

NATURE TRACING

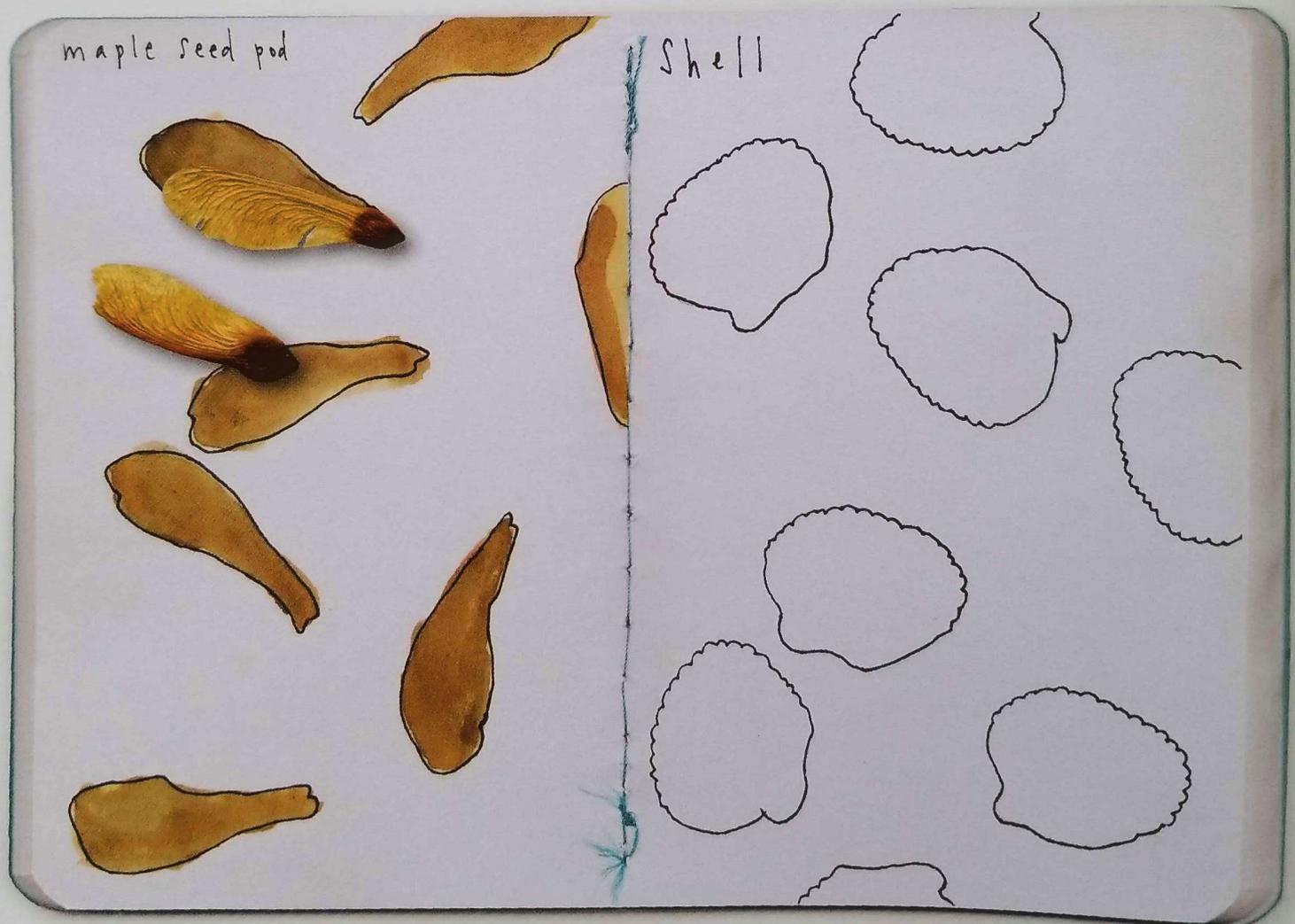
Collect bits of nature to make fascinating designs on your journal pages.

