

Matthew Turner Elementary School
One School One Book Program of Events 2020-2021
Book: A Boy Called Bat, by Elana K. Arnold

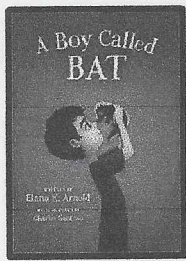
Greetings, MTE Families! In this packet you will find many fun activities to do as we read our One School One Book selection, A Boy Called Bat, together over the next month. Please note that many of your supplies are in this packet or the paper bag sent home with your student (or picked up from school). Items in *italics* should be provided from home.

Please join our OSOB Google Classroom to access our instructional videos and supporting information! To join, go to Google Classroom from Clever. **DO NOT CLICK ON YOUR TEACHER'S PAGE!** Find the + sign in the upper right corner and click it. Enter class code **u7iwhnt** to become part of the OSOB class! Updates for each week of the program will be posted each Sunday.

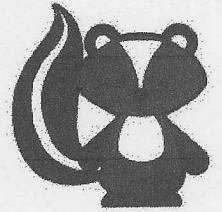
| Date | Activities | Materials |
|---------------------------------|--|--|
| Monday, April 19, 2021 | Pick up books and packets. Make a OSOB bookmark! Sensory Experience: Sense of Hearing and Sense of Sight | Use your bookmark, tassel, and <i>what you have at home</i> to create a OSOB bookmark for the next month of community reading! Check out the included reading schedule to stay on track to finish at the end of the program. Sense of Hearing: Sounds Scavenger Hunt Worksheet Watch "How Animals See the World" at https://www.youtube.com/watch?v=-ss-nmT7oAA |
| Tuesday, April 20, 2021 | Art: How to Draw a Skunk LIVE SESSION at 6pm | Join the Zoom at 6pm: https://us02web.zoom.us/j/85312800544 Meeting ID: 853 1280 0544 <i>Bring white paper, a black marker, and crayons/markers/colored pencils</i> Can't make the lesson? Follow the instructions at https://artprojectsforkids.org/draw-a-skunk/ Skunk coloring page to complete in free time |
| Wednesday, April 21, 2021 | Yoga & Self-Regulation: Introduction to Yoga | Yoga pose handout Check the Google Classroom for an instructional video! <i>Wear comfortable clothes!</i> |

| | | |
|----------------------------------|---|---|
| Thursday, April 22, 2021 | Cooking: Let's Make Candy! | Candy recipe handout, or find the recipes at https://www.kids-cooking-activities.com/homemade-fudge-recipes.html <i>Ingredients for the fudge you want to make (on handout)</i> |
| Monday, April 26, 2021 | Sensory Experiences: Sense of Smell and Sense of Taste Activity | Scratch & Sniff Stickers (stapled to paper bag of supplies) and 10 Smelly Facts Worksheet Taste Experiment Worksheet |
| Tuesday, April 27, 2021 | Art: Create a Skunk Habitat | <i>Materials to create habitat: recyclables, paper, crayons or markers, scissors, tape or glue, small box</i> Visit https://kids.nationalgeographic.com/animals/mammals/facts/skunk and https://www.paws.org/resources/skunks/ to learn more about these fascinating animals! Check out the instructional video in the Google Classroom. |
| Wednesday , April 28, 2021 | Yoga: Breathing for Energy or Calm, Relaxation – LIVE SESSION | Wear comfortable clothing and join the Zoom at 6pm Zoom link: https://us02web.zoom.us/j/82721397268 Meeting ID: 827 2139 7268 |
| Thursday, April 29, 2021 | Zoom Reading Night with MTE Teachers! – LIVE SESSION at 6:30pm | Wear your pajamas and bring your favorite snacks to join our MTE teachers for read-alouds related to A Boy Called Bat. Zoom Link: https://beniciaunified-org.zoom.us/j/98987222734?pwd=Mkp5bVpRM1VGN3VEQ3NldXlucWFLUT09 Meeting ID: 989 8722 2734 |
| Monday, May 3, 2021 | Sensory Experiences: Vestibular, Interoception , and Proprioceptive Senses | Vestibular, Interoception, and Proprioceptive Senses Activity Worksheet 7 Minute Self Regulation Workout/informational page |
| Tuesday, May 4, 2021 | Art: Skunk Texture Project | Check out the Google Classroom for an instructional video! Skunk template, instructions page, one (1) piece each black and white construction paper, cotton ball (all in packet) <i>Glue, scissors, colored pencils/crayons/markers</i> |
| Wednesday , May 5, 2021 | Yoga: Lean on Me! Partner Yoga | Check out the Google Classroom for an instructional video! Bring a family member or friend to try some partner poses. Don't have a partner? You can try some of the poses on the wall! <i>Wear comfortable clothing!</i> |
| Thursday, May 6, 2021 | Cooking: Cooking Class with Mrs. Saari at – | We will make one of Bat's favorite dinners – Spaghetti & Meatballs! Check out the recipe and instructions in this packet and have them ready for the session. Join the Zoom at https://beniciaunified-org.zoom.us/j/98698029017?pwd=bXJNNIV3MnpCb2QwQ3pmWGk1NzJldz09 |

