

Specials Choice Board

Theme: Dinosaurs May 11-15

<p>Art: Create a dinosaur puppet show! Using the handout below with the variety of dinosaur pictures, draw 3-4 dinosaurs. Color and cut them out. Glue or tape onto popsicle sticks or even small pieces of cardboard. Write a short play for your puppets and act it out for your family.</p>	<p>Learn how to draw a Diplodocus step by step using the attached handout.</p>	<p>Listen to Ms. Unger read <i>If The Dinosaurs Came Back</i> (on Ms. Unger's Facebook pg.) Draw a dinosaur. Then think about what the dinosaur might do and draw a background behind your dinosaur. Color with markers/or crayons.</p>
<p>Music:</p> <p>Story Bots with Music T-rex and More</p>	<p>Musicplay Online Lessons</p> <p>Kindergarten</p> <p>First</p> <p>Second</p>	<p>Name That Tune</p> <p>Hum a song and see if a family member can guess what it is.</p>
<p>P.E.</p> <p>Coin Flip Workout</p> <p>You will need 1 coin to do this workout. See the directions below or click the link.</p>	<p>Dinosaur Stomp Dance - A - Long</p>	<p>Cosmic Kids Yoga</p> <p>Tiny the T-Rex</p>

<p>Technology: Listen to Mr. Evans Read TEK. TEK Then, make a list of things you can do rather than being on a device/screen.</p>	<p>Take a virtual tour at the Melbourne Museum. Click here: Dinosaur Tour Go and walk through the 17 skeletons of prehistoric creatures.</p>	<p>While doing Mrs. Muir's Dinosaur Stomp video, have someone record you or take a picture of you doing the dance. Then have an adult upload your video or picture to my Technology FB page.</p>
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If the dinosaurs came back, this is what you would call them.



