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<p>Fitness</p> <p>Repeat 3x 10 Squats 1 min Jog in Place 10 Sit Ups 1 min Butt Kicks 10 Sumo Squats 10 Lunges per leg</p>	<p>Write to your local officials</p> <p>Write suggestions do you have for our local leaders? How has COVID-19 affected your family or others, and what can our officials do to help during this crisis?</p>	<p>Find your favorite topic and listen to a PODCAST.</p> <p>Let us know what you chose and what you thought about it!</p>	<p>Trivia Night!</p> <p>Pick a subject and test yourself! Challenge a friend or family member.</p> <p>https://app.fiveable.me/?fbclid=IwAR1W92291fvxeM6F2LKX48AZ8VeCr3KIGG35HtHKw6cA8Y5Wsl-nJqBOKg</p>	<p>PUZZLES!</p> <p>Complete a 200+ puzzle.</p> <p>Don't have one at home? Download one of the many puzzle apps.</p> <p>Send us a picture/screenshot of the finished product!</p>
<p>CREATE A PICASSO STYLE SELF PORTRAIT</p> 	<p>Scattergories</p> <p>Play with your family or set up a game on Zoom with your friends!</p> <p>https://www.google.com/search?q=how+to+play+scattergories&rlz=ICIDL BX_enUS844US845&oq=how+to+play+scattergories&aqs=chrome..69i57j0l7.9509j0j9&sourceid=chrome&ie=UTF-8</p>	<p>Do something nice for someone in need</p> <p>There are many people alone during these difficult times, do something to help lift their spirits.</p> <p>Examples may be writing a letter, or sending a gift basket of things you may not use anymore (books, etc)</p> <p>ASC staff will mail/deliver it!</p>	<p>Student Choice</p> <p>Students create an activity! Perform the activity!</p> <p>Share it with the After School Club!</p>	<p>Fitness</p> <p>Repeat 3x 10 Shoulder Press 10 Lateral Shoulder Raises 10 Bicep Curls 10 Hammer Curls 10 Tricep Dips 10 Pushups</p>

<p>Student Choice</p> <p>Students create an activity! Perform the activity!</p> <p>Share it with the After School Club!</p>	<p>Giving Thanks!</p> <p>Who has made an impact on you or in the community since the start of COVID-19?</p> <p>This could be a teacher, parent, family member, friend.</p> <p>Send us an email explaining why</p>	<p>Card Games</p> <p>Grab a family member and play games such as Go Fish, UNO, Poker, WAR, Old Maid.</p> <p>Let us know which one you liked best, and who the champion was!</p>	<p>Fitness</p> <p>Pick a workout from Mr. Rewers' Channel</p> <p>https://www.youtube.com/channel/UCKnoDC3vmJ3MpDqWpolVvjA?disable_polymer=true</p>	<p>Your Best Impression</p> <p>Here's your chance to dress up and make a video impersonating a staff member..</p> <p>BE SURE TO SEND US THE VIDEO!</p>
<p>Get outside!</p> <p>Spend at least 1 hour outside doing something of your choice.</p>	<p>Power Playlist</p> <p>Make a playlist of your go-to songs right now and SEND us a picture so others can listen too!</p>	<p>Words Within Words</p> <p>How many words can you spell out of COMPUTERIZABLE?</p> <p><u>Show your work.</u></p>	<p>Get A Sweat On!</p> <p>Spend at least 1 hour outside getting some exercise.</p> <p>Go for a walk or run, shoot hoops, or anything else that gets the blood flowing.</p>	<p>Student Choice</p> <p>Students create an activity! Perform the activity!</p> <p>Share it with the After School Club!</p>
<p>Super Smash Brothers</p> <p>Join Mr. Kamani on Fridays from 3:00-5:00pm</p>	<p>Build a Candy DNA Model using Twizzlers and Gumdrops</p> 	<p>Write a short Essay</p> <p>What do you consider to be the single most important societal problem? Why?</p>	<p>Dance in the Rain, Record a video! Share!</p>	<p>Donate old clothes to a charity</p>