

Hey EES Family,

I hope you are all still doing well. It was SO NICE to see all of your photos for those of you who were able to participate in Virtual Spirit Week! It definitely brought a big smile to my face to see all of the amazing things you all have been to. I have been trying to find new ideas to send to you, so if you have any ideas or games that you have been loving, please let me know and I will share with the rest of the school. I was thinking today about how Easter is next week and how it will likely look a little different this year than most. I know every year my family gets together for a big Easter egg hunt! Its always so fun. Some of my ideas this week have to do with that same idea. Maybe you play bunny tag where the person who is 'it" can run but anyone else has to hop around like a bunny. Maybe you want to have an egg and spoon race, or an egg roll across the yard. Did you know they have a big Egg Roll Race at the White House every year? No, not the white house in town... the WHITE HOUSE! Who knew you could celebrate the holiday, stay active, and be so... PRESIDENTIAL? Sounds pretty cool right? I have attached a quick history below!

Also who has a favorite way to make a paper plane? I definitely do! Did you know there are a bunch of games you can play once you have made one? Here is a list of fun things to do with your favorite paper airplane, maybe there are even different types that work better for each. This is also a fun way to have some friendly competition with your siblings or parents!

#1 – Paper Airplane Races. – who made the fastest airplane?

#2 – Hit Your Target. – Who made the most accurate flying airplane?

#3 – Distance Throw. – Whose airplane can fly the furthest?

#5 – Plane Catch. – Can you throw an airplane and have someone catch it?

#6 – Perfect Landing. – land perfect on a target you have made.

You will also see some cards from a mindfulness deck of cards that I have, You may want to try some of these activities. Let me know if and what you like so I can give you more!

Be Well,

-Mr. Marche

[Marcheg@mersd.org](mailto:Marcheg@mersd.org)

## Mind Castle

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.
- 2 Draw a castle in your mind. What does it look like on the outside? Does it have towers or a drawbridge?



- 3 Now go inside your castle. What do you see? Wander through the rooms. Notice the shapes, smells and sounds in each room.
- 4 If you start to think of something else, take a deep breath and blow out the air. Bring your thoughts back to your castle.
- 5 Finish when you have explored every room. What did you discover?

You are building brainpower when you pay attention to all the details of your mind castle.



## Mental Snapshot

This is a game for two or more people. You need a cloth or blanket and seven different objects such as pebbles, buttons, crayons or small toys. Add more to make the game more challenging.

- 1 Sit together in a circle. Choose a leader. The leader sets out the seven objects close together where everyone can see them.



- 2 Everyone in the group is given a minute to look at the objects and try to remember them all.



- 3 The leader covers the objects with a cloth or blanket, then takes one object away without letting anyone see it.
- 4 The leader removes the cloth or blanket and everyone looks again to figure out which object is missing. Take turns being the leader.

### Challenge:

Instead of taking one object away, the leader places the objects in a row and writes down the order of the objects (or takes a photo), then mixes them up. The team works together to place them back in the right order.

## Squeeze and Release

- 1 Lie on a mat, blanket or bed. Close your eyes and breathe softly, slowly and mindfully.



- 2 Notice your feet. Wiggle your toes. Imagine they have a golden glow. Squeeze the muscles in your feet tight, hold and release.
- 3 Move your attention up your legs. Now they are glowing gold. Squeeze your leg muscles tight, hold and release.



- 4 Now imagine the golden glow moving up your body from part to part.
- 5 Slowly squeeze and release each golden body part one at a time — tummy, arms, shoulders, neck and face.
- 6 When you finish, take three soft, slow, mindful breaths, and feel your body sink into the mat, blanket or bed beneath you. If it's time to sleep, let yourself drift off.



# History of the White House Easter Egg Roll

-The White House Easter Egg Roll officially dates back to 1878 and the presidency of Rutherford B. Hayes, but first-hand accounts suggest that informal festivities began with egg-rolling parties under President Abraham Lincoln. Starting in the 1870s, Easter Monday celebrations on the U.S. Capitol's west grounds grew so popular that President Ulysses S. Grant signed a bill that banned the rolling of eggs on Capitol grounds, citing landscape concerns.

-In 1878, a group of bold children walked up to the White House gate, hoping to be allowed to play egg-rolling games there. President Hayes told his guards to let the children enter, and soon Easter Monday on the White House grounds became an annual tradition. President Benjamin Harrison added music to the festivities in 1889 with the United States Marine Band.

-Egg roll attendance grew so popular that the number of guests had to be limited, and in 1939, the Secret Service had to go so far as shutting down a "racket" of children trying to sneak adults into the event for a fee.

-The planning of the egg roll traditionally falls on first ladies, each incorporating her own tastes and interests to the event. First Lady Lou Hoover had part of the South Lawn roped off for folk dancing. First Lady Pat Nixon introduced the traditional egg roll races.