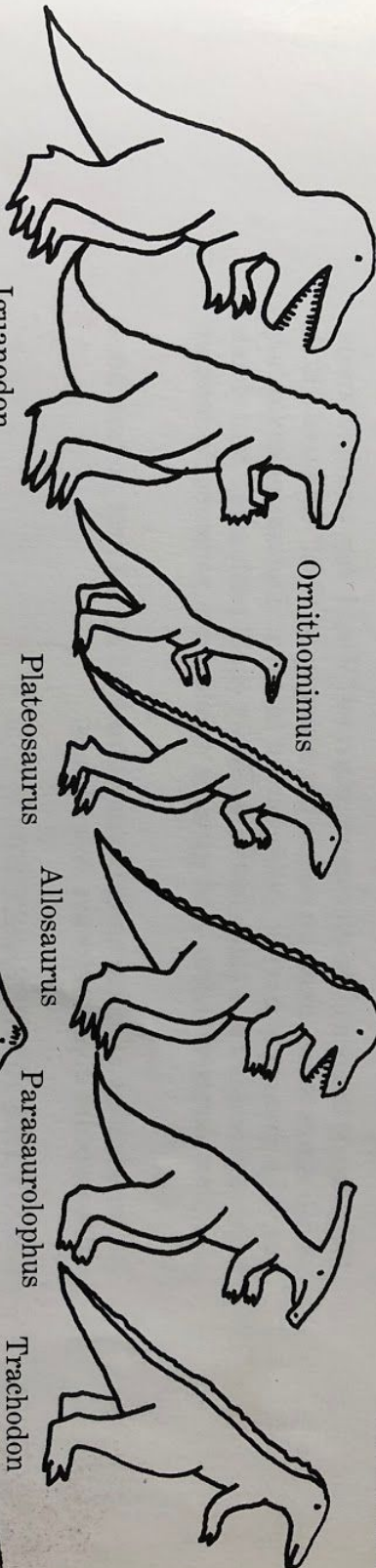
Diplodocus

Corythosaurus

Triceratops

Brontosaurus

Dimetrodon



Tyrannosaurus

Iguanodon

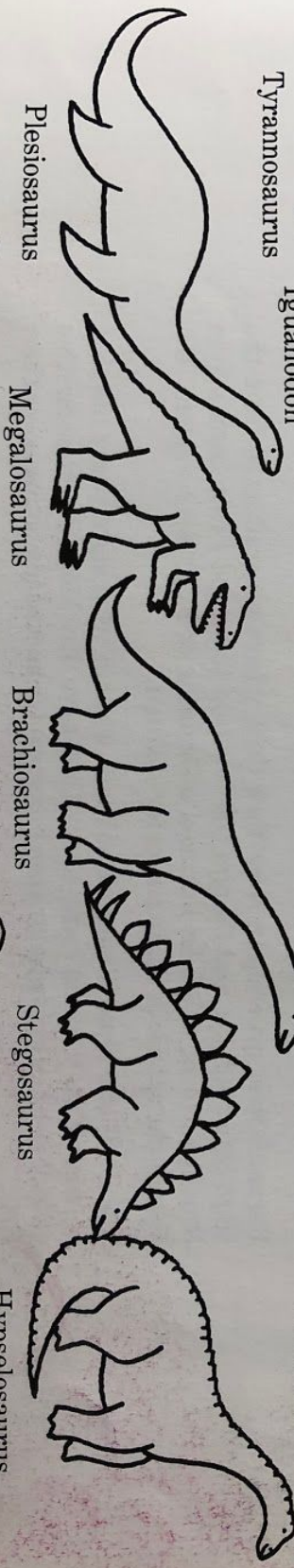
Ornithomimus

Plateosaurus

Allosaurus

Parasaurolophus

Trachodon



Plesiosaurus

Megalosaurus

Brachiosaurus

Stegosaurus

Hypselosaurus



Ceratosaurus

Coelophysis

Scelidosaurus

Camptosaurus

Protoceratops

Monoclonius

Coin Flip Workout

What you need: A coin

Directions: You will flip a coin 10 times to create your workout. After each flip you will complete the workout for that round.

Round	Heads	Tails
1	10 walking lunges (20 total steps)	25 calf raises (toe raises)
2	15 forward & backward arm circles	1 minute jog in place
3	10 wall push-ups	5 push-ups
4	10 tuck jumps	20 jumping jacks
5	10 burpees	10 straight leg raises
6	1 minute jumping with invisible jump rope	1 minute high knees
7	10 crunches	20 floor taps (Russian twists)
8	30 second low plank	20 mountain climbers
9	20 sit-ups	20 high plank with shoulder taps (Roman Soldiers)
10	20 second wall sit	15 forward & backward shoulder rolls

