
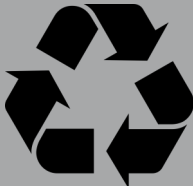







We Care Fridays!

Here are some ideas for We Care Fridays, you can pick two to do each Friday. Send pictures of your activities to our [SmugMug](#) to be shown on the daily announcements.

Learn	Science Experiment Check out this Random Act of Science with Mr. Carver.	Read Outside (30 minutes or more) 	Take a Virtual Field Trip Check out the links below or click here for more ideas.	Show Off! Submit to a virtual talent to our SmugMug .. Make your teachers proud showcasing what you've learned this year.
Lead	Lead a workout Create a workout program with at least 2 exercises and post it to our SmugMug (either a photo or a video). Get your family involved!	Pick up trash or start recycling Get your family and neighbors involved. 	 Thank you!!! Create a video thanking our essential workers and post it to our SmugMug .	Write Someone Write a letter or postcard telling someone you are thankful for them. You can use the phrases of gratitude link for ideas.
Family	Cook a Meal for your Family (Create a meal with what's in your pantry. Try this recipe finder by ingredients)	Read Aloud Read a book to a sibling or cousin (FaceTime works too).	Science Show Watch a tv show or movie with the family and point out when Newton's 3 Laws are shown during the show.	Play a game Play a card game or board game, bonus points if you make up a new one.
Self-Care	Exercise (30 minutes or more) Ride a bike, kick a ball, go for a walk or run. 	Laugh a Little Listen to your favorite comedian or find some new jokes online. Video yourself telling one and share it.	Rock Out Listen to music or an audiobook. 	Breathe Deeply & Take a Nap (Having trouble sleeping? Try listening to this guided meditation to drift off to sleep).

All ideas are optional, but we encourage you to be active and do something on Fridays!