Atelier Summer Learning
June & July 2020
Atelier Summer Learning
June & July 2020

Dear Families,
Throughout the summer I hope you are able to continue to engage in the virtual atelier in three ways:

1. Atelier Pre-Recorded Video Experiences
Access 16 videos on the Virtual Atelier Channel. Revisit favorites or try out some new experiences you missed throughout the spring.

2. Atelier Live Lesson Replays
Access video recordings of 25 live lessons from Spring 2020 in the Atelier Live Replay Channel. Revisit favorites or try out some new experiences you missed throughout the spring.

3. Atelier Experience Packets
The following document includes the atelier experience packets distributed to kindergarteners in Weeks 1-10 of distance learning. Revisit favorites or try out some new experiences you missed throughout the spring.
Dear Families,

In the atelier, children explore and discover art, science, and music through projects and provocations. While children are home over the next couple of weeks, they are invited continue this thread of inquiry by completing the optional projects and provocations described in this packet. Consider choosing 2 or 3 each week, to mirror the 2 or 3 sessions children have in the atelier each week at school.

Sincerely,
Julia Sadowsky

1. No Mess Painting

**What you need:**
Paint, gallon zip lock bags, package tape

**What you do:**
1. Fill your zip lock bag with a layer of paint.
2. Use package tape to tape down all 4 sides to the table.
3. Have your child sit in front of the pallete and use their finger to create art. What lines, shapes, images can you create?
4. You can use a camera to document the masterpieces that are created.

2. Salt Drawing

**What you need:**
Cookie Sheet, Salt

**What you do:**
1. Pour a thick layer of salt onto a cookie sheet
2. Use your fingers to draw an image or practice writing your name! (Artists always sign their names)
3. Mix it up by adding pieces of colored construction paper under the salt so that the images and letters appear to be colorful when you swipe away the salt.
3. Rain Splatter Art

What you need:
Paper (preferably thick), food coloring, a rainy day or water source

What you do:
1. Bring a piece of paper outdoors and place it on the ground
2. Drip food coloring into dots of various size on your paper
3. Watch as the raindrops turn your dots into a beautiful painting

(No rain?? Try the some experiment in your sink, shower, or with a water spray bottle)

4. When your masterpiece has dried, talk about what your abstract masterpiece looks like to you. Fireworks? A sunset? A garden? Bring out some markers to add additional details to your work.

4. Cloud Painting

What you need:
Shaving Cream, Glue, Grey/Black Paint, Glitter, Paper, Paintbrush

What you do:
1. Fill a few small bowl with half glue and half shaving cream, Mix well
2. Add variations of glitter and paint into bowls and mix
3. Use paint brush to use mixtures to create cloud paintings on your paper
4. Discuss which types of clouds each mixture produces:
   (Cirrus, Cumulus or Stratus)

5. Insect Rock Painting

What you need:
Rocks, Paint

What you do:
1. Use books or the internet to research your favorite insects, discuss the shape and body parts of these insects.
2. Head outside and collect rocks that could replicate the shape of the bugs you have researched
3. Use paints to turn your newly collected rocks into insects!
4. Find your rock insects a home on a windowsill or outside in your garden
6. Cherry Blossom/Flower Observations

**What you need:**
Clipboard, ziplock bag, crayons/colored pencils/markers

**What you do:**
1. Pack up a clipboard and a ziplock bag with the writing utensil of your desire (don’t forget pink!)
2. Head outdoors and find a comfortable place to sit
3. Bring out your clipboard and art materials and begin drawing what you see. Encourage your child to add details. Bonus: label your drawings! (petals, stem, stamen)

7. Texture Scavenger Hunt

**What you need:**
2 ziplock bags

**What you do:**
1. Talk about the words smooth and rough
2. Grab 2 ziplock bags and label one as smooth and one as rough
3. Go for a nature walk and as you collect items put them in the smooth or rough bag
4. When you get home count how many you found of each, discuss what you found, draw your observations

8. Make Your Own Beads

**What you need:**
Scissors, string, colored straws, bowl

**What you do:**
1. Review scissor grip with your child, work together to snip colored straws into pieces. Place pieces in bowl.
2. Tie a knot at the end of a string, and lace on “straw beads” to make bracelets, necklaces or strings to decorate the playroom with.
3. Challenge your child by making patterns. Try AB (ex. red, blue, red, blue), ABC (ex. red, blue, yellow, red, blue, yellow) and ABB (ex. red, blue, blue, red, blue, blue)
9. Shadow Puppet Show

What you need:
Construction Paper, popsicle sticks, light source (lamp/flashlight)

What you do:
1. Draw outlines of characters (people, monsters, animals etc.) onto construction paper
2. Cut out drawings and adhere to the top of popsicle sticks
3. Turn off the lights, turn on your spotlight and project your characters against a wall
4. Use the puppets to put on a show. What story can you tell?

10. Tin City

What you need:
Blocks, tin foil

What you do:
1. Do you have blocks at home? Wrap them in tin foil.
2. See where this new twist takes you in your building creativity. What do the silver shapes remind you of? What will you build?

