

## Personal Care and Well Being

**Option A:** For younger students: Enjoy this [Zumba: Kids Choreography](#) video.



For beginners of all ages, enjoy this 10-minute [Zumba beginner level](#) video.



### Zumba

Zumba is a great and fun way to get your body moving. This dancing exercise will also help relieve stress and reduce fatigue. Be sure that you have an open space to move and dance around.

**Option B:** For older students: Enjoy this [Zumba Teens Choreography](#) video.



For students of all ages seeking a more challenging Zumba workout, try this 10-minute [Zumba Intermediate Level](#) video.

## Weather Activity Communication

Discussing the weather is a great way to develop vocabulary. Help your child read the following book [MY WEATHER BOOK](#) and continue exploring weather-related vocabulary through the following activities.



**Option A:** You can help your child learn new vocabulary by naming the pictures provided on the activity sheet. [SPRING WEATHER ACTIVITY A](#)

**Option B:** Older students can use the provided template and weather-related vocabulary to create their own journal entry. [SPRING WEATHER ACTIVITY B](#)

## Recipe of the Week!!

In honor of Earth Day: [EARTH DAY COOKIES](#) that look like globes! Encourages following directions in making cookies from a cake mix box. Use of oven for baking. Additional support will be required to carry out multiple steps and for handling hot items.



Earth Day Cookies!

## Container Gardening

Follow these simple instructions on how to replant green onions.

### [PLANTING PDF](#)



## Home & Community Life

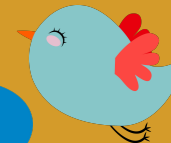
Visuals are provided for assistance. These basic steps can be applied to many other vegetables! [CLICK HERE](#) to watch a video for more ideas on how to regrow vegetables or herbs!



## Bird Feeders

Signs of Spring are all around and it is a good time for bird watching! Bird feeders are a great way to bring the birds a little closer and easier to see! For a simple to follow guide on how to make a bird feeder, [CLICK HERE!](#)

## Leisure



**Please note:** There are two choices of the activities being offered. Please look over both and choose the level that is most appropriate for your child. Multiple competencies/life areas may be covered in each activity.