playground and then take some time to relax in your sanctuary. This would be a bigger scale and would take family permission and teamwork. (maybe an old tent?)
- **Can you spell sanctuary** out and to do the exercises and then head out for a breather?( kind of like a road race tent)
- **LAST but not least**, can you create regularly to call your sanctuary. It can be anything you want to use it for after the race.) a structure and use it as a safe zone. Send me pics. **And built outside. Best,**



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## PE Lesson 2:

**CALLING ALL KIDS!** I hope this finds you well and your fairy houses, sanctuaries are built outside. This is always something you can add on to and as the weather gets even better, create that family campground/compound so you can hang out and read, write, relax after a workout!

- **Let's get going** on a sanctuary INSIDE. *When I was your age*, my grandmother was FEARFUL of thunder and lightning. She'd whisk us into huddle under a blanket or sheet, read and or passed. We did not use chairs, we used our blanket like we do when we sit under the



the hallway and we would sing until the storm bodies and sat against the parachute.

- **Mrs. Palopoli's class** and I talked about a studying etc...inside. Students safe place with their bunk beds, a together...THINK, what might you create?



fort, safe place to go while shared how they made a sheet, chairs

- **One of Mrs. Palopoli's students** shared she enjoyed sitting in her closet and reading. I bet it's a great sanctuary/safe space for her to go to any time.
- **Can you build a safe space** for you to go to after a long day or a space that you can use to work in and play?
  - How about an indoor campground with a tent?
  - **CELEBRATE** when your space is created, send me a pic. Think about our last

lessons with music and movement. Do a **celebratory dance/happy dance**, with some music on, get your heart rates up and dance until you need to stop and relax in your safe space.

- **Elbow Bump Dance** to celebrate with:
  - Put on your favorite music. (*HAPPY* by Pharrel Williams is fun; clap away and *be happy!*)
  - Improvise- dance anyway you would like. (or use the dance you made up in weeks 7-8)
  - Have someone stop the music.
  - Powerwalk, skip, can you run in your house? hmmm, MOVE to another person in the house.
  - Elbow bump them.
  - MOVE back to safe space.
  - Dance
  - Repeat!
  - Cha-Cha...have fun! How else can you use your safe space?
- Revisit your sanctuary/safe space outside or your fairy house. Enjoy them for a while. Play Elbow Bump Dance outside.
- **Send pictures or videos and or drop a note. I'd Love to hear all about your PE activities. Best,**

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