11. Baking Soda Fizz, Fizz!

What you need:
6 cups, 6 plastic spoons, food coloring, baking soda & vinegar

What you do:
1. Place two drops of food coloring on each plastic spoon.
2. Add a tablespoon of baking soda on top of each spoon.
3. Fill each cup up 1/3 with vinegar.
4. Pick up a spoon, place it in a cup and gently stir.
5. Step back and observe the reaction.
6. Try again with different colors and different amounts of ingredients.
Atelier Enrichment Experiences
Week 2: March 30th-April 3rd

Dear Kindergarten Families,

As we continue our Distance Learning journey, you will receive a new atelier experience packet each week. Inside there are optional projects and provocations. Consider choosing 2 or 3 each week to mirror the 2 or 3 sessions children have in the atelier each week at school.

New this week children are also invited to participate in:

- 2 Pre-recorded atelier videos (Class TEAM → Atelier Channel → Virtual Atelier Videos)
- LIVE Atelier Yoga (Tues. & Thurs. 9:30-10:00) & LIVE Atelier (Mon. & Weds. 1:00-1:30)
  (Live sessions can be accessed via a Zoom Link in your class TEAM’s atelier channel)

Sincerely,

Julia Sadowsky

Outdoor Water Painting

*Bowl of water, paintbrush, sidewalk or rock*

Bring a small bowl of water and paintbrush outside. Find a comfortable place to sit and use the water to create images, using a rock or the sidewalk as your canvas.

Tissue Dance Game

*Space to dance, music to play, a tissue*

Give every dancer in your party one tissue to place on their head. When the music starts everybody dances while trying to keep the tissue balanced on their head. Play just for fun or the last person to have their tissue remaining on their head is the family tissue dance champion!
**Strengthen your Yoga Practice**

*Youtube and space to move*

Search for "Cosmic Kids Yoga" on Youtube and choose some yoga flows or mindful meditations to follow along with!

---

**Nature Potions**

*Bowl of water, spoon, nature*

Head outside and collect a variety of nature that you find you on the ground (petals, leaves, pebbles, twigs, grass, acorns, anything!). Either bring your nature inside or bring a bowl of water outside and add in your nature to mix up a special potion! You may notice your nature begins to change the color of your potion on its own, but you can always add food coloring if you want to speed up the process.

*Bonus Challenge: Draw a picture of your potion or write out your potion recipe.*

---

**Animal Charades**

*Small space to spread out and move*

Take turns using your body to act out different animals. Can your family members guess which animal you are? If not, you can make a sound to give them a hint.
Rainbow Ice Experiment

*Ice, large bowl or tray, salt, food coloring*

Freeze a small bowl/container of water overnight OR just get out some regular ice cubes from the freezer. Place your ice in a large bowl or baking dish. Provide child with salt and food coloring. Challenge your child to see how they can change the ice. Can they change the texture? The colors? Can they speed up the melting process?

Aluminum Canvas

*Aluminum Foil, Sharpies OR paint and paintbrush/Q-Tips*

Place a nice big piece of aluminum foil out to be your canvas for the day! Artists can use sharpie markers to make a design. Alternatively, artists can fill their foil with paint (a paintbrush or Q-tips work equally well as tools). How is the experience with foil different than paper? Do you notice anything about the color, texture, or other characteristics of this canvas?

I Draw, You Draw Game

*Paper, writing utensil, one or more partners*

The first player makes a line, shape, or scribble on a piece of paper and then passes it to the next player to make another mark. Repeat this process until you've filled your paper with a collaborative drawing! Did you end up changing your plan based on what your partner drew?
Honor Women's History Month with Evelyn Glennie

*Youtube, space to dance, optional: drawing utensils or paint*

Evelyn Glennie is an award-winning Scottish percussionist whose music is celebrated all around the world. She also happens to be deaf. She often plays her instruments in bare feet so that she can feel the music through the floor. Stream her music on Youtube. Invite children to either move their bodies and dance as the music inspires them or sit down to draw or paint how the music inspires them.

Animal Observations

*Access to internet, paper & writing utensil optional*

Open up a live stream animal cam provided by the Smithsonian National Zoo (options include panda, lion, elephant, and naked mole rat cam). Spend some time observing the animals. As an option, record what you see by either drawing or writing about it.

Neighborhood Sound Hunt

*Family members to walk with, optional paper/pencil to record findings*

Turn a family walk around the block into a sound hunt! Can you hear: a dog bark, a bird chirp, a person laugh, a horn honk, music playing, a siren blow, a bell ring, footsteps, a door open/close, a machine operating, water trickling? What else do you hear?
Atelier Enrichment Experiences
Week 3: April 6th-April 20th

<table>
<thead>
<tr>
<th>11 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>LIVE Atelier Projects</th>
<th>LIVE Atelier Mindfulness &amp; Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams → Atelier channel → virtual atelier videos</td>
<td>Teams → Atelier channel → Zoom Link</td>
<td>Teams → Atelier channel → Zoom link</td>
</tr>
</tbody>
</table>

**Spring Weaving**

*Piece of cardboard, yarn/string, nature*

Have an adult cut very small slices along the top and bottom of a piece of cardboard. Use whatever string you have to create a warp for your loom by wrapping the string up and down and securing it into the slices you cut from your cardboard. Head outside on a nature walk and add pieces of nature you find into your weaving.

