

	<p>unit of measurement would you use to measure the following objects- your room, your hand, distance to a park from your house.</p>																											
<p>Let's Explore Art and Movement</p>	<p>The Arts</p> <ul style="list-style-type: none"> • Fold a paper into 4 quarters. Open the paper. You now have four sections on your paper. In each section draw a memory from the 2020 school year. • Abstract Alphabet. Write the letters of your name, all mixed up on a piece of paper. The letters can be placed anywhere and going any direction. Colour in the spaces between the letters with different colours to make a design. <p>Movement Spell your name and complete the activity for each letter!</p> <table border="1" data-bbox="277 873 829 1381"> <tr> <td>A – Act like a cat</td> <td>N – Noisy steps</td> </tr> <tr> <td>B – Bend at the knees</td> <td>O – Open and shut arms</td> </tr> <tr> <td>C – Chair pose</td> <td>P – Pop up</td> </tr> <tr> <td>D – Dance</td> <td>Q – Quiet hops</td> </tr> <tr> <td>E – Elephant steps</td> <td>R – Runs</td> </tr> <tr> <td>F – Fly like a bird</td> <td>S -Side steps</td> </tr> <tr> <td>G – Gallop</td> <td>T – Turns</td> </tr> <tr> <td>H – Hugs</td> <td>U – Under mommy’s legs</td> </tr> <tr> <td>I – Itsy bitsy steps</td> <td>V – Vacuum</td> </tr> <tr> <td>J – Jump</td> <td>W – Wiggles</td> </tr> <tr> <td>K – Kick</td> <td>X – X jumping jacks</td> </tr> <tr> <td>L – Leg lifts</td> <td>Y – Yoga (downward dog)</td> </tr> <tr> <td>M – March</td> <td></td> </tr> </table> <p>Extension: Keep moving and try your last name!</p>	A – Act like a cat	N – Noisy steps	B – Bend at the knees	O – Open and shut arms	C – Chair pose	P – Pop up	D – Dance	Q – Quiet hops	E – Elephant steps	R – Runs	F – Fly like a bird	S -Side steps	G – Gallop	T – Turns	H – Hugs	U – Under mommy’s legs	I – Itsy bitsy steps	V – Vacuum	J – Jump	W – Wiggles	K – Kick	X – X jumping jacks	L – Leg lifts	Y – Yoga (downward dog)	M – March		<p>The Arts</p> <ul style="list-style-type: none"> • Doodle art. You will need a dark coloured marker or crayon and then different coloured markers or crayons and a piece of paper. Put your dark pencil on the paper and close your eyes. Make swirls and zig zags but don’t take your writing tool off your paper. Do this for ten seconds. Open your eyes. Now, in the different sections of this doodle, colour each part using a different colour or patterns. Try to not have the same color or pattern touch each other. • Many artists use recycled materials to create something new. Create something using recycled materials from around your house. Take a picture of your creation! <p>Movement Snake Toss This activity is inspired by a game with First Nation origins. It is a modification of a Haudenosaunee game called Snow Snake.</p> <ul style="list-style-type: none"> • Create a starting line and find an object to slide (e.g., stick, chop stick, spoon) • Slide the stick along the floor by placing the stick on the floor and pushing it forward. • Mark the distance of the slide using a floor marker (e.g., a sock or small toy) • Either play against yourself or other family members. Try to slide your stick farther each time • What do you have to do to make the stick go farther? How could you play this game with a different object? What would change?
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Summer Learning Opportunities for Students

- ✓ Register for the free [TD’s Summer Reading Club](#) by the Hamilton Public Library
- ✓ Go on a hike and make a list of all the items you see. Check out [Tourism Hamilton](#) for some great local trails.
- ✓ While out for a walk, play ABC/word eye spy. (e.g., I spy with my little eye something that starts with the letter t).
- ✓ Explore Hamilton’s public parks. What do you see? Hear? Wonder? Afterwards, draw a picture and write some sentences about what you saw. Check out [Tourism Hamilton](#) for some great local parks.
- ✓ Enjoy a variety of engaging workshops through [Ontario Science Centre Virtual Events](#)
- ✓ Have fun [coding](#) on a rainy day
- ✓ Explore the world and listen to experts at "[exploring by the seat of your pants](#)"