

Related Arts Choice board for April 22-29

Directions: Choose one activity a day from any Related Arts class. Keep track of your work through a journal or a google doc. You should submit your journal or doc to both Related Arts teachers you currently have to receive credit in both classes. If completing on paper you can take pictures or scan the journal to submit. You may choose from any of the columns!


*Students that play an instrument are expected to independently practice their instruments for 10-15 minutes per day.

**Students who are written out of P.E. by a doctor should make choices that do not require physical activity.


***Students enrolled in Spanish class should complete daily activities assigned by Ms. Bell in Canvas

Art	Technology	Music (chorus, band, piano, strings)	Physical Education/ Health/ Dance	Family and Consumer Science	Drama
<p>Draw an artwork that uses the element of art called "space." Space is the emptiness or area between, around, above, or below objects. Positive Space is the shapes or forms of interest. Negative space is the empty space between the shapes or forms.</p>	<p>Go to code.org and create your own account. Start with one lesson. If you already have an account; progress through the next lesson. If you feel like moving forward, and want a challenge, try to complete 2 lessons daily.</p>	<p>Take a sound walk in your backyard. Listen carefully. What do you hear? You will hear both man-made and natural sounds. Make a text entry of the sounds you heard. If you would like, make a recording.</p> <p>Try doing this at different times of the day. See if you hear anything different. You can submit this one more than once if you hear different sounds on your walks</p> <p>Chorus: Sing a song for someone else in person or online. What did you sing? .</p>	<p>How long can you run/power walk until you have to stop? Time yourself and record your time. You should try to run and walk for 30 minutes total for this challenge. The object is to build endurance.</p> <p><u>Feedback- journal the answers to these questions:</u></p> <p>How did you feel, break it down to physical reaction and mental/emotional reaction.</p> <p>1. Physical Reaction</p> <p>Did you have pain in your side? Were my muscles burning? Which muscles did you feel "the burn" in the most? What do you think that feeling is caused by?? What organ is the pain in your side coming from? Google if you don't know the answer, if not take an educated guess. What was your heart rate before you started and what was it at the</p>	<p>A. Textiles,Fashion & Apparel</p> <p>"DIY Mask"</p> <p>1. Make your own no sew face mask, using things around your home.</p> <ol style="list-style-type: none"> Take a picture with your mask on and paste in your journal. Explain the importance of wearing mask in public right now using the CDC's website https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html 	<p>Create a parody "newscast" about the coronavirus. These should be humorous and making light of the situation, while being appropriate. You may simply write out a news bulletin that a news anchor would say or you may get creative and video your news cast and submit it. This would be a fun way to also involve family members by interviewing them or have siblings be your reporters.</p>

			<p>end??</p> <p>2 .Mental/Emotional Reaction How did I feel before I ran and how did I feel afterwards? Was I happier? Did the run/walk help me relax?</p>		
<p>Draw a profile to the best of your ability. It can be of a person, animal, or something fictional. A profile is a face seen from the side.</p>	<p>Draw and label a bar graph that shows several different items of your choice at home. An example might be: Skittles, M&M's, Legos, socks in a drawer, etc. Be creative!</p>	<p>Teach someone at your house how to play a simple exercise from your method book (no one who plays your instrument!). I suggest Hot Cross Buns or Mary Had a Little Lamb. Write down how the experience was: Was it hard explaining an embouchure? Did your student understand you? Make a text entry about your experience teaching music.</p> <p><i>*Bonus*</i> Make a video of your star student performing the piece you taught them.</p> <p>Chorus: Sing 3 songs from your childhood that you enjoyed. What did you sing?</p>	<p>Create a workout for you and your family to complete. You decide the structure, time, and exercises. You can use no equipment, or any equipment that you have available to you. Then Lead your family through the workout.</p> <p>Journal Entry: Record the details of the workout for assignment completion. List specifics of the workout, how many rounds your family completed or time spent doing workout</p>	<p>B. Food & Nutrition "Ingredients"</p> <p>View this episode of Food Network's "Kid's Baking Championship" https://www.youtube.com/watch?v=7UBCNeal4k4</p> <p>a. What ingredient did Jackson use in his Spaghetti and Meatballs glaze/sauce to reduce the sweetness?</p>	<p>Watch a movie and describe the plot. Include: Characters: Setting: Rising Action: Climax: Falling Action: Resolution:</p>