**Printmaking**

*Paper, Paint, old cd or dvd (or a circular jar lid)*

Paint a design on your cd/dvd/lid. Carefully turn it over and place it on your paper to make a print! How many times can you print it on your paper? When it stops showing up, wipe your cd/dvd/lid clean and make a new image to print. Layer it on top of your previous prints or start a new masterpiece!
The World Turned Upside Down Drawing!

Paper, Drawing utensils, tape

Tape some paper underneath a table (the bigger the better, or use multiple pieces). Take a bowl of your favorite drawing materials underneath the table with you, lay back, and create a beautiful mural above you!

Bonus Challenge: Crawl underneath with a family member and make it a collaborative mural!

Geometrick Chalk Hearts/Art

Painters Tape, Sidewalk Chalk

Use painters tape to create the outline of a heart (or any shape of your choosing) on the sidewalk. Add in criss-cross lines of tape to create geometric shapes throughout your design. Color in each section with a different color or pattern. Peel away the tape and reveal your masterpiece for the entire community to enjoy!

Yoga Freeze

Music to play

Select a "yogi master." Play some music and dance around the room. When the music stops everyone freezes and the yogi master shouts out a pose. Hold that pose until the music starts again.
Shadow Drawing

*Paper, Drawing utensil, toys/figurines, sunshine*

Choose a toy/figurine/block/material with an interesting shape and head outside on a sunny day. Place a piece of paper on the ground and put your chosen material in a spot where the shadow shines on your paper. Use drawing materials to try and trace the shadow!

*Bonus Challenge: When you're done with your shadow, what else can you add to your piece of artwork so that it tells a story to the viewer?*

Rain Stick Bottles

*Empty jar/bottle, twigs/sticks, various nature/kitchen items*

Take an empty jar or bottle outside and fill it up with some sticks. Find a smaller item to pour in on top of the sticks (pebbles, beans, pasta, cereal, rice, beads, sand, anything!). What sound does it make when you shake? Does changing the materials inside change the sound? Can you use your instrument to keep the beat as you sing your favorite song?

Sign Language Alphabet

*Internet to Access ASL alphabet chart*

Did you know April is Deaf History Month? Look at the American Sign Language alphabet and practice the signs for each letter. Can you sing the ABC song and sign along?
**Build a Box City**

*Variety of boxes, milk cartons, paper, paper bags, paint or markers*

Begin with a neighborhood walk and ask your child to notice the shapes they see in the houses and businesses in your neighborhood. Use a variety of cardboard boxes you have around the house to begin building your own representation of your neighborhood. You can cover the boxes with paper or paper bags so that you can draw/paint/collage details such as windows, doors, house numbers, etc.

**Gratitude Ball**

*Ball*

Sit or stand in a circle with your family members. When someone bounces, throws, or rolls the ball to you it is your turn to answer a question. Choose a new question for each round:
1. someone you are grateful for
2. something you are grateful for
3. something kind someone has done for you
4. something kind you plan to do for someone else
5. a peaceful/happy moment you had today

**Measuring and Water Play**

*Tub of water, dish soap, and measuring cups*

Make a small sensory bin for your child using a plastic tub or large kitchen bowl. Fill it with bubbly water, sponges, measuring cups, funnels, whisk and spoons, or any other kitchen item you have available. Invite them explore!
Atelier Enrichment Experiences
Week 3: April 13th-April 17th

<table>
<thead>
<tr>
<th>11 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>2 LIVE Atelier Projects</th>
<th>2 LIVE Atelier Mindfulness &amp; Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams → Atelier channel → virtual atelier videos</td>
<td>Teams → Atelier channel → Zoom Link</td>
<td>Teams → Atelier channel → Zoom link</td>
</tr>
</tbody>
</table>

**Food Prints**

*Paper, Paint, Left-over Food Pieces*

When cooking with produce, save any left-over pieces or ends (celery, broccoli, peppers, potatoes, citrus, carrots, cauliflower, anything!). Provide your child with paper and a plate of paint. Invite them to dip the fruits/vegetables in the paint and make prints on their paper. What designs and textures can you create?

**Kaleidoscope of Circles**

*Paper, drawing utensils, circle-shaped objects*

Collect 1-3 circles from around your house (lids, bottle caps, cups, paper towel roll, CD/DVD) and use a dark drawing utensil to fill up your paper with overlapping circles. Keep tracing, and tracing, and tracing! When your paper is filled, color each small section a different shade and color to create a vibrant kaleidoscope. If you have watercolor paints at home, you may choose to paint instead of color each space in.
Sun Prints

*Construction paper, objects of your choice, sunny day*

Head outside with paper and a bowl of collected items (nature, Legos, blocks, anything). Put your paper down on the ground and use your objects to create a design. Leave the paper and design outside in the sun for several hours. Return and remove your objects to see your design printed on the paper! What happened? Why/How do you think it happened?

Tea Painting

*Tea Bag, bowl of water, paper*

Let a tea bag soak in a bowl of water for a few minutes. Remove the tea bag from the water and begin printing and painting on your paper. What does it feel like? Look like? Smell like? Enjoy the sensory experience and let your creativity flow.

