

Hello EES Families,

I hope you all had a great long weekend! The weather was amazing and I was happy to spend most of it outside. Mrs. Smith would be happy for me to remind you to slip, slap, slop your sunblock on when you will be outside. Even if it doesn't feel too hot the sun is still powerful enough to give you a sunburn. Don't forget your sun protection!

This week I have included some fun learning activities about the human body. There is a worksheet labeling all of the major bones in the body. I have also included a worksheet full of fun art activities inspired by the body. You will also see that I sent more of the mindfulness cards this week.

I also included some of my favorite field day activities for you to hopefully play with your family. Normally in class we would be starting to get ready for our field day at the end of the year. So this week I have sent you the outlines for a water balloon toss and an egg and spoon race. I really hope you enjoy them!

Stay Healthy,

-Mr. Marche



Egg and spoon race

Get into the racing spirit with this fabulously fun party game. Your kids will love the classic egg and spoon race as they learn to balance and co-ordinate their egg to win!

What You Need:

teaspoon

eggs - preferably hard boiled or golf balls

Activity

- A race of balance and co-ordination, the egg and spoon race is a classic game that will have kids laughing right up to the finish line!
- Arrange all of the children at a start line with an egg and a teaspoon each.
- When you are ready to start the race, ask them to place the egg onto their spoon and then place their other arm behind their back.
- When you say go, the children will race - as fast as they can without the egg rolling off the spoon - to the finish line.
- If the egg falls, the child starts again!
- Whoever crosses the finish line first with their egg still balanced on their spoon and an arm behind their back, wins.



Water Balloon Toss

A water balloon toss is a fun and sometimes messy way to entertain a crowd. This game challenges each player's ability to throw and catch a fragile water balloon across a long distance. Since participants run the risk of getting wet during this game, a water balloon toss is best played outdoors in warm weather. All you need is a few balloons filled with water and a few teams of willing participants.

- Fill enough water balloons to supply each team with one balloon. If you wish to play multiple rounds of this game, fill additional balloons.
- Split players into teams of two.
- Form two straight lines of players, with teammates facing each other.
- Have each player take one large step back from his teammate. This marks the first throw line.
- Instruct players to toss the balloon to their teammates. The opposite player must catch the balloon and prevent it from popping.
- Have both players take one step backward after each successful toss.
- Continue this routine until every team has popped their balloons. The last team with an intact balloon wins.

Inhaling the Universe

- 1 Stand with your feet wide apart. Raise your toes up and lower them again. Feel the bottoms of your feet on the floor.



- 2 Raise your arms as high as you can, fingers spread, and breathe in deeply. Hold your breath.
- 3 Bend forward, breathe out and say a big "Ahhh!" Swing your arms down by your sides.

- 4 Breathe in and imagine scooping the entire universe into your arms and over your head as you stand up again. Hold your breath and imagine showering yourself with stars, planets and space.

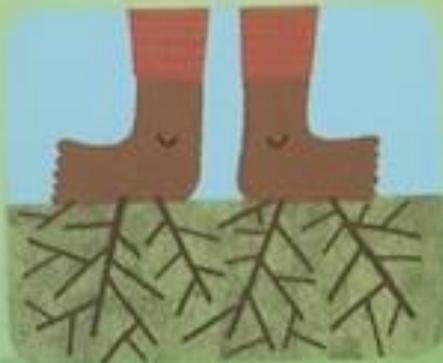


- 5 Bend forward, releasing your breath with another big "Ahhh!"
- 6 Imagine scooping the universe up and over your head two more times.
- 7 End your exercise by taking three soft, slow, mindful breaths. Remember, you are an important part of the universe.

Tip: You can also try this activity seated.

Rooted Like a Tree

- 1 Stand with your feet together and your arms by your sides. Keep your eyes open.
- 2 Imagine tree roots growing from the bottoms of your feet down into the earth. Feel connected to the ground.



- 3 Slowly lift one foot and press the bottom of it against the ankle of your other leg, if you can.
- 4 Clasp your hands together in front of you, with just your pointer fingers extended. Lift your clasped hands over your head.

- 5 Balance, relax into the position and smile. You are rooted like a tree.
- 6 Lower your arms and try balancing on your other foot. Do you feel any difference?

If you wobble, that's okay. Trees sway in the wind, but roots keep them balanced and steady all day.

Challenge: Try lifting your foot higher and pressing it against the inner thigh of your other leg.