This practice will change the way you think about the natural world. Scraps of bark, flower petals, shells, and blades of grass all become abstract patterns on your page.

Use a pencil to trace a simple outline of your found object. There will be wobbles and bobbles because nature has wobbles and bobbles. Trace the pattern as many times as you wish on the same page. You can even let your object go off the edge and just trace the part that is still on the page.

THINGS TO TRACE

- seashell
- nut
- seedpod
- crab apple
- leaves of all shapes and sizes
- pebble
- dried lily pad
- twig
- blades of grass
- pinecone
- feather
- pine needle(s)
- dried seaweed
- bud
- sand dollar
- flower
- driftwood
- bark
- various weeds
- fern
- pea pod



TIP: Go over all of the pencil lines with a waterproof art pen, and use watercolor paints to give a color wash to the design.

leaf



Middle School Instructions for Exercise Log

- Keep track of all physical activity you have done each day
- You will only be graded on 2 days per week since you only have PE twice a week.
- Please keep track of all days so you can see your progress throughout your time away from school
- To get full participation points you must get 45 minutes of physical activity time on 2 days in the week, just as you would have two 45-minute classes of PE each week
- All students are encouraged to try and get a at least 60 minutes of exercise each day and go above and beyond the
- Have a parent sign your log at the end of the week

How to fill out the exercise log:

- Exercise/Activity - Log the type of Physical Activity that you did. See below for a list of examples of activities
- Duration – Log how long you did the physical activity for in hours and minutes. For example, if you did something for 30 minutes then would write :30. If you did something for an hour and 15 minutes you would write 1:15.
- Type of Exercise – Log whether you did a cardiovascular, strength training, flexibility, or other type of exercise (could include training or practicing a specific sport). Some exercises might count in more than one category so you may indicate that

Examples of Physical Activity:

- This can be pretty wide open and include a number of activities. If you are doing something active that falls under cardio, strength, flexibility, or sports training then it will count toward your hours.
- Examples include:
 - Running
 - Hiking
 - Riding a bicycle
 - Dancing
 - Lifting weights
 - Playing a sport (this could be playing in a game, or something as simple as playing catch or shooting baskets on a basketball hoop)
 - Jumping on a trampoline
 - Playing outside (moving around!)

MS Treble Makers-Week of March 16-20

PART 1- Listening

Listen to the part of the following podcast and think about opinions on the questions below. Though it's not required, I would love to hear any responses you would like to share via chat or email.

http://mpegmedia.abc.net.au/radio/podcast/short_and_curly/scy-2018-06-26-ep5.mp3

1. Do you think using autotune is fair? Why or why not?
2. Do you think that everyone can learn to sing with practice and persistence OR do you think that it's simply the way you're born?

PART 2- Singing

You will notice a huge difference in your voice whether you choose to sing or not to sing over the next 3 weeks. There are some good singalongs on Youtube to practice with, or feel free to choose your own, with parental approval, of course. I usually search the title of the song and karaoke version.

Or you can just belt your heart out at the top of your lungs in your room or the car.

PART 3- Cool Stuff

As I was wondering how we could unite our voices without singing in the same room, I came across the following videos:

A group of voices from 31 countries singing "You Will Be Found" from "Dear Evan Hansen". I feel that this song really speaks to the situation we're in right now:

https://www.youtube.com/watch?v=WFZmT-LRMBM&list=PLzrRagTAKoQBdioNLqBQTEGpadluwZ_Q1&index=3&t=0s

The original "virtual choir", directed by Eric Whitacre

https://www.youtube.com/watch?v=D7o7BrIbaDs&list=PLzrRagTAKoQBdioNLqBQTEGpadluwZ_Q1&index=2&t=0s

Here is also a TEDtalk that you can watch if you're interested in how he came up with this revolutionary idea.

<https://www.youtube.com/watch?v=2NENIXsW4pM>

PART 4- Just for Fun

How many songs can The Pentatonix sing in Ten Minutes?

https://www.youtube.com/watch?v=LnITtjVHgo4&list=PLzrRagTAKoQBdioNLqBQTEGpadluwZ_Q1&index=3