Sound Sorting

*Plastic eggs, various household objects*

Have some extra Easter eggs around? Fill them with various objects from around the house like tissue, penny, Lego, or cotton ball). Phase 1: Have your child give them a shake and sort them into two piles: sound and no sound. Phase 2: Have your child guess what object could be inside, and then open it up to check their prediction!
**Loose Parts Rainbow Collage**

*Various household items, large work space*

Look around your house for items in every color of the rainbow. Sort the objects by color. Place all of the items into a loose part rainbow-shaped collage in your workspace. Take a picture to honor and remember your work, then put all of the items back where they belong in your house!

**Beethoven Musician Study**

*YouTube, paper, drawing materials (optional)*

Deaf History Month continues. Beethoven composed many of his songs after he had lost his hearing. Pull up some of his music on YouTube, relax, and listen. *Extension: Use drawing materials to capture your emotions and thoughts as you hear the music.*

**Musical Chalk**

*Music, Chalk*

Take your favorite music outside and draw how the music inspires you! *Extra challenge: Can you draw music notes?*
**Sound Study**

*Paper, Writing Utensil*

Get a piece of paper and your favorite writing utensil. Sit in each of these places very quietly and listen... What do you hear? Write or draw what you can hear in the: yard/roof top, near the window, bedroom, and kitchen. You can try this once during the day and once at night. Does what you hear change?

**What’s Outside Your Window?**

*Paper, drawing utensils*

Sit by a window in your house. What do you see when you look out? Take some time to relax, observe, and draw what you notice. You can try this once during the day and once at night. Does it change what you see?

*Extra challenge: write a sentence at the bottom “When I look out my window, I see...”*

**Kitchen Percussionists**

*Various pots, pans, spoons*

Provide your child with a few pots/pans/spoons (maybe have them head outside) and invite them to be percussionists with their homemade drum set! They can create their own songs or play along to some family favorites. Challenge them to keep the steady beat to the music!
Atelier Enrichment Experiences
Week 5: April 20th-24th

<table>
<thead>
<tr>
<th>11 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>2 LIVE Atelier Projects</th>
<th>2 LIVE Atelier Mindfulness &amp; Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams → Atelier channel → virtual atelier videos</td>
<td>Teams → Atelier channel → Zoom Link</td>
<td>Teams → Atelier channel → Zoom link</td>
</tr>
</tbody>
</table>

**Nature Crowns**

*Clear package tape, nature*

Head outside for a walk and collect some beautiful pieces of nature to bring inside with you. Lay a long piece of packaging tape out on the table (sticky side up) and carefully place your nature onto the tape. When you're done put another piece of tape on top to "lock" the nature into your crown. Wrap the crown around your head and tape to fasten.

**Cardboard Collage**

*Cardboard, nature, glue, scissors (optional)*

Honor Earth Day by upcycling a piece of cardboard as a canvas. Leave it as it is, or as an option, cut the cardboard out into a fun spring shape (butterfly, flower, bird, tree). Collect natural items from outside or items from around your house and glue them on to decorate your cardboard canvas!
Natural Self Portrait

*Found Nature*

Head outside and collect beautiful pieces of nature on the ground. Bring your nature over to a space on the sidewalk, driveway, or picnic blanket and see if you can build portrait (eyes, nose, mouth, hair, ears, details!). Take a picture to remember your masterpiece, and leave the nature where you found it.

Thank Our Sanitation Workers

*Paper/cardboard, markers*

Our sanitation workers help keep the Earth a cleaner and healthier place! In honor of Earth Day, make a big sign or a card to thank them for how they help the community. Leave it in your yard or by your recycling bins where they will see it next time they visit your home.

Share Your Favorite Song

*No Materials Required*

Set up a Facetime/Zoom/Skype call with a family member or friend and share your favorite song with them! You can listen to it together or you can sing it for them. Tell them what you like about the song, and how does it make you feel? What is your favorite part of the song?
Atelier Enrichment Experiences  
Week 6: April 27th- May 1st

<table>
<thead>
<tr>
<th>11 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>2 LIVE Atelier Projects</th>
<th>1 LIVE Atelier Mindfulness &amp; Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams → Atelier channel → virtual atelier videos</td>
<td>Teams → Atelier channel → Zoom Link</td>
<td>Teams → Atelier channel → Zoom link</td>
</tr>
</tbody>
</table>

Walking Rainbow Experiment

1 paper towel, scissors, 2 cups of water, tape, markers

Cut a paper towel into a rainbow shape, color just the ends with markers. Tape the top of your rainbow so that it is hanging (window, cabinet, wall, etc.) and place the rainbow ends of the paper towel into your water cups. Watch, wait, and observe. What do you see? Why do you think that is happening? Experiment with different color combinations and predict what will happen. Will they blend? What new color might they make?

This is Not a Lego... This is a...

