



OMA Enrichment Activities Week of April 13,th 2020

Hello Cougars!

Another week is here! Below you will find some activities that you can do with your family. There are four sections: Fine Arts Fun, Mindfulness Moment, Magical Movement, and Lively Links!

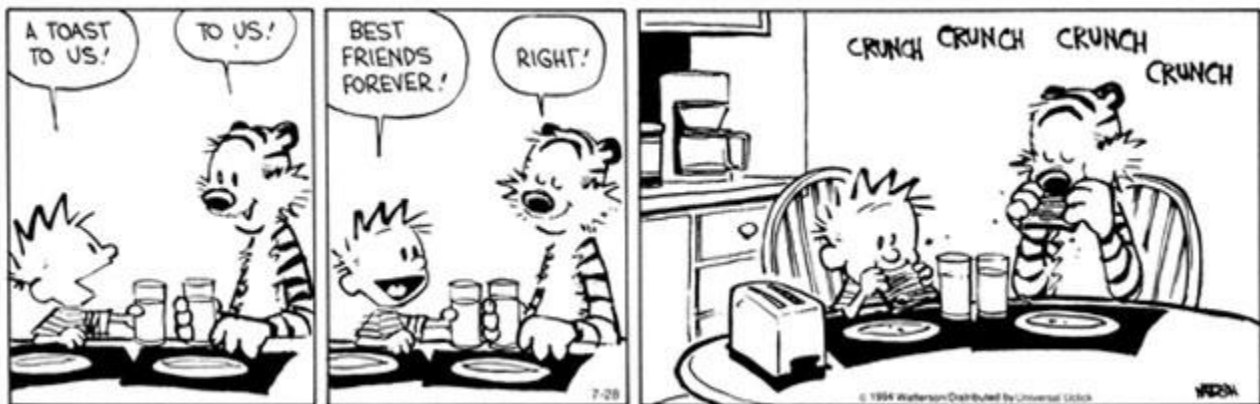
Please let me know if you have any questions. Feel free to email me at: chiara.lovio@tusd1.org. You can also send me anything you create through email. I look forward to hearing and see what you create!

Fine Arts Fun

Comic Creation (Visual Art and Language Arts)

Materials: Paper, pencil, optional crayons, markers, colored pencils.

Information: Comic strips allow students to explore their imagination and express their emotions and ideas. Students can make comics about their own lives, video games, books, movies, created characters, or create new characters.



From the comic: Calvin and Hobbes; written by: Bill Watterson

Directions:

- How to make comic panels: This link shows you different ways to make a comic panel. You don't need anything fancy and you can use items from your house.
 - <https://safeYouTube.net/w/l2C4>
- Digital Links to create comics with:
 - <https://www.storyboardthat.com/storyboard-creator>
 - <https://www.makebeliefscomix.com/comic-strip-starters/>
- Printable paper: If you can print at home, these links show you different comic panel examples.
 - <https://www.printablepaper.net/category/comics>
 - https://www.printablepaper.net/preview/Three_Panel_Comic_Page

1. Pick a character(s): Who is your story about? Is your character a human or a fierce lion?
2. Sketch your character: Do a few sketches of your character on scratch paper. Draw him/her happy, sad, and angry. What does he/she look like running or jumping? Make quick sketches of your character doing different things.
3. Think of a plot: What does your character want? Plan your story by giving your character a hope, want, or goal. Then, put something in the way so that your character has to struggle before getting what they want. Use the sentence below to help you plan your story.

My character wants _____ but _____
so_____.

Example: Ted the Dragon wants a friend but everyone is scared of his fire breath so he lets them roast marshmallows in his fire breath!

4. Plan your panels: Before you start drawing, plan how your story will go by saying it out loud. Point to each panel and plan what your picture will look like. Don't forget to think about dialogue – what will your character be saying in each scene?
5. Bring your comic to life! Draw the pictures and add speech bubbles.
6. Taken from: <https://kidlit.tv/2016/10/how-to-make-a-comic/>

Grade Level Extensions:

- K-1: Create a comic that has characters that are going on a journey? Maybe through space, traveling through the desert, or even the ocean. Think about that setting (place) and what kinds of people, animals, and plants would be part of that environment. What did your character learn while on that journey?
- 2-3: Create a comic about the journey of making a friend. What are some challenges when you are trying to make a friend, things that make you nervous, wonderful things about making a friend? One can also write a comic about just a journey and that obstacles that one faces while on a journey.
- 4-5: Create another comic using a different curricular area (science, math, social studies).
Example:
 - Create a comic where the characters must solve a math equation.
 - Create a comic using your knowledge about a different time period, maybe one you studied in class.
 - Create a comic that uses information from a past science kit.

Reflection:

- What do you like about your comic? What I like about my comic is...
- Tell someone in your home about the character you created? What makes them interesting?
- If you could change your comic, what is one thing you would change and why?

Extension:

- Looking for more Comic examples? Check out the Peanut's Comics:
 - <https://www.peanuts.com/>
 - <https://www.peanuts.com/comics/#>
- The Peanuts website has some fun links to check out. Check them out and see what you can find. There are different activities connected to Science and Language Arts! I highly recommend it!
 - <http://ymiclassroom.com/lesson-plans/peanutsfamily/>

Mindfulness Moment

Yoga for Kids

Materials: Taken from website: <https://childhood101.com/yoga-for-kids-sun-salutation/>

Information: Sun salutations are the core to any yoga sequence. Practicing sun salutes with your children will:

- Help calm the mind and help you focus
- Energize the body and boost endurance
- Increase strength and flexibility
- Introduce linking breath to movement

Directions: Follow the sun salutation sequence on the picture. The link has a fun way to create themes for your Sun Salutation.

SUN SALUTATION FOR KIDS

Look up at the sky
Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"

Pretend to be a jellyfish
Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"

Pretend to be a sand castle
Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"

Pretend to be a dolphin
Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"

Pretend to be a crab
As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"

Pretend to be an urchin
As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!"

Reverse the steps back to standing. Then repeat the sequence on the left side.

printable yoga poster

Magical Movement

Dance Party

Number of Players: 1+

Space: Open space

Materials: Music

Information: Dance is a wonderful way to move your body!

Directions: Turn on music and move your body!

Don't forget your movement vocabulary:

- Locomotor: Movement that travels from one location to another in a pathway through space (for example, walk, run, tiptoe, roll, crawl, jump, march, gallop, prance, hop, skip, slide, leap).
- Axial: Movement that remains in place; movement that does not travel from one location to another or in a pathway through space (for example, bend, twist, turn, open, close, swing, sway, spin, reach, pull).
- Levels: The height of a dancer in relationship to the floor (for example, low: kneeling, mid-level: standing, high: jumping).

Extension: Try your skills at choreography. Choreography is the art planning and arranging the movements, steps, and patterns of dancers. Dancers count in sets of 8...1,2,3,4,5,6,7,8-1,2,3,4,5,6,7,8. Choose some movements and try to add some repetition (repeated movements).

Lively Links

- Have some fun with Magic: <https://newvictory.org/new-victory-arts-break-magic-week/>
- Fairy Tales in Spanish: <https://www.thefablecottage.com/spanish>
- Cincinnati Zoo: <https://www.facebook.com/cincinnati-zoo/>