KINDERGARTEN BOBCAT BINGO - 3/23/20				
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Read a fiction book! Write the name of the book below:	Practice speaking some "Bee Bee Bumble Bee" rhythms. Play them on spoons if your parents allow!	Practice taking 5 deep breaths and use it whenever you feel frustrated (deep breath in through your nose, hold for 7 seconds, breathe all the way out.)	TECH CLICK HERE TO VISIT THAILAN	Have an adult or sibling at home teach you how to tie your shoes. Practice this 10 times. Write a tally below each time you practice:
Complete the GoNoodle Indoor Recess: You Pick #3 video	Demonstrate your "voice elevator" to someone in your family. Make sure to stop on all the floors!	Read a non-fiction book! Write the name of the book below:	Make up a new rhyme for our song "Down by the Bay." Sing it for someone at home.	Click on this link to make an art picture online!
Safely do 25 jumping jacks, 10 push ups, 30 mountain climbers. Jog in place for 2 minutes.	ART - CLICK THIS LINK TO EXPLORE THE MET MUSEUM OF ART! CLICK ON THE DOTS TO VIEW THE WORKS OF ART	Free	Read a short story to a family member. Have the family member initial below.	Practice speaking some "Pop Pop Soda Pop" rhythms. Practice clapping the rhythms or tapping them on your lap.
Say thank you whenever someone helps you for the whole day	Make a paper Plate animal. Use things you can find from around the house!	Log in to Headsprout and complete an episode .	Play a game with your family and use coping skills of your choice whenever you feel frustrated. Practice being a good winner and losing well.	Practice a creative coping skill like coloring, drawing, or making a craft.
TECH - CLICK ON THIS LINK to VISIT INDIA. CLICK on first picture and view slideshow. Enjoy!	ART - CLICK ON THIS LINK TO Watch WHEN PIGASSO MET MOOTISSE. Draw a colorful picture with a cow and a pig. Use simple shapes to make your animals. Make a background.	Safely complete a chore without being asked. List the chore here:	TECH- MAKE A MANDALA DESIGN ONLINE! CLICK HERE	ART / TECH MAKE YOUR OWN PICASSO HEAD CLICK HERE!