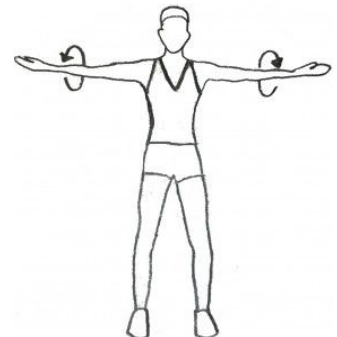
Exercise List



Walking Lunges



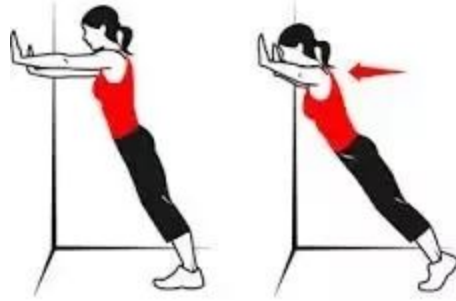
Calf Raises - Toe Raises



Arm Circles



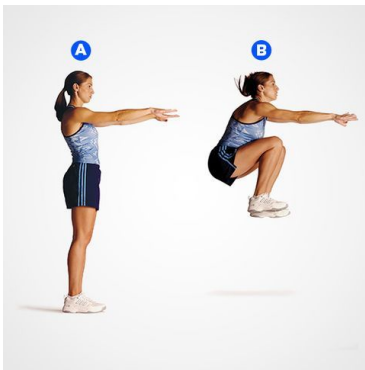
Jog in Place



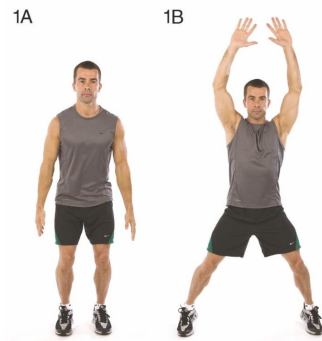
Wall Push-up



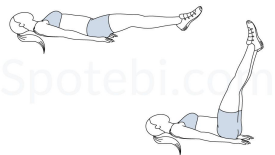
Push-up



Tuck Jump



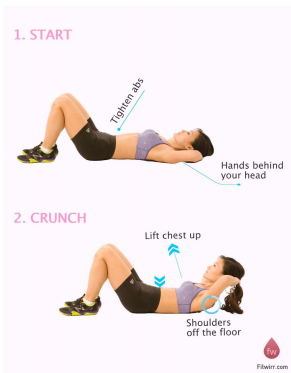
Jumping Jacks



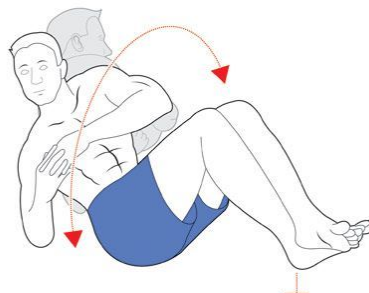
Straight Leg Raises



High Knees



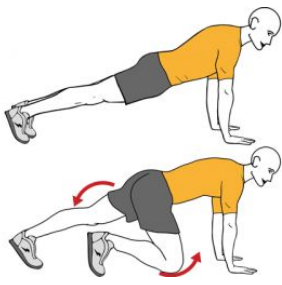
Crunches



Russian Twist - Floor Taps



Low Plank



Mountain Climbers



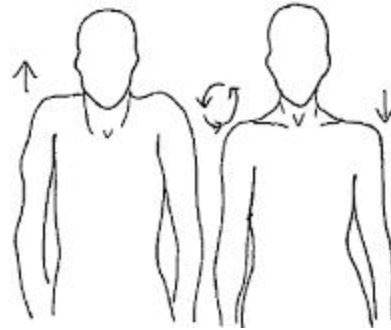
Sit-ups



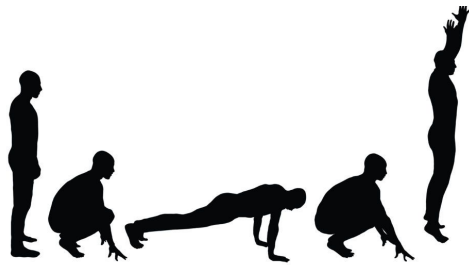
High Plank with Shoulder Taps
(Roman Soldiers)



Wall Sit

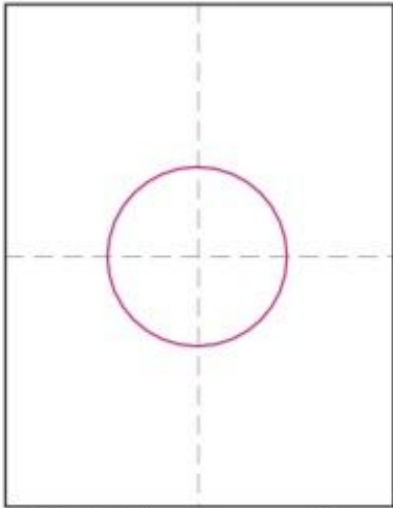


Shoulder Rolls

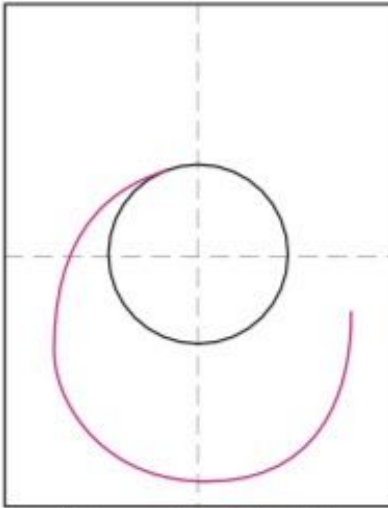


Burpee

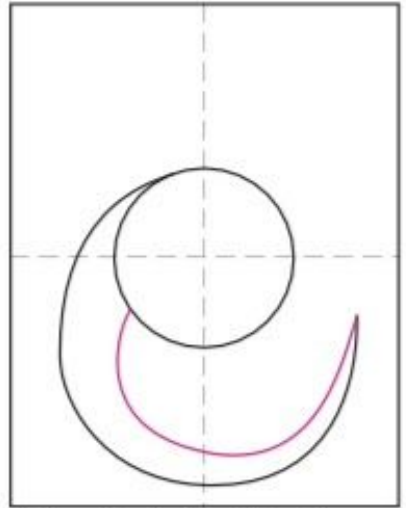
Draw a Diplodocus



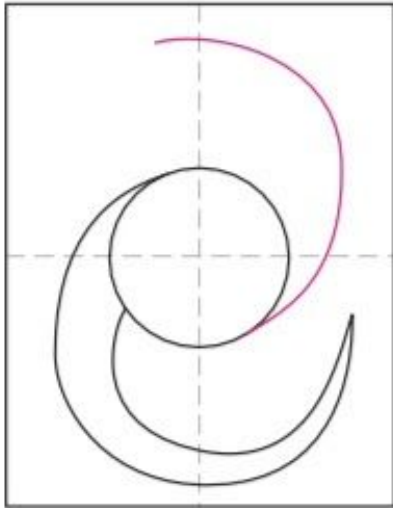
1. Make fold lines. Draw a circle.



