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| Visit [PBS Music’s Bubble Beats](https://nj.pbslearningmedia.org/subjects/the-arts/music/). Can you identify the unique beats?  OR  Follow along with a drawing lesson on the [Art for Kids! Hub](http://www.youtube.com/user/ArtforKidsHub) | Create a [Behavior Chart](https://docs.google.com/document/d/1McqKKK2_XWPGBDI6oDeZBaeaaY7EqDt6/edit) to keep your child motivated to complete their work and stay on schedule. | **Challenge yourself by spelling out your name and following the challenges that go along with the spelling.**  [**Spell Your Name Workout**](https://www.730sagestreet.com/spell-your-name-workout/) |
| Try one of these [20 Sensory Activities](https://www.boredteachers.com/classroom-ideas/20-best-sensory-activities-your-kids-will-love?fbclid=IwAR3BrL6ilPbPCusufcAFu5DzlEVaJWyv1jzbirVu-6_FPrbXRbGsVS9Xe5U)    Sensory play is the magic formula for emotional regulation. |  | Want to try yoga with some of your favorite characters from Pokemon, Spiderman, Star Wars, Trolls, and more? Check out  [Cosmic Kids Yoga](https://www.youtube.com/user/CosmicKidsYoga) |
| Create a Zen Zone or Peace Corner in your home. Put together these fun dice to learn things you can do to stay calm and cool. | Relax to one of these  short stories, visualizations, or breathing exercises on  [Peace Out - Bedtime FM.](https://bedtime.fm/peaceout) | Watch a [BrainPop video](https://jr.brainpop.com/health/feelings/emotions/) on emotions. You can choose to write about it, draw about it, or do the activity! |

Created by: Colleen Belmonte & Jessica D’Orazio