



# KC FINE ARTS CHALLENGE



<p><b><u>MUSIC</u></b></p> <p>Make a stay-at-home playlist! Create a playlist of songs to keep your spirits up.</p>	<p><b><u>LIBRARY</u></b></p> <p>Read a book and draw a picture of your favorite character.</p>	<p><b><u>ART</u></b></p> <p>Go on a walk and collect objects from outside that can be used to create a work of art using those objects.</p>	<p><b><u>PE</u></b></p> <p>Complete Mr. Fernandez's exercise video of the day with your whole family.</p>	<p><b><u>YOGA</u></b></p> <p>Salute the Sun: Complete five sun salutations.</p>
<p><b><u>YOGA</u></b></p> <p>Take a break: Complete 20 deep belly breaths.</p>	<p><b><u>ART</u></b></p> <p>Draw your favorite 2D shape (triangle, square or rectangle) and turn it into a 3D form (pyramid, cube or cylinder.)</p>	<p><b><u>MUSIC</u></b></p> <p>Learn a new song from a family member. Ask them to share a song that they used to sing growing up!</p>	<p><b><u>LIBRARY</u></b></p> <p>Make a mini dictionary! Write down words in a book that you do not know and find the definitions.</p>	<p><b><u>PE</u></b></p> <p>Drink 5-7 glasses of water in one day.</p>
<p><b><u>LIBRARY</u></b></p> <p>Get some fresh air and read a book outside!</p>	<p><b><u>PE</u></b></p> <p>Get a full 8 hours of sleep tonight.</p>	<p><b><u>YOGA</u></b></p> <p>Get upside down. Use a wall to safely do a handstand.</p>	<p><b><u>MUSIC</u></b></p> <p>Pick a song and practice showing the steady beat. Have someone at home copy and follow your motions!</p>	<p><b><u>ART</u></b></p> <p>Find red, orange, yellow, green, blue and purple objects from around your home and create a rainbow.</p>
<p><b><u>ART</u></b></p> <p>Use your self-portrait skills to create a portrait of someone you're at home with or a self-portrait of you.</p>	<p><b><u>MUSIC</u></b></p> <p>Write a song or rap about something important to you or about how we can make the world a better place.</p>	<p><b><u>PE</u></b></p> <p>No junk food for one whole day. Eat only "everyday foods."</p>	<p><b><u>YOGA</u></b></p> <p>Do a partner tree pose with someone in your family.</p>	<p><b><u>LIBRARY</u></b></p> <p>Read a book or chapter of a book aloud to someone in your family.</p>
<p><b><u>PE</u></b></p> <p>Help your grown-ups cook breakfast, lunch, or dinner.</p>	<p><b><u>YOGA</u></b></p> <p>Relax: Lay down and relax with your feet and legs against the wall.</p>	<p><b><u>LIBRARY</u></b></p> <p>Listen to an audiobook or read-aloud.</p>	<p><b><u>ART</u></b></p> <p>Gather recyclable objects from around your home and create a sculpture using those items, tape, and glue.</p>	<p><b><u>MUSIC</u></b></p> <p>Make an instrument using recycled materials that you find at home. Use it to play along with a song!</p>