



Music



Art



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Today is Cinco de Mayo! Today, we celebrate the strength and culture of Mexico. Watch this short video about Cinco de Mayo and learn about Mariachi music (you only need to watch the first 2 minutes). Now you're ready to celebrate! Choose between learning to do the Mexican Hat Dance or how to make your own maracas with paper cups or plastic spoons.	Building Challenge: Recycle art Bubble blower: Supplies = • Empty plastic bottle • Old Wash cloth or rag • Rubber band • Dish soap • Water Directions	Jump, Jump : Jump side-to-side over an object or line for 1 minute straight. Go again, but this time jump front to back. Go once more, but this time try it on your right foot only then your left foot only. Step Jumps: Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.
Silly Songwriting: Listen to this very silly song. Then, write or perform your own silly song! You can write your song about anything you would like, just make sure it's very silly.	Positive Box: A positive box helps you to change your mindset. It's easy to remember and think of the negative and bad things that happen to us but a challenge to remember the positive or good. Help train your brain to look on the bright side. Supplies and directions	Agility Ladder: Use tape or chalk to create an agility ladder on the floor or sidewalk. Watch this video of Mrs. Perkins chalk ladder for some ideas for footwork or create your own.
Rhythm: Warm up by clapping the rhythms in this video (the squiggly line is a rest, which means you stay silent). Then, create your own rhythms using Groove Pizza. You can change the instruments and style as well!	Drawing Challenge: Watch the read-aloud of Superhero Instruction Manual. Draw a picture of yourself with your SuperHero costume on. Write your SuperHero Name on top and be there for a family member today.	Act It Out Sports Time: Do each activity in place for 1 min.: 1. Act like a Baseball player swinging the bat. 2. Act like a Basketball player shooting the ball. 3. Act like a Hockey player skating as fast as possible. 4. Act like a Football player and practice fast feet. 5. Act like a Professional Skier and practice going over jumps. 6. Act like a Tennis Player and practice your serve.

Please fill out [THIS FORM](#) to let us know if you have any questions or to show us any pictures of your work!