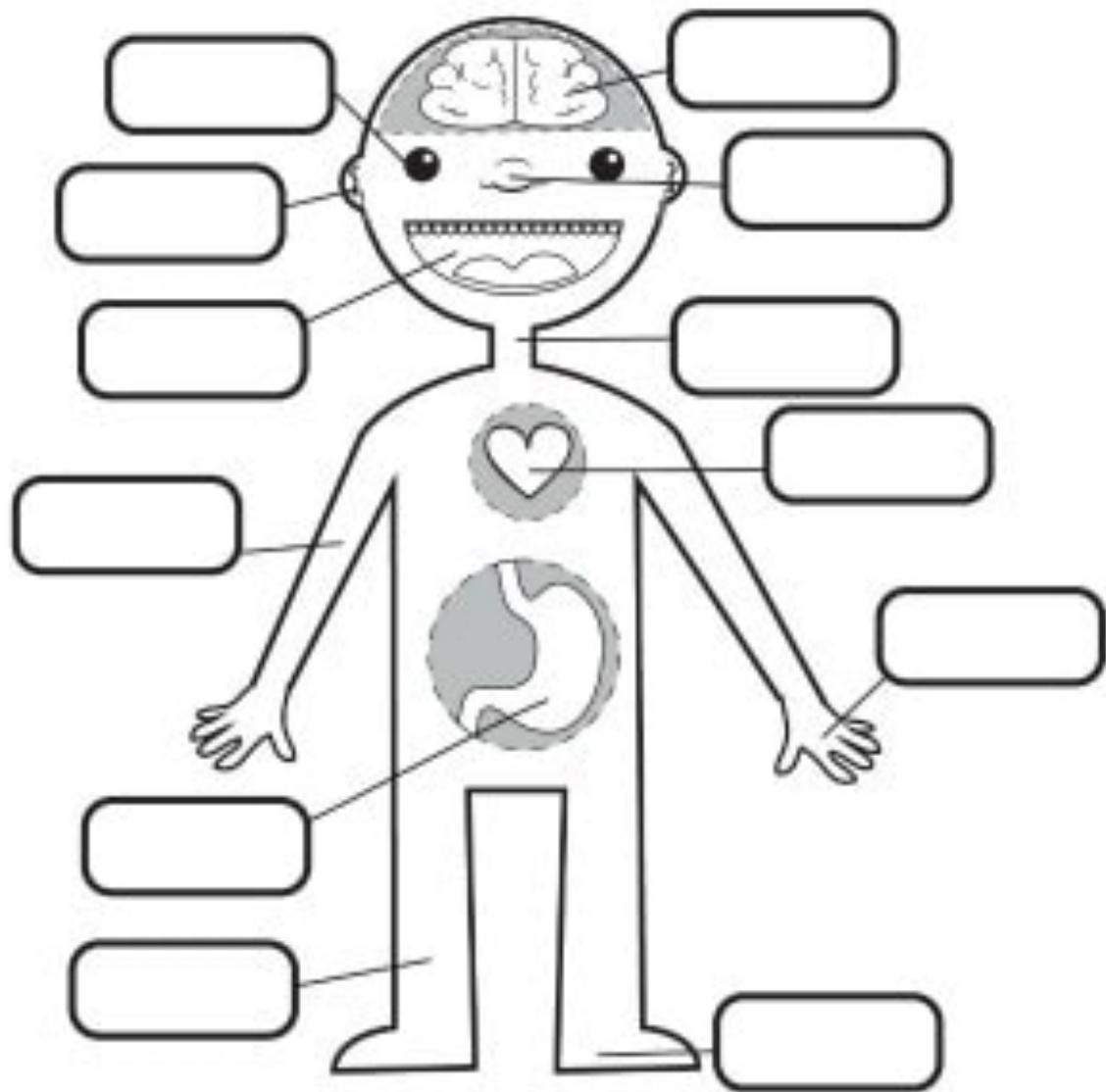
-Because of World War I and World War II, there were no egg rolls from 1917 to 1920 and from 1943 to 1945. Food conservation and then construction on the White House prevented any celebrations from 1946 to 1952, as well. Fortunately, President Dwight D. Eisenhower reinstated the tradition in 1953.

-The custom to receive a wooden Easter egg when leaving the event began in 1981 — an idea instituted by First Lady Nancy Reagan — and became a keepsake cherished by guests that donned the signature of the President and First Lady.

-The 140th White House Easter Egg Roll was hosted by First Lady Melania Trump on April 2, 2018.



Match the labels to the parts of the body.



NOSE

EYE

HEART

ARM

NECK

LEG

HAND

BRAIN

FOOT

MOUTH

STOMACH

EAR

# THE BRAIN MAZE

use your brain to find the exit.