Paper, legos or small blocks, something to drawn with

Cut up a piece of paper into 6 rectangles and place a Lego on each piece. Can you use your drawing materials to turn each Lego into something different? For an extra challenge, label each of your creations by writing the letters you hear when you sound out the word.
**Spoon Family**

*Spoons, Paper, Something to Draw with*

Explore your kitchen and select a spoon to represent each member of your family. Compare the sizes of the spoons, who is the tallest or smallest? Trace each spoon on your paper. Remove the spoons, bring out your drawing materials, and add faces, arms, clothes, and any other details you would like to turn your spoons into a family portrait.

**Shaving Cream Creations**

*Shaving Cream, Aluminum Foil OR Cookie Tray*

Spray shaving cream on a piece of foil or a cookie tray. Use your whole hand to spread out the cream into a layer covering the foil/tray. Invite your child to use their fingers to draw images in the cream.

**Painting with Plastic**

*Chair or table, Saran wrap, Paint*

Turn a small table or chair upside down. Wrap the legs with saran wrap. Provide children with paints and invite them to create on this unusual canvas! Experiment with using a paintbrush OR use your fingers. If you'd like to remember your work, you can take a photo before cleaning up.
**Musical Islands**

*Pieces of Paper, Music*

Lay out one piece of paper on the ground for each family member participating. When the music plays everyone dances. When the music stops, everyone must jump to an island (paper) and strike a pose, while remaining completely balanced on their island. Each round, remove one island AND fold each island in half to make the spaces smaller and smaller.

---

**International Dance Day Party**

*Music, family members*

Did you know that Wednesday, April 29th is International Dance Day? Celebrate this special occasion with a family dance party!

---

**Atelier Showcase at Home**

*No Materials Needed*

We would have had our atelier showcase this week. Put on your own showcase at home by writing an invitation to your family members, getting dressed in your favorite outfit, and performing your favorite songs for your family members with your loud and proud voice right in your very own living room.
Balance Beam

Masking Tape or Chalk


Guess That Instrument

YouTube

We learned about many instruments in the atelier this year. YouTube "Musical Instrument Sounds for Kids Part 1" by Annie Sullivan and play a fun game! Listen carefully to each sound and guess which musical instrument is playing before it is revealed. Do you remember the names for all the instruments we learned about?

Dinner Party Name Cards

Paper, Something to Write with

Have your child set the table for dinner and make a name card for everyone in the family. They can write each family member’s name and create a unique design to make them special. Maybe create a “symbol of self” for each family member! Then place them at each family member's seat to enjoy a special meal together.
# Water Xylophone

*Glasses, water, spoon, food coloring (optional)*

Set out several sturdy glasses/cups and fill them with varying heights of water. Line them up from most full down to least full. (Optionally, add in food coloring to make the cups different colors). Use a spoon to lightly tap the glasses and make some music on your very own xylophone! What do you notice about the sound each cup makes? Which cup makes the highest pitch/lowest pitch?

---

# Walking Water Race

*Cup, Water*

Fill up a durable/plastic cup with water and take it outside. Build your balancing skills by walking up and down your sidewalk/driveway without spilling the water. How fast can you walk without spilling? Can you race a family member?

---

# Animal Freeze Dance

*Music*

It's Earth Day. Let's celebrate all of the amazing animals on our planet! Play some great music, and each time the music stops, a different family member can shout out an animal. Everyone stop and freeze like that animal! How many animals can your family name?
Make Your Own Watercolors

*Old markers, water, small bowl/jar*

Have a few old markers laying around? Take off the cap and place them into a small bowl/jar of water. Let them sit in the water and check back a few times throughout the day. What do you notice? What is changing? Why do you think that is happening?

At the end of the day you'll be left with bowls/jars of your very own watercolor paints. Paint away!

Cardboard Bugs

*Cardboard, scissors, glue/ tape*

Use recycled cardboard to create your own bug. If you decide to color them, challenge yourself by finding a place they can camouflage in the garden outside.

Cardboard Cylinder Sculptures

*Paper towel roll, paint, tape, crayons, other*

Turn an ordinary paper towel roll into a work of art. Have your child decorate a paper towel roll however they would like and then twist and bend the roll into an abstract shape. Then glue or tape it onto its own personal stand.
Atelier Enrichment Experiences
Week 7: May 4th – May 8th

<table>
<thead>
<tr>
<th>11 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>2 LIVE Atelier Projects</th>
<th>2 LIVE Atelier Mindfulness &amp; Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams → Atelier channel → virtual atelier videos</td>
<td>Teams → Atelier channel → Zoom Link</td>
<td>Teams → Atelier channel → Zoom link</td>
</tr>
</tbody>
</table>

**Onion Rainbow Prints**

1/4 of an onion, paper, paint OR food coloring

Cut an onion into 1/4 (the shape of a rainbow). Use either paints or drops of food coloring to paint the onion like a rainbow. Pick up the onion and print rainbows on your paper! When you’re done making full rainbows, experiment with pulling the onion apart, and printing various curved lines on the paper.

**Painting with Cars**

*Toy figurine, paper, something to draw with*

Put out some paint on plates or another flat surface. Collect a few toy vehicles and place them right in the paint. Move the vehicle back and forth to make sure there is paint all over the wheels, then put your car on your paper. See how the tires leaves beautiful marks on your paper!
**Observational Cloud Drawings**

*Paper, something to draw with, optional: mirror*

Head outside with paper and something to draw with. Take some time to lie back, relax, and look at the clouds. What do you see? Record your cloud observations on your paper. For an extra special twist, bring a small mirror outside with you and place it on the ground or table. Can you see clouds in the mirror? Draw what you see.

