



# SPECIALIST ENRICHMENT ACTIVITIES

EACH WEEK WE WILL SHARE SPECIALS ACTIVITIES FOR YOU TO COMPLETE AT HOME

## Activities for the week of May 4 - 8

### WEEKLY ART ENRICHMENT

Origami



This week let's focus on something that children and adults of all ages can create, and the only thing you need is a sheet of paper...**Origami!** Origami is a Japanese term that literally means "to fold paper." In fact, there is an old Japanese tradition of folding 1,000 paper cranes for a wedding, which is meant to bring the new married couple good fortune. There are endless resources out there on YouTube on how to create origami- so pick which video you would like to do, and give it a try! Here is a simple butterfly example: <https://www.youtube.com/watch?v=cZdO2e8K29o>

### WEEKLY PE ENRICHMENT

Family Fun Field Day

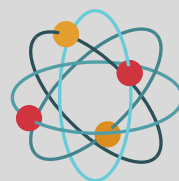


Who is ready for The Davis Elementary School Family Fun Field Day? I am excited to announce that my favorite day of the year is a GO! Please click the following link for more information:

<https://davistigerspe.edublogs.org/2020/04/30/davis-family-fun-field-day-letter/>

### WEEKLY STEM ENRICHMENT

Crazy Straws



Hey Davis Tigers! It's time to get your straws out. This week's challenge is going to be crazy. We're making our own crazy straws. You will need a bunch of plastic straws, scissors, and some masking tape. Make a half inch cut on one wall of one end of a straw. Wrap the cut straw around a second straw then tape it closed. Repeat the process, then test it out. Does having an extra-long straw still work? Then keep going. How many straws can you add until it no longer works as a straw? If you can get your straw long, you may need a chair to drink out of, so make sure you have an adult helping you out. You can also use the bendy part of the straw to turn your straw into a crazy straw. Does it still work when you bend it or wrap it or tie it in a knot? See Mr. Hanft's Blog for a picture guide and the science behind what's going on.

### WEEKLY LIBRARY ENRICHMENT

Discovery Education



Did you know Discovery Education has educational resources AND Audiobooks? Check out this great resource for a variety of topics and interests. You can also find videos about the COVID-19 virus.

Discovery Education is available in Cobb Digital Library.



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## WEEKLY MUSIC ENRICHMENT

### Ostinatos

Tigers, this is such a great way to create music ostinatos!! An ostinato is simply a repeating rhythm or melodic pattern. Enjoy!!!

<https://www.incredibox.com/>

## WEEKLY COUNSELING ENRICHMENT

### Talking About Feelings



Talking about your feelings is important! Just like you take care of your body to keep it healthy, you need to take care of your emotional self too. Being able to identify how you are feeling is the first step to being mentally healthy. We might experience a variety of emotions each day. Sometimes we feel emotions that might make us feel uncomfortable such as anger, sadness and fear. These feelings are normal and OK to feel from time to time and usually do not last long. If these uncomfortable feelings do not go away or seem to take over all your other feelings, then it is important to talk to a trusted person so they can help you. Talking about how you are feeling is an important part of being mentally healthy. We have some suggested videos listed below that will teach you more about mental health.

<http://www.viewpure.com/nCrjev3-Js?start=0&end=0>

**K-2** Watch this video and see if you can guess how the character is feeling.

<http://www.viewpure.com/dOkyKyVFnsSs?start=0&end=0>

**3-5** This video tells you more about how to take care of yourself when you are feeling sad or anxious.

[http://www.viewpure.com/jf13seh1\\_2Y?start=0&end=0](http://www.viewpure.com/jf13seh1_2Y?start=0&end=0)

Our challenge to you this week is to reach out to a friend or classmate and ask them how they are feeling. Also please let us know how you are feeling by uploading a video to our FlipGrid at the bottom of the page. Your counselors are still here for you even though we are not at school. You or your parents can email us anytime if you need help talking about your feelings. We miss you all.

## SHARE WHAT YOU ARE DOING

Show us what you have done on FlipGrid!

We'd love to see what you create or are working on for your distance learning specials. Share it with us on FlipGrid. Use your O365 account to login and post a video. <https://flipgrid.com/94b51015>

FlipGrid QR Code

