Choose a song with a slow, relaxing melody AND a song with a fast pace, with words or without. Draw or paint to the music. Share photos in Canvas.

Hope Art: This is a free project. Write a short teaching lesson, an SEL Prompt, make some hope-themed art. Your choice. Take photos and upload or upload document.

Social Emotional Artistic Learning: Develop 3 short artistic activities, written for elementary-aged students to complete that explore thoughts and feelings. Be specific. Directions written for students. Upload.

Creative Writing: Do one journal page, size of your choice, with verbal and visual narrative, supplies of your choice. "As a future teacher, how does this COVID19 experience make me feel & three ideas for managing home-centered learning for my students? Take a photo, upload in Canvas. Do an Internet or Pinterest search for art journals. You’ll see lots of ideas.