<p>Draw an artwork that is shaded using the pointillism technique. This can be done in pencil, pen, colored pencil, markers, or crayons (whatever is available to you).</p> <p>Definition: Pointillism is a technique in which small, distinct dots are applied in patterns to form an image.</p>	<p>Go to Typing.com and create an account. Progress with one lesson. If you already have an account; continue with the next lesson. If you want to be challenged, try to complete two lessons daily.</p>	<p>Use Soundation.com to create a song that would replace the music in an all music commercial. Extra: create a commercial for the song to accompany</p> <p>Chorus: How long can you sing a high note? How long can you sing a low note? Time yourself and write it down. No cheating! :)</p>	<p><u>Jump Dance</u> Construct a 32 count dance solely based on JUMPING. How many innovative ways can you jump without stopping? Be creative, using different levels, directions, pathways, etc. Set your dance to music. Upload your video submission, and have fun!</p>	<p>C. Interpersonal Relationships "Thank You"</p> <p>Record and upload a 5-10 second video showing your thanks and appreciation for the help and love from various people in your family and community during the pandemic.</p> <p>BE CREATIVE! :-)</p> <p>You can include posters, background songs, ask others to join you, etc.</p>	<p>The potato below has just been cast as a character from any play or movie. You must create a costume for the potato for the role. You may</p> <p>1) sketch the potato on another sheet of paper to include in your journal, design the costume, and then send a picture to Mrs. Fann</p> <p>Or</p> <p>2) you may copy the image of the potato into any editing program, design your costume and place a copy in your google doc then send to Mrs. fann at sfann@rmail.org.</p> 
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<p>Create an artwork using the crosshatching technique. This can be done in pencil, pen, colored pencil, marker, or crayons (whatever is available to you).</p> <p>Definition: Crosshatching is to mark or shade with two or more intersecting series of parallel lines.</p>	<p>Write a paragraph about any weather - related technology tool (such as doppler radar) that interests you. Look up any data or facts online if needed. (no Wikipedia!) :)</p>	<p>Use solfege and rhythms to create a song. Can you add harmonies? Extra: Record yourself singing each part and put it together!</p> <p>Chorus: Teach someone about what you know about music/singing/or piano. What did you teach them?</p>	<p>Take your family with you on a bike ride, walk, or jog for at least 20-30 minutes. Use this time to connect with your family. Talk with your parents about a project around your house. Some examples would be raking the lawn, sweeping the garage, cleaning the house, etc.. Any kind of project that creates an improvement and gets your heart rate up while building muscular endurance. Check your resting heart rate before you begin your project and again after you complete your project.</p> <p>Journal Entry Submit before and after pictures once the project is complete and send them to your teacher via canvas or email OR write a description of the project, how it improved your living space and how it made you feel once you finished the project.</p>	<p>D. Housing & Interior Design "Get Organized"</p> <p>Declutter/Organize your closet.</p> <ol style="list-style-type: none"> Submit a before and after picture of your closet. Tell me about: <ul style="list-style-type: none"> –the things that you got rid of –your plan for keeping the space organized. <p>Here's a video to inspire you :-) https://www.youtube.com/watch?v=aPljTu-lAnU</p>	<p>Choose which musical you would like to see at RRMS next year and create a publicity poster for it.. Include the following information: -RRMS Auditorium -Time: 7 pm -Date: Coming Spring 2021</p>
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<p>Close your eyes and try to draw a room in your house. Keep your eyes closed the whole time you are drawing.</p>	<p>Go to Alice.org (version 3) and create an account. Design a scene in which a super- hero of your choice saves the day. Be sure to have three full rotations applied.</p>	<p>Band only: Continue work on the solos you have prepared. Use the feedback from Round 2 work to enhance your performance in Round 3 and beyond. Upload the recording to Canvas.</p> <p>Chorus: Talk to someone 30 years or older. What was their favorite song/artist/band when they were your age? Listen to this song and try to learn it.</p>	<p>Complete 3-5 rounds of the following:</p> <ul style="list-style-type: none"> -10 Burpees -10 Mountain climbers -1 minute plank -20 Lunges -1 minute jog in place <p>Journal Entry Record your starting and ending heart rate, how many rounds you completed and how much time it took you to complete those rounds.</p>	<p>E. Housing & Interior Design “Floor Plans”</p> <p>On paper, draw and submit the floor plan of your home.</p> <p>*Measurements are NOT required, but everything should not be the same size and shape.</p>  <ul style="list-style-type: none"> -Label each area -Include the basic furniture pieces and appliances (ex: bed, couch, refrigerator, etc.) 	<p>Read a children’s book or fairy tale to a family member or by yourself and create at least 2 voices for different characters in the story. Write a journal entry including the title of the book, who you read to, was it difficult or easy to create the voices?</p> <p>Or</p> <p>Record yourself reading the book on your computer or phone camera.</p>
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<p>Take a walk and find something interesting to draw. Try to draw it using the hand you DO NOT write with.</p>	<p>Design and sketch a new amusement park ride. Give it a unique name. Add color if possible.</p>	<p>Find 4 photos of people holding instruments incorrectly. Copy/Paste them into a word doc and write what is wrong with what they are doing.</p> <p>Chorus: Think of a song that inspires you. Draw a picture that reflects the mood or tone of the song.</p>	<p><u>Dance Party</u> Create a dance workout for you and your family to complete. You decide the song, structure, time, and dance moves. Then, lead your family through the dance workout. Record the details of the workout for assignment completion. Feel free to share by uploading a video! Have fun!</p>	<p>F. Interpersonal Relationships “Caring Messages”</p> <ol style="list-style-type: none"> 1. On the sidewalk or a side street close to your home, write or draw an encouraging message or picture...you can use sidewalk chalk or rocks. <p>Take pictures and submit.</p> <ol style="list-style-type: none"> 2. Explain why you chose your specific message or drawing. 	<p>Friendly drama: Write a scene between you and some of your friends. The scene should be a school appropriate conflict (real or made up) that is resolved by the end of the scene. There should be at least 2 characters. Include character descriptions and appropriate scene writing format.</p>
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