**Toy Story**

*Toy figurine, paper, something to draw with*

Select a few of your favorite toy figurines that are smaller than a piece of paper (animals, superheroes, etc.). Place one figurine onto your paper and first ask, “Where does the story take place?” Draw a setting/habitat for your toy. Next ask, “Who else is in the story?” Draw other characters onto the page. Then ask yourself, “What’s happening in the story?” Draw other details to make the story more interesting. Don’t forget, author sign their names. Take a photo to remember your unique toy story!

**Family Walk Up Songs**

*Music to play*

Baseball players pick their favorite songs to “walk up” to the plate. Have each of your family members pick their favorite song. Have a special musical dinner by playing each family member’s song as they “walk up” to their spot at the dinner table. Have fun dancing and moving your body all the way up to your chair!
**Large Scale Mural**

*Old sheet or tablecloth, markers or paints*

Do you have an old sheet or tablecloth lying around? Hang it up or put it out in a space where it can stay for a couple of days. Offer markers or paints for your child to transform this old piece of material into something beautiful! They can add new layers day after day. Consider changing the materials out each day to add a new twist. You could even collage for a final layer. Make sure to create a title for your mural and sign your name like an artist!

**Conductor Says**

Take turns being the conductor. The conductor stands up and can use 4 signals: point= start, clenched fist = stop, raising palm up= louder, lowering palm down = quieter. Play some music on whatever device you have and see if you can keep up with the conductor's signals! Take turns playing the conductor.

**Build a Fort!**

*Various blankets, furniture, pillows, and objects from around the house*

Collect various items from around your house and build a safe, special, beautiful fort for you and your family members. Strengthen your muscles by carrying all of the objects/chairs/etc. to your fort creation station. What kind of fort will you create?
Capturing My Shadow

*Sunny day, chalk*

Head outside on a sunny day and see if you can find your shadow. How can you move your body to make different shapes and characters? If you hold still can a family member capture your shadow by tracing the outline in chalk? Can you trade places and capture their shadow? Challenge yourself to create and capture different poses. Can you capture your favorite yoga pose?

Cutting Maze

*Paper, scissors, marker*

Draw a maze using a marker on a piece of paper, then have your child use scissors to follow the line from the start to the end. Challenge them to make their own maze. Experiment with different types of lines and strengthen your cutting skills along the way.

Practice our “Clap It” Song

*YouTube*

Last week we learned a new yoga warm-up song: *Clap It!* Try it out at home or with your family by YouTubing “*Clap It* by Bari Koral.”
Atelier Enrichment Experiences
Week 8: May 11th – May 15th

<table>
<thead>
<tr>
<th>11 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>2 LIVE Atelier Projects</th>
<th>2 LIVE Atelier Mindfulness &amp; Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams → Atelier channel → virtual atelier videos</td>
<td>Teams → Atelier channel → Zoom Link</td>
<td>Teams → Atelier channel → Zoom link</td>
</tr>
</tbody>
</table>

**Nature Paint Brushes**

*Twigs or popsicle sticks, rubber bands, nature*

Gather 4-5 twigs (or popsicle sticks) along with 4-5 rubber bands. Head outside to gather some nature (grass, flowers, leaves) and attach the nature to the twig with a rubber band. You’ve created your own natural paint brush! Get out your paints and see what you can create with your new tool.

**Coffee Filter Sculptures**

*Coffee Filter, markers, water, piece of paper, glue or tape*

Use markers to decorate your coffee filter. Spray some water on creation and watch the colors blend and mix beautifully. When it is dry, use your hands to bend, squish, twist, and fold your filter into a sculpture and use glue or tape to attach it to a piece of paper.

*Bonus: Research Sam Gilliam’s fabric sculptures for inspiration.*
Nature Bakery

*Dirt, Nature, Muffin tin OR cupcake/muffin liners*

Provide your child with an old muffin tin or muffin/cupcake liners from your pantry. Head outside, collect nature, and mix with dirt, sand, or dough to whip up some unique natural pastry creations! Bonus: Name your bakery and make a sign for your shop and/or make a menu so your family members can order from your bakery.

Bottle Cap Collage

*Paper, something to draw with, optional: mirror*

Head outside with paper and something to draw with. Take some time to lie back, relax, and look at the clouds. What do you see? Record your cloud observations on your paper. For an extra special twist, bring a small mirror outside with you and place it on the ground or table. Can you see clouds in the mirror? Draw what you see.

