

# Specialist Challenges

Week 7: May 18<sup>th</sup>-22<sup>nd</sup>

**(The subject areas for Specialist Challenges will rotate weekly.)**

**Art-** Ms. Krause [krausel@eastmont206.org](mailto:krausel@eastmont206.org)

## Design a futuristic robot:

If you could design your robot what would it look like? How does it move (walk, roll, fly, etc.)? What material is it made out of? Be sure to be as creative as possible.

## Turn any object into a human character:

Look around your home and find an object.

Examples: Cup, Spoon, Candle, Soap Dispenser, Tea Kettle, Pop Can

Give that object: Eyes, nose, ears, mouth, hair, arms, legs, etc.

## Music-



Have fun making a band on this PBS website!:

<https://pbskids.org/pinkalicious/games/pinkaperfect-band>

**PE-** Did you know astronauts spend long periods of time alone in a contained environment? Sound familiar? They have to be very creative to get proper exercise. Since local gyms and schools are closed, we need to get creative to find ways to exercise as well!!

This week's challenge is to look around your home and create some type of resistance workout that you can do. Homemade weights, elastic tubing, pets, or siblings would all work. Here are some examples:

1. Lay on the floor and bench press your cat (or dog)
2. Fill a backpack full of rocks and go for a walk
3. Fill buckets of water and do arm curls
4. Tie some elastic tubing to a secure object and do some leg extensions
5. Challenge a sibling to a race, push up contest, etc...

You get the idea....be creative, and remember to do 3 sets of about 10 reps, so make the weight correct so it challenges you to do 3 sets. Try to work out your legs, core, and arms. Please share with us this week what you did and what objects you used. Have fun and stay strong!!



## **Leadership** - Leadership - Mrs. Neff [neffb@eastmont206.org](mailto:neffb@eastmont206.org)

To help develop an awareness of yourself, create a poem about your personal attributes and things you enjoy using the following writing guide.

- Your name
- Four attributes (adjectives) that describe you (example: funny, creative, athletic)
- Fan of (three people, ideas, or a combination of them)
- Who feels (name three, example: lonely, excited)
- Who finds enjoyment in (name three items or activities)
- Who needs (name three)
- Who fears (name three)
- Who would like to see (name three people or items)
- Who is good at (name three)
- Who likes to wear (three types of clothing)
- Resident of (name city)
- Your last name



## **Library**- Mrs. Heywood [heywoodk@eastmont206.org](mailto:heywoodk@eastmont206.org) & Mrs. Kneadler [kneadlerk@eastmont206.org](mailto:kneadlerk@eastmont206.org)

Your challenge is to do Round Table Writing with another person, or as many of your family members that want to participate.

1. All members need a piece of paper
2. All members need a writing utensil, pen or pencil
3. You will need a timer, or stopwatch. Phones can be used for this.
4. You will need a writing prompt to start this activity. I will give some examples of prompts, or you can make up your own.

### **Directions for Round Table Writing:**

1. All members need to find a place to sit and have their supplies
2. All members will write to the chosen prompt on top of the paper
3. Timer will be set for 2 minutes.
4. As soon as the timer starts, all members will write to the prompt. Your writing can be telling a story or an informational piece of writing. Each writer gets to choose.
5. After the 2 minutes, all writers will stop, even if they are in the middle of a word or sentence. You all must put your pencil/pen down when the timer buzzes.
6. All members will pass their piece of paper, clockwise to the next member of the group.

### **Prompt Examples:**

1. On a dark, gloomy night....
2. When school is out in March.....
3. The sun did not set because....
4. Spring break was cancelled, so we did.....



**If you have any questions about the challenges or need to contact one of the specialists our contact information is below.**

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