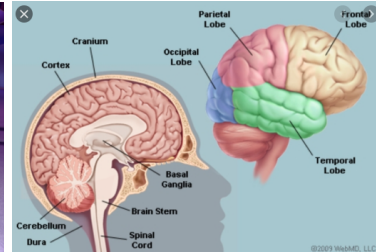


# Hello T90 Families!



## *\*Principal's Challenge May 4 to May 8*

Hello T90 students and families! The Principal's Challenge is back! Instead of a daily challenge, I've switched to a weekly timeframe. This week the focus is on the movie, Inside Out. If you haven't seen it, it's a fantastic movie about an 11 year old girl who is going through a very challenging time in her life. As she does she experiences a range of core emotions - Anger, Disgust, Fear, Sadness and Joy. Younger children love the creative visuals and older kids may relate the main character's emotions and how she deals with them. The challenge this week includes activities from the movie. If you don't have access to the movie, let me know and we'll help you out.

Remember, these activities are intended to support the work your teachers are asking you to do, not replace them. Also feel free to share photos and we can share them on our website or Facebook page. Mail photos to [tespix2share@tenino.k12.wa.us](mailto:tespix2share@tenino.k12.wa.us).

Remember, you can do all the activities when you want. But it is important that you do them all.

- Read for 30 minutes a day.
- 1 act of Kindness for a family member
- At least one chore to help a family member
- Have lunch – remember you can pick a free Grab and Go lunch from 11:00 to 1:00 at TMS, Bucoda and New Day Church / Violet Prairie
- 30 minutes of recess. Put on a raincoat and get outside and play!
- Watch Inside Out! Maybe even make it into a family movie time with popcorn and red Raisinettes (my favorite movie snacks!)
- Inside Out Writing Challenge: Write a letter to the main character, Riley, offering her encouragement or advice. Explain to Riley what strategies she could use to face her challenges more effectively. Email me your letter and I'll get back to you!

- Inside Out Build Challenge: Build a model of a human brain. You can use clay, cans, boxes or good old paper and pencil. Maybe do some research to find out about the parts of a brain. Label your neuroscientific creation. When you are finished, send me a photo of your completed project!
- Brain Research Videos to get you started:
  - [Human Brain Fun Facts for Kids Structure and Function Video](#)
    - <https://www.youtube.com/watch?v=lxAZC7pb-o4>
  - [Fun Facts about the Brain](#)
    - <https://www.youtube.com/watch?v=sSbifqr7rGI>
  - [How to Make a Model Brain](#) -
    - <https://www.science-sparks.com/make-a-model-brain>
- Finally, be sure to clean up and put away any extra stuff you may have gotten out.

Look for more Principal's Challenges in upcoming weeks. In the meantime, here's our Website and Facebook information:

◆ TES Website: [teninosd.org/o/Tenino-elementary](http://teninosd.org/o/Tenino-elementary)

◆ TES Facebook: [facebook.com/Tenino-Elementary-School](https://www.facebook.com/Tenino-Elementary-School)