Ice Cube Painting

*Ice cube tray, water, food coloring, paper, Q-tip OR toothpick*

Prepare an ice cube tray by filling each cube with water and 2-3 drops of food coloring. Place 1 Q-tip or toothpick in each cube. Freeze overnight. The next morning, break your colorful new painting tools out of the tray, and use them to paint with on your paper. Don’t forget to come up with a title for your masterpiece and sign your name.
Atelier Enrichment Experiences
Week 9: May 18th – May 22nd

<table>
<thead>
<tr>
<th>13 Hands-on Projects &amp; Provocations</th>
<th>2 Video Lessons</th>
<th>2 LIVE Atelier Projects</th>
</tr>
</thead>
<tbody>
<tr>
<td>This packet!</td>
<td>Teams ➔ Atelier channel ➔ virtual atelier videos</td>
<td>Teams ➔ Atelier channel ➔ Zoom Link</td>
</tr>
</tbody>
</table>

**Build Your Own Wings (Bird, Fairy, Butterfly, Superhero)**

*Cardboard, Scissors, Drawing Materials, Nature, Tape OR glue, String*

Upcycle a piece of cardboard by cutting it out into a wing shape for your child. Invite them to design their wings by drawing, painting, and collaging found materials onto the wings. Consider challenging them to make their wing design symmetrical. When the wings are dried and ready to fly, use scissors to cut four holes into the wings and use string/yarn/ribbon to make arm bands so your child can wear their homemade wings with pride!

**String Collage**

*Cardboard or paper,, String/ribbon/yarn, glue or tape*

Provide your child with cardboard or paper as a canvas. Invite your child to use string as a language to communicate their ideas. How can you bend, twist, fold and manipulate the string to represent different people, places or things? Use glue or tape to attach your string creations to your canvas. Don’t forget to write the title of your collage and sign your name!
**Story Stones**

*Stones, stickers OR tattoos OR paints OR sharpies*

Collect several stones from outside (the flatter the better). Use stickers or temporary tattoos you have at your house to add a special symbol to each stone. If you don’t have stickers or tattoos use paints or sharpie markers to paint your own people, places, and things on your stones. When the stones are dried, use them to practice telling stories. You can make up your own or take turns with family members. *Once upon a time there was a ....*

**Car Wash / Doll Wash**

*Bucket/bowl/tub, water, dish soap, sponge, toys*

Head outdoors with a sponge and a bucket of soapy water. Encourage your child to collect some toys to make their own car wash, baby wash, or animal wash! This sensory experience can be calming, self-regulating, and strengthen finger and hand muscles.

**Color Hunt & Collage**

*Paper, old magazines/cards/calendars, scissors, glue or tape*

Gather a pile of old magazines, cards, calendars, etc. that you are no longer using. Write the name of a color on top of your paper and then go for a hunt to cut out all of the things you can find that are that color and glue them on your paper. If you can't decide on just one color, turn your paper into a color wheel, collecting items of every color and sorting them into their piece of the color wheel pie.
Drum Painting
*Paper, paint, popsicle sticks OR pencils OR kitchen utensils*

Place several drops of paint onto a piece of paper/cardboard/canvas. Play a song your child really likes, and invite them to “play the drums” on a piece of paper with paint. How does the paint move, splash, and transform when you hit the paint to the beat of the song? Can you write the song’s title on the top of your painting?

Galaxy Cityscape

*2 pieces of paper, glue, drawing materials, watercolors, salt or white tempera paint*

Use watercolor paints to create a galaxy background on one piece of paper. Sprinkle salt or splash white paint on top to add the illusion of stars in the sky. On a separate piece of paper, draw your favorite DC buildings, cut them out, and add them on top of your galaxy background.

Raised Salt Paintings

*Paper, glue, salt, watercolor paints*

Use a bottle of glue to create a special design on your paper. Liberally sprinkle salt on top so that all of your glue is covered in salt. Use a paintbrush to add watercolors on top of your salt and watch as the colors “magically” travel in both directions!
**We will not have Live Atelier Mindfulness and Movement this week, continue your practice at home this week with the following experiences:**

**I Am Yoga**  
GOLD Obj: Regulates own emotions & behavior, Uses & appreciates books  
*Epic Books*  
Read the book *I Am Yoga* on your Epic! Account. Practice your deep breathing skills or try out the yoga poses in the illustrations as you read.

**I Am Peace**  
GOLD Obj: Regulates own emotions & behavior, Uses & appreciates books  
*Epic Books*  
Read the book *I Am Peace* on your Epic! Account. Practice your deep breathing skills or try out the yoga poses in the illustrations as you read.

**Downward Dog with Diego**  
GOLD Obj: Regulates own emotions & behavior, Uses & appreciates books  
*Epic Books*  
Read the book *Downward Dog with Diego* on your Epic! Account. Practice your deep breathing skills or try out the yoga poses in the illustrations as you read.

**Dragon Hunt Yoga Adventure**  
GOLD: Explores dance and movement concepts  
*YouTube*  
A few weeks ago during atelier mindfulness and movement, we went on a yoga adventure to help a princess and her friends find her dragon. Revisit this adventure by going to YouTube and watching the video: "Going on a Dragon Hunt: Yoga Version" by Bari Koral.

**Alphabet Yoga**  
GOLD: Explores dance and movement concepts, identifies letters  
*YouTube*  
Move your body and practice your letter identification at the same time by visiting YouTube and watching the video "The Yoga Alphabet: by Bari Koral." Can you remember the poses for each letter and spell your name? Your family members' names? Your pets' names? Your friends' names?
**Nature Cutting**

*D nature items, Scissors, Optional: hole punch*

Head outside and collect some nature, leaves, flowers, grass, etc. and place in a bucket, tray, or cookie sheet. Then invite your child to use scissors to cut up the natural items. How can you transform the nature? When you’re done, use these pieces for a collage, or just put them back out into nature to be used by animals and the environment.

