

Grades K-2 Extracurricular Activities: June 1st to June 5th

Please complete 2 activities for the week and send a picture of your completed work to Morah Shany (scohen@rjds.ca)

<p style="text-align: center;"><u>Positivity Rocks</u></p> <p>Decorate a rock! You can use paint or markers. Next, write a positive message on the rock to make others smile. For example, my positive message would be, YOU ARE AWESOME! Once your rock is finished and dry, take it back outside and place it where you found it.</p>  <p>Source: CBC</p>	<p style="text-align: center;"><u>Hop Old Squirrel</u></p> <p>Sing along to this song. This song is about squirrels! Hop like a squirrel! Fly like a squirrel! Do you see any squirrels when you go for walks?</p> 	<p style="text-align: center;"><u>Create a Puzzle</u></p> <p>Draw and colour a picture on this puzzle template. Next, cut out the puzzle pieces and ask a family member to put it back together. You made a puzzle! Hint: your picture needs to cover the entire area of your puzzle paper.</p>
<p style="text-align: center;"><u>Scavenger Hunt</u></p> <p>Create your own outdoor scavenger hunt list. Think of 10 things that you would normally see outside and write them down or draw a picture of them. Next, go outside for a walk with a family member and try finding things on your list.</p>	<p style="text-align: center;"><u>Book Worm Bookmark</u></p> <p>Draw a squiggly worm that's as big as your paper. Next, decorate it and cut it out. Now you have a book worm bookmark!</p>  <p>Source: Crayola</p>	<p style="text-align: center;"><u>Meditation</u></p> <p>Meditation is a way for you to notice your feelings in your head, body, and all around you. Try one of these videos. Make sure you have a quiet space, either outside or inside.</p>

More Fun Activities

Check out these super fun activities! You can choose to complete any of the activities below. Send a picture of your completed work to Morah Shany (scohen@rjds.ca)

Show me your Moves

Try this fun game with your family. One person is the leader. The leader calls out a movement that the rest of the family has to follow to the finishing line. The leader can change the movement at any time, so be sure to be listening at all times. If you miss a movement you will have to do 5 jumping jacks. Here are the full [instructions](#).

Red Light, Green Light

Play this fun game with your family. It is best to play this game outside, or in a large room. One person is the traffic light, and the rest of the people are the cars. Your goal is to make it pass the traffic light without being caught moving. Here are the full [instructions](#).

Handprint Art

Trace your hand to create an animal. Next, decorate it and add detail to make your hand look like the animal you chose to make. Try rotating your hand in a different position to get a different animal. If you rotate your hand sideways, you can make a hedgehog!



Magic Blooming Flowers

Make magic blooming flowers! You will need paper, markers, scissors, and water. Watch this [video](#) to learn more!