Mountain Rising

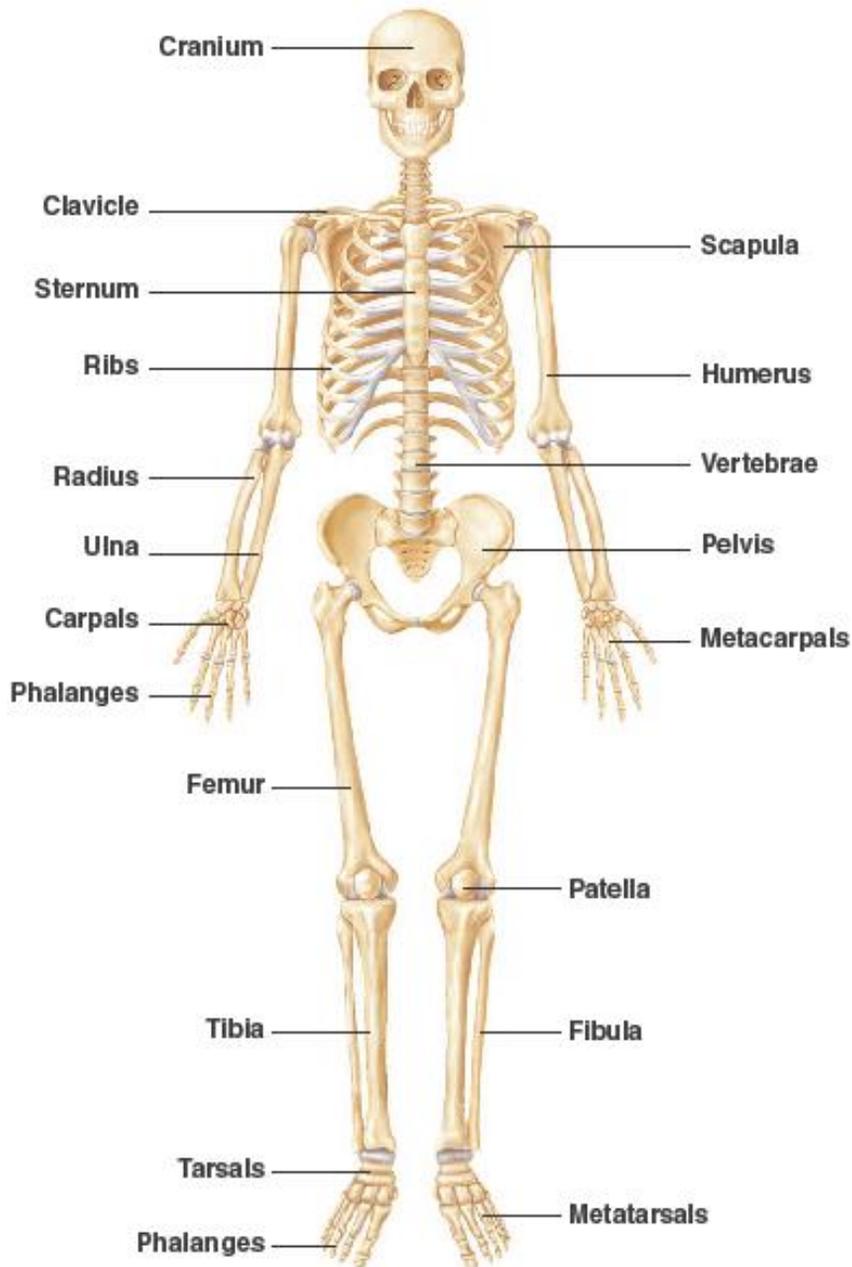
- 1 Stand straight with your feet apart, arms by your sides. Feel the bottoms of your feet planted on the floor. Keep your eyes open.
- 2 Imagine you are a mountain rising up from the ocean. Your head is the top of the mountain.
- 3 Raise your arms, fingers apart. This lifts your mountain higher. Hold this position for a moment, solid as a mountain.
- 4 Notice if you have any thoughts or worries. See them as tiny waves splashing the mountain.



- 5 Breathe in and breathe out to blow the waves far out to sea. Watch the water become calm and still around you.
- 6 Lower your arms, take a mindful breath and relax. You can stay strong as a mountain all day.

Tip: You can also try this activity seated.

The Skeletal System



Human Body Art Projects

Half Portraits

Provide lots of magazines for this project. Ask each student to bring in a large picture of a human face (like one that would fill a whole page in a magazine ad). Fold large pieces of white construction paper in half and distribute one piece to each student. Have students cut the face in half, down the center, and paste one of the halves along the fold of the construction paper. Next, ask students to draw the other half of the face, using crayons and oil chinks. Discuss the symmetry of the human body. Encourage students to write about or find other examples of symmetry in nature.



The Human Family Collage

Have students cut as many different faces from magazines as they can find. Be sure students have an assortment, including large and small faces and a representation from various age groups and races. Try to incorporate as many different facial expressions as possible. Students can make one large collage. If you find enough material, have the students make collages in pairs or small groups. Label the collages "The Human Family." Have students write stories to accompany the collages. Title them "We Are Family."

Build a Body

Using the supply of magazines available in the classroom, have students cut out various body parts until they have a full body. Allow them to then assemble a whole body. Ask them to have their body doing something specific, such as reading, playing soccer, or dancing.

Encourage students to research and write about a sport, staying fit, requirements for success, or other topics relating to activities which keep us healthy.

Thumb Print Art

Have some fun with fingerprinting. Give each student a piece of white construction paper to apply thumb prints to the paper to represent part of an object or design. Add remaining features using crayons, markers, paints, chinks, and other art supplies to complete the object or design. Assemble the thumb print art into a class book or display the pictures on a wall or bulletin board. Ask each student to write a poem, a riddle, or a caption about his/her thumb print art.

