

Activity Plans for Week 6

Virtual Escape Rooms:

1. The Assassination of Abraham Lincoln

<https://sites.google.com/smcsc.com/historywritten-boothkillsabe/home>

The American Revolution

<https://sites.google.com/view/thebritisharecoming/home>

2. Alice in Wonderland Digital Escape Room

https://docs.google.com/forms/d/e/1FAIpQLSc4-g_PdCdGnThONdtmbQZdfIG1tfy_L2PedFrN-uCnN5nDlq/viewform?fbclid=IwAR0qpu6UNmrIFHQFIIn6psa-viWmieMEjPoMUGdWfnwWZBuocZFTDyV8RLvg

Cinderella's Escape Room

https://docs.google.com/forms/d/e/1FAIpQLSfX4nFPt04K7ePZYESFABj6FJ9gs7TQIF0ubEKU3s5LqlAXOA/viewform?fbclid=IwAR2q770tyww9sMn_6T42Prv3hqXJW-R4vAoRBKd7tp7EDB2Xh4S4hrwlwaU

3. Asteroid Collision

<https://sites.google.com/view/asteroidcollision4and5/home>

Escape from Star Killer Base

https://docs.google.com/forms/d/e/1FAIpQLSdgQSe3coQ5ga8wY3MYZ9zdKs6ESXo5OjDk9aYfRhrvoAN00A/viewform?fbclid=IwAR16_DM-2LmLQdlvN_qmH1KVCZbnG33lbyhXwE_BMZmY2qiQQzvDW6dYtfo

4. Animal Fun

<https://sites.google.com/view/animaladventurebreakout/home>

Escape the Lion's Den

<https://sites.google.com/view/lionsden2nd/home>

5. Hunger Games

<http://www.escapeadventures.com/hg-escape.html>

Marvel Avengers

https://docs.google.com/forms/d/e/1FAIpQLSdXeCKJN6fBV-o25x_C1srOMfOqjzmmzSuhy5npJuHXnThcMA/viewform?fbclid=IwAR36NKXr6WdduK3Ov5E6ANMjiwIV8Ltnf-keF6fPCNORYHDRUilgiLZa_48

Cams and Shows

1. Warrior Canine Connections puppy cam
<https://explore.org/livecams/warrior-canine-connection/service-puppy-cam>
2. Robin Williams Youtube Channel Comedy
<https://www.youtube.com/channel/UC5Nf3FQwK9-vU03Q8r3Ag0w>
3. Cheetah Cub Cam
<https://nationalzoo.si.edu/webcams/cheetah-cub-cam>
4. Hunker down with Harry Connick Jr.
https://www.youtube.com/playlist?list=PLqh5oNfAVicciam0n-T_Vfi1Skz-Yk-X-
5. Rock and Roll Hall of Fame with the Beatles and The Rolling Stone
https://www.youtube.com/playlist?list=PLuYH1Vrzl1TPYnR2IhkmuBHIT+CUnfFun&utm_campaign=Marketing&utm_source=hs_email&utm_medium=email&utm_content=85981571&hsenc=p2ANqtz--3gnsIzWs3gHqD6ERoudtjjCka_7tW8Th5mIg8d8oBkDUp0UNN-cdpvZer83RtOOvXZwM5AHngaLgqGdXNCnQ1C50wqujtC6-XDR1YF6TIcz4E0OM&hsmi=85981571

Movement/Exercise

1. The Electric Slide
<https://www.youtube.com/watch?feature=youtu.be&v=HbftOAAQKqE4&app=desktop>
2. Zumba for beginners (the screen looks like a video game)
<https://www.youtube.com/watch?v=QiuG5nLuUjM>
3. Top ten exercises for increasing balance
<https://www.youtube.com/watch?v=E3j7nJyqLys>

4. 30-minute interval exercise program for seniors and beginners
<https://www.youtube.com/watch?v=cIcLtMwu6Ac>
5. Broadway Blast Off workout program with Richard Simmons
<https://www.youtube.com/watch?v=5sNxXN8j9v4>

Life Skills

Great videos for ADLS

https://www.youtube.com/channel/UCB2o08nCiDOC8OtSq_Z_rw?app=desktop

I Spy Printables

<https://www.papertraildesign.com/i-spy-game-printables/>

Time Capsule

Creating a time capsule for Covid 19 quarantine. Materials are attached. Complete two pages a day during the week. Place in a sealed envelope to be opened at a later date.

Leisure:

1. Color by number printable pages
<https://coloring.rocks/color-by-number-printables/>
2. Make bouncy balls
<https://www.lifescarousel.com/make-super-bouncy-balls/>
3. Cactus Pet Rocks....so cute
<https://www.thebestideasforkids.com/pet-cactus-rocks/>
4. Water Bottle Wind Spirals-adorable and can be used to decorate outside the house

<https://www.cbc.ca/parents/play/view/water-bottle-wind-spirals>

5.

Semi-Homemade Body Lotion

A quick and simple mixture that's very moisturizing for skin and perfect for gift-giving too!

Keyword: Homemade Lotion

Ingredients:

- 15 oz Bottle of Baby Lotion (I like Johnson's Shea & Cocoa Butter)
- 4.5 oz Jar of Vitamin E Cream
- 4.5 oz Tube of Vaseline Jelly Cream

Instructions:

1. Empty the entire bottle of baby lotion, the entire jar of Vitamin E Cream, and the entire tube of Vaseline jelly cream into a large mixing bowl.
2. Stir until all three lotions are mixed well together.
3. Store in a jar or other covered container, or divide into smaller jars for gift giving.

Notes:

A ½ cup of a natural ingredient can be substituted for the Vaseline Jelly Cream. Shea Butter, Coconut Oil, or Cocoa Butter are possible options.

