

Name: \_\_\_\_\_

**GLAMP (Guidance, Library, Art, Music and PE)  
Elementary March 18, 19, 30, 31, April 1, 2, 3**

You must complete 5 squares in a row (horizontal, vertical, or diagonal). A "BLACKOUT" (all boxes filled out), will earn you a prize! Parents, please email the teacher below with which boxes they have completed by April 3rd.

Mrs. Gali--Kindergarten, Mrs. Ruhl--1st grade, Ms. Miller--2nd grade, Mr. M--3rd grade, Mrs. Ocker--4th

G	L	A	M	P
<p>Choose a book or video from Scholastic Watch and Learn: <a href="#">Click here!</a> Username: Learning20 PW: Clifford</p>	<p>There are seven elements in art! Trace your hand and decorate the inside using the first element of color! Use anything!!</p>	<p align="center"><a href="#">Click here!</a></p> <p>Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.</p>	<p><b>Draw and write</b> with authors/illustrators <a href="#">Jarrett Lerner</a> <a href="#">Debbie Ridpath Ohi</a> Posting daily creative challenges on Twitter <a href="#">Jarrett J. Krosoczka</a> Every weekday at 2pm ET for at least the next few weeks, he's hosting free webcasts on Youtube</p>	<p align="center"><b>Family Kindness</b></p> <p>Ask each family member how they prefer to receive kindness and love from other people in the family. Some people prefer words of praise or help with something, whereas others may prefer a hug each day. Post a list of people's preferences in a place everyone will be reminded.</p> <p align="center"><b>Mrs. Ocker, Guidance</b></p>
<p>How many food groups are there? Have something from both of the fruits and vegetables groups! <a href="#">Click here!</a></p>	<p>Sing 3 songs from this year for your pets, if you don't have a pet, sing for your favorite stuffed animal</p>	<p>Trace your hand and decorate the inside using the element of line! Remember all the different types of line--straight, wiggly, zig zag! Use anything! How about string !</p>	<p>Do as many curl-ups as you can and take a walk outside!</p>	<p align="center"><b>Kelso's Wheel</b></p> <p>Use Kelso's Wheel to solve a problem with someone.</p> <p align="center"><b>Mrs. Ocker, Guidance</b></p>
<p>Trace your hand and decorate the inside using the element of value! Use shade and light tints to create both light and dark areas in your design! Use anything --maybe chalk!</p>	<p><b>Family Bucket List</b> Sit together with your family and brainstorm 15 things you would like to do (as a family) this year. <b>Mrs. Ocker, Guidance</b></p>	<p align="center"><b>Run in place for 5 minutes and name 3 reasons why you will never smoke or use tobacco.</b></p>	<p align="center"><a href="#">Click Here!</a></p> <p>Play an activity or game with a friend or family member for at least 20 minutes.</p>	<p>Call an older relative or friend and sing them a song on the phone!</p> <p align="center">Watch and learn! <a href="#">Click here!</a></p>
<p>Choose a book and activities from Capstone Interactive: <a href="#">Click here!</a> Username: try PW: it</p>	<p>Play a game that is active. You decide what that is.</p>	<p><b>Kid President's 25 Reasons to Be Grateful</b> <a href="#">Click here!</a> What would you add? What are you most grateful today? <b>Mrs. Ocker, Guidance</b></p>	<p>Trace your hand and decorate the inside with the element of texture! Use anything! You could draw it or glue it on! Do a rubbing of a leaf!</p>	<p>Kids should be active sixty minutes EVERY day! Do 30 jumping jacks, 15 curl-ups and 15 push-ups.</p>
<p><b>Color Your World with Kindness</b> Watch the video with someone... <a href="#">Click here!</a> What did kindness look like in the video? Which kindness is your favorite?</p>	<p>Do as many push-ups as you can and then play outside.</p>	<p>Watch and learn! <a href="#">Click here!</a></p> <p>Watch and SING! <a href="#">Click here!</a></p>	<p>Watch and learn! K-2nd Grade <a href="#">Click here!</a> 3rd/4th grade: <a href="#">Click here!</a></p>	<p>Trace your hand and decorate the inside using the elements of shape and form! Circles, squares and diamonds--Oh MY!</p>