

RELATED ARTS BINGO

Choose one activity from a single related arts column every day. In a week, you need to do one Art choice, one PE choice, one Guidance choice, one Music choice, and one Library choice.

Check it off daily, get an adult signature, and bring it back to school with you.

*If needed for a second week, use the same card and choose 5 different activities to complete. Fill your whole card and get a reward!

ART	PE	GUIDANCE	MUSIC	LIBRARY
Using materials from your recycling bin, create a 3D artwork/sculpture. Take a picture or write about your work and materials.	Record a fitness journal for the week. On a sheet of paper, record each physical activity you did for each day and how many minutes you did for each activity.	Conduct a written interview with a family member or family friend on their career choice.	Find a household object you could use as an instrument. Play it!	Point out the title page of the book you're reading to someone at home.
Go to the Art for Kids Hub channel on Youtube and choose and complete a guided drawing that interests you.	Perform at least 5 cardio exercises for at least 10 reps for each exercise. EX: 10 push ups 10 Crunches 10 Jumping Jacks.	Create & complete a "Career Family Tree". (Careers for Mom, Dad, Aunts, Uncles, Brothers, Sisters, Grandparents, Cousins)	Write a rap and perform it for someone at home.	Retell the story "The Three Little Pigs". Get creative with props from around your house.
Draw a sketch of your dream backyard.	Take an outdoor walk, bike ride, etc with a family member.	Go to Vaview.vt.edu ; click on "Grades K -5 Kids" Click on "Kids Search" Explore five career clusters and complete a journal entry on your favorite one.	Draw a musical staff and label the notes on the staff.	Read a book to a friend or family member. (Or even to a stuffed animal buddy.)
Draw your favorite belonging that's in your house.	Spend some time focusing on mindfulness. Using your 4-7-8 breathing exercise. (Breathe in for 4 secs, hold for 7, and exhale for 8). Repeat 5 times.	Write a "Thank You" letter or card to a community helper.	Write a journal entry of "What is your favorite song and why?"	Draw a map of the library; label the different areas; (such as, fiction, non-fiction, graphic novels, easy, or biography.)
Use materials found in nature to create an artwork. Write about your work or take a photo.	Perform an exercise plan of your choice with a family member. Get fit as a family!!!	Illustrate a "When I grow up" self-portrait showing what career you aspire to be when you grow up.	Write a journal entry of "What is your favorite genre of music and why?" (Country, Rap, Hip Hop, Pop, Alternative, etc.	Draw a picture and then write a story about it.

Name/Teacher/Grade _____

Parent Signature/Date _____