

## Related Arts Weekly eUpdates 3.30.20

**Greetings Caughman Road Elementary School Students and Families!** Know, your teachers miss you very much. Still, this experience can provide you (students) with the understanding that learning can be self-guided and occur anywhere. Of course, all your related arts teachers eagerly await your return to school, and our return to “normal.” Until then, take advantage of this unique opportunity to learn differently, as it will help you grow as a learner. For the next week, we encourage you to participate in the self-guided learning activities suggested below. Should you or your parents/guardians have any questions about the content, please email your related arts teacher. (All related arts teachers maintain daily office hours from 9AM-11AM and 1PM-3PM.) Work hard, have fun, and be well!

Best regards,

The Related Arts Team

Dance (Contact: Mrs. Slater-Warren, [sabrina.slater-warre@richlandone.org](mailto:sabrina.slater-warre@richlandone.org))

I am sending video links to the dances that we began learning before we left. I am also including a link to the Snake dance that K-2 loves so much. You will also find some suggested activities listed below that don't require internet access. The Yoga log and exercises that you received prior to leaving school can be continued. I will include a link to other yoga sites that you and your parents may try together.

Dance Moves-Grades three through five

<https://www.wikihow.com/Learn-to-Dance-at-Home> [https://youtu.be/k1KcQt\\_awWw](https://youtu.be/k1KcQt_awWw)  
<https://youtu.be/TgcwKrf8wHM>

Read Alouds with Movement- grades K-2

<https://youtu.be/wg1NS2WjGAM-In>

Spanish <https://youtu.be/GKahpvSkzfk> <https://youtu.be/3cOSt2QVJf4>

## Yoga for K-2 Cosmic Kids Yoga

[https://youtu.be/C\\_Mi1-ntGHc-In](https://youtu.be/C_Mi1-ntGHc-In) Spanish

<https://youtu.be/U9Q6FKF12Qs-> In English

[https://youtu.be/j24\\_xH5uvdA](https://youtu.be/j24_xH5uvdA)

## Yoga for 3-5

[https://youtu.be/nEUdh\\_3q9OU-In](https://youtu.be/nEUdh_3q9OU-In) English

<https://youtu.be/QHht9Xvf1fA-In> English

<https://youtu.be/KOe-efPzeKI-> In Spanish

## Written Resources

- Think about your favorite animal from the zoo. Move like that animal for 30 seconds. Don't forget to practice. Ask your parent to video tape your dance
- If you could be a machine, what would you be? How many body parts would move? What would be the speed of your movements?
- Ask your parents to go through the motion of a daily chore, ex (mopping, cooking, folding clothing. Ask them to go through the motions. Observe your parents. Make an eight-count phrase using these motions. Move in the style of ballet, modern, or hip hop. Email me a video.
- Write a paragraph comparing a dance from TiK-Tok and YouTube. How are the sequences different? Which app is easier to use for dance?

## Music (Contact: Mrs. McElderry, [dorothy.mcelandone.org](mailto:dorothy.mcelandone.org))

- MUSIC SCAVENGER HUNT! (Go Outside to Complete, be creative!)
- Find something that sounds like a drum \_\_\_\_\_
- Find something that makes a high pitched sound \_\_\_\_\_
- Find something that makes a soft sound \_\_\_\_\_

- Find an object that makes a low pitched sound \_\_\_\_\_

- MUSICAL GLASSES!

- Use 4-5 drinking glasses.
- Fill each glass with a different amount of water.
- Use a spoon or fork and lightly tap the glasses to create a song!
- Refill the glasses with different amount of water to create different pitches.
- What did you like better? What did not sound good? What sounded great?
- Clean-up your area when you are done!

- MUSICAL CLOUDS: (Outside Activity)

- You will need paper and drawing supplies: crayons, pencils, markers...
- Look up at the clouds and find clouds that are fluffy and interesting – use your imagination!
- See if you can find clouds that look like instruments or musical notes!
- Draw what you see! - Have fun!

- LISTEN TO MUSIC!

- Listen to music.
- Draw a picture that goes along with the music and how the music makes you feel (your creation).

Orchestra (Contact: Mrs. Hanlin, [dorothy.hanlin@richlandone.org](mailto:dorothy.hanlin@richlandone.org))

There's music all around us! Look around your home to see what you can find to demonstrate our music concepts. Be sure to ask an adult before playing any of your new instruments. Send me a list or a picture of what you find through Class Dojo or email.

- Find something that makes a HIGH sound. Experiment with creating rhythm patterns (beats).

- Find something that makes a LOW sound. Experiment with creating rhythm patterns (beats)
- Choose one of your favorite songs and make up a new beat with one of the new "found" instruments.
- Create a new song with one of your "found" instruments.

Physical Education (Contacts: Coach Brown, [linda.brown2@richlandone.org](mailto:linda.brown2@richlandone.org), and Coach Ford, [jan.ford@richlandone.org](mailto:jan.ford@richlandone.org))

- [www.fitnessbblender.com](http://www.fitnessbblender.com)
- [www.gonoodle.com](http://www.gonoodle.com)
- [www.hhph.org](http://www.hhph.org)
- Dance to your favorite music and go outside to play!

Spanish (Contact: Mr. Rodriguez, [yesid.rodriguez@richlandone.org](mailto:yesid.rodriguez@richlandone.org))

- 3rd - 5th: <https://rockalingua.com/videos/whats-your-name>
- 1st - 2nd: <https://rockalingua.com/videos/city>
- Pre K - Kinder: <https://rockalingua.com/videos/colors-and-numbers>

Visual Art (Contact: Ms. Wieler, [aimee.wieler@richlandone.org](mailto:aimee.wieler@richlandone.org))

- Building on what we have practiced in class, continue experimenting with non-objective drawing using household objects, see my example: <https://tinyurl.com/CRESart>

- Go outside with your drawing pencils and paper and try to capture some of the natural beauty that's all around us. This brief video about the American artist Georgia O'Keeffe may inspire you: <https://www.youtube.com/watch?v=vyRzUii-pSc>
- While creating your art, remember what we learned about recently in class regarding Color Wheel Theory. What complementary colors might you choose to create contrast in your work? If you are painting, what two colors can you mix to make green? Here's a refresher video: <https://www.youtube.com/watch?v=4jnvDCR41Pw>
- In class, we learned about the American artist Andy Warhol. In our class library, we have a copy of the book, "Uncle Andy's," you may or may not have read this book. This link will take you to the book, enjoy revisiting content about Warhol while the narrator reads the book aloud to you: <https://www.youtube.com/watch?v=38GvgFYsAcw>

Also, Warhol often drew, painted, and printed popular objects found in everyday life, such as Campbell's Soup cans. Go to your kitchen pantry, find an object and try to recreate the image in a drawing. These videos about Pop Art and Andy Warhol may inspire you: <https://www.youtube.com/watch?v=DhEyoDCTSDQ>, and

<https://www.youtube.com/watch?v=7VH5MRtk9HQ>