

## LUNCH BITES

### Move Like An Animal!

Let's get outside and move our bodies for 5 minutes. Getting outside and moving our bodies can help us feel more energized, strengthen our muscles, and even make us happier. Scan the QR Code below and follow along while we get inspiration from animals on how to move our bodies outside.

#### Hey Kids!

Check out this video>>>>



(Open the camera on your iPad and hold over QR code)



### What is 'out of bounds?' - An exhausted kangaroo!

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## LUNCH BITES

### Hey Wall

#### A Read Aloud Written by Susan Verde

A boy takes on a community art project to make his neighborhood more beautiful. One creative boy. One bare, abandoned wall. One BIG idea. There is a wall in Angel's neighborhood. Around it, the community bustles with life: music, dancing, laughing. Not the wall. It is bleak. One boy decides to change that. But he cannot do it alone.

**Hey Kids! Follow along to learn about the power of culture and art >>>**



(Open the camera on your iPad and hold over QR code)



### How do you inspire an artist? Easel-y

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## LUNCH BITES

### Make Your Own Salad Dressing!

Have you ever wondered how to make salad dressing for your favorite salad? Ask a grown up to help you and follow along with Dillon, Nathan and their Dad to see how they make their favorite salad dressing. Then give it a try in your own kitchen!

**Hey Kids! Learn how to make your own salad dressing.**

Check out this video>>>>



(Open the camera on your iPad and hold over QR code)



**What did the vegetables say to the salad dressing?  
Lettuce all smile!**

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## LUNCH BITES

APRIL IS NATIONAL FRESH CELERY MONTH

# Celery



I like celery because \_\_\_\_\_



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## BOCADILLOS PARA EL ALMUERZO

**¡Muévete como una animal!**

**Yoga para niños: las posiciones de los animales**

**¡Hey niñas!**



Mira este video >>>>>

(Abra la cámara en su iPad y mantenga presionado el código QR)



Las escuelas de Bend-la Pine son un proveedor que ofrecen igualdad de oportunidades.



## BOCADILLOS PARA EL ALMUERZO

**Oye, Pared**

**Una lectura en voz alta escrita por Susan Verde**

**¡Hey niñas!**



Mira este video >>>>>

(Abra la cámara en su iPad y mantenga presionado el código QR)



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# BOCADILLOS PARA EL ALMUERZO

## Cómo hacer aderezo para ensalada

Aprende cómo hacer el aderezo para ensalada con Dillan y Nathan - ¡y también su papá!



¡Hey niños!



Mira este video >>>>>

(Abra la cámara en su iPad y mantenga presionado el código QR)



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## BOCADILLOS PARA EL ALMUERZO

Abril es el mes nacional del apio fresco

# Apio



Me gusta el apio porque



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