**Make Your Own Puzzle**

*Paper, Something to draw with, Scissors*

Draw an image on a piece of paper. Use scissors to cut the paper into medium-sized pieces. Try to put your puzzle back together. Then, challenge a family member to put your puzzle back together!

**Build a Fort!**

*Various blankets, furniture, pillows, and objects from around the house*

Collect various items from around your house and build a safe, special, beautiful fort for you and your family members. Strengthen your muscles by carrying all of the objects/chairs/etc. to your fort creation station. What kind of fort will you create?
In honor of Asian Pacific Islander Heritage Month, Participate in a Yo-Yo Ma Musician Study

Meet Yo-Yo Ma

YouTube

Yo-Yo Ma is a very famous musician who plays the cello. Watch this video to see and hear him play music. Watch how his music inspires others to move their bodies, get up and move along with them however the music inspires you!

Moo, Baa, La, La, Yo, Yo, Ma

YouTube

Have you read the book Moo, Baa, La, La, La? Author, Sandra Boyton, collaborated with Yo-Yo Ma to write a song called Mooing Home featuring the characters from the book. Check out the song’s music video here. Can you make moos that sound like a cello?

Yo-Yo Ma Visits Mr. Rogers Neighborhood

YouTube

Yo Yo Ma and his son meet with Mr. Rogers and play the familiar song Twinkle Twinkle Little Star. Watch the video here. Can you sing along to the song with the cello as the accompaniment?

Yo-Yo Ma Visits Sesame Street

YouTube

Watch Yo-Yo Ma spend time with your favorite friends on Sesame Street and learn more about the instrument the cello. Watch him jam with Hoots in this video, Elmo in this video, and the Honkers in this video.
Atelier Enrichment Experiences
Week 10: May 25th – May 29th

10 Hands-on Projects & Provocations

Pre-Recorded Video Lessons

Video Replay of LIVE Atelier Project & Movement Sessions

This packet!

Teams ➔ Atelier channel ➔ Virtual Atelier Videos Tab

Teams ➔ Atelier channel ➔ Atelier Live Replays Tab

Comb Painting (Texture Explorations)

Paper, Paint, Comb

Place dots of paint on a piece of paper. Provide your child with a comb and invite them to use it as a painting tool to spread the paint across the paper in various lines and patterns. What kind of lines can you make? What do you notice about the texture?

Mondrian-Inspired Bookmarks

Paper, Scissors, Something to draw with

Over the past two weeks we have studied the art of Piet Mondrian (see: Mondrian Windsock video and Mondrian Live Session replay). Expand on this artist study by providing your child with a rectangular strip of paper and encouraging them to follow the same Mondrian artistic process. 1) use black to draw vertical lines 2) use black to draw horizontal lines 3) use primary colors to fill in each square and rectangle
Building with Cups

Plastic Cups, Optional: Sharpies

Offer your child plastic cups to use as building materials. Can you create a castle? A city? Optionally, after you have built a structure, use sharpie markers to add details (windows, doors, designs, etc.) or labels to your structure.

Make Your Own Printmaking Stamps

Cardboard, scissors, glue, various household materials, paper, paint

Cut out several cardboard squares/rectangles. Collect a variety of materials to upcycle into stamps (i.e., straws, bottle caps, buttons, pasta, toothpicks) and glue them to the cardboard. When fully dried, invite your child to use your homemade printmaking boards to make unique printmaking creations! Dip the textured side into a plate of paint and then experiment with printing on your paper.

Rock & Metal Sculptures

Rocks, tinfoil, paperclips

Watch this video to learn about Lee Ufan's sculptures (found at the Hirshhorn). Collect some rocks and see what sculptures you can create when paired with tinfoil, paperclips, or other metal objects you have around your house or in your junk drawer. *Bonus: Make a label for your sculpture with a title and your name.
**Spy Training Obstacle Course**

*String/yarn/ribbon/streamers, tape, optional music*

Use string, ribbon, or streamers to make an obstacle course in a hallway. Place a treasure at the end of the hallway and pretend you are spies, weaving your way through the strings (lasers) without setting off the alarm system. *Bonus: Play the James Bond theme or Spy Kids music while you complete the course.*

---

**Good Morning Yoga & Yoga in the Jungle**

*Epic! Book Account*

Read/watch the *Good Morning Yoga* book on your Epic! Account. Practice the pose featured on each page of the book. Read the book *Yoga in the Jungle* on your Epic! Account. Practice the pose featured on each page of the book throughout the jungle adventure.

---

**Scissor Finger Mazes**

*Paper, Markers, Scissors*

Cut paper into strips and use markers to draw a variety of lines (straight, zig-zag, curved, etc.). Provide your child with scissors, remind them “Thumb up, open, shut” and encourage them to cut through each scissor maze.

---

**Flashlight Dance Party**

*Flashlights, music*

Turn off the lights, turn on your favorite family songs, and have a flashlight dance party!