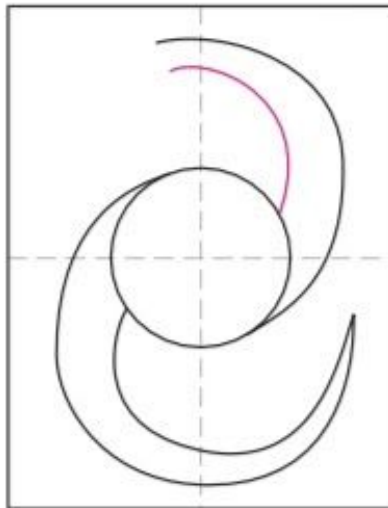
2. Add the outside of the tail.



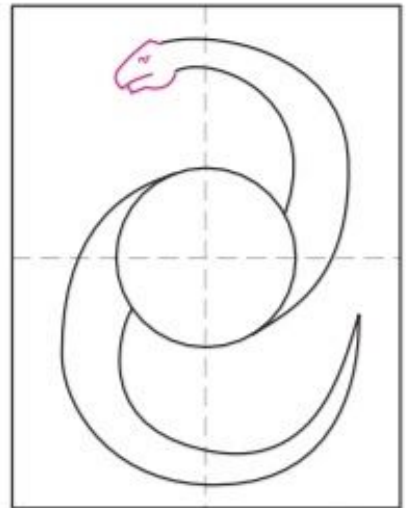
3. Draw the inside of the tail.



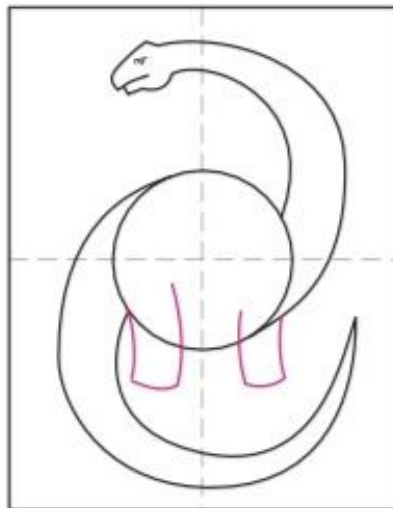
4. Draw the outside of the neck.



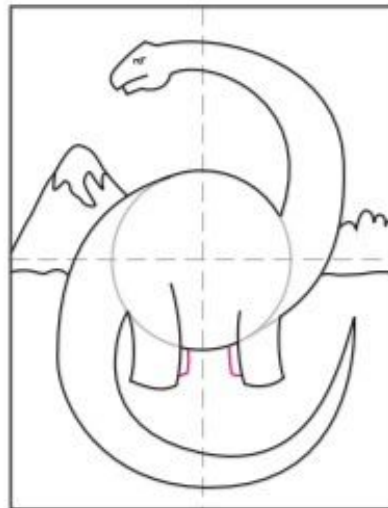
5. Draw the inside of the neck.



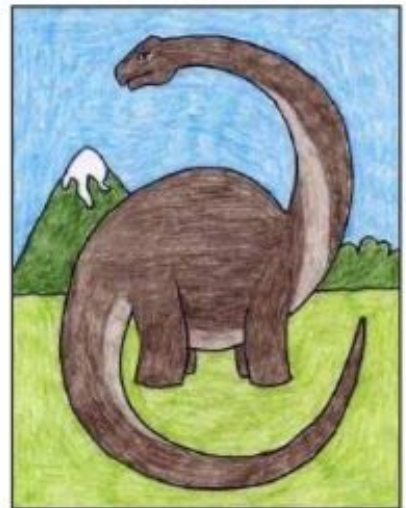
6. Add the head and eye.



7. Draw the two legs.



8. Add back legs, erase extra lines.



9. Trace with marker and color.