| | | |
|--------------------------------|---|---|
| | LIVE SESSION at 5:00pm | <p>Meeting ID: 986 9802 9017</p> <p>IMPORTANT NOTE: If you are going to join us for the water bead ball activity on Monday, be sure to soak your beads at least 4 hours before the call at 3:00pm! See the instructions for details!</p> |
| Monday, May 10, 2021 | Sensory Experience: Let's make a water bead sensory ball – LIVE SESSION at 3pm | <p>Join Zoom Meeting https://us02web.zoom.us/j/81093320007?pwd=dWpIVm5uWU8xZE5FdM1ZS1lBd0VoQT09</p> <p>Meeting ID: 810 9332 0007</p> <p>Don't forget to soak your beads for at least 4 hours before the class!! See the instruction page for details!</p> <p>Use the supplies in the brown paper bag: soaked water beads, water bottle, balloon <i>You will also need: Scissors, water</i></p> |
| Tuesday, May 11, 2021 | Art: Skunk Hand Puppets | <p>Check out the Google Classroom for an instructional video!</p> <p>Supplies from bag: Black lunch bag, black pom, two (2) wiggle eyes, one (1) piece of white paper, one (1) piece of black paper <i>From home: Glue, pencil, scissors</i></p> <p>General instructions at: https://iheartcraftythings.com/paper-bag-skunk-craft-for-kids.html</p> |
| Wednesday , May 12, 2021 | Yoga: Chair Yoga for the classroom | <p>Check out the Google Classroom for an instructional video!</p> <p><i>Wear comfortable clothing and have a sturdy chair available.</i></p> |
| Thursday, May 13, 2021 | Cooking: Decorate a Bat Cupcake | <p>Recipe handout and <i>ingredients</i></p> <p>You can find the recipe at: https://simplybeautifuleating.com/2015/10/20/black-magic-bat-cupcakes/</p> |



Reading Schedule for "A Boy Called Bat" By Elana K. Arnold



April

**Week
1**

19th: Chapter 1- After School
20th: Chapter 2- Bat's Cave
21st: Chapter 3-No Vanilla Yogurt
Chapter 4-Is It a...
22nd: Chapter 5-A Tiny Pink Nose
Chapter 6-Skunk Lunch
23rd: Chapter 7-Every-Other Fridays

**Week
2**

26th: Chapter 8-Sixteen Eyelets
27th: Chapter 9-Door Babycakes Policy
28th: Chapter 10-A Very Long Day
Chapter 11-Apartment 2A
29th: Chapter 12-Finally
Chapter 13-What's in a Name
30th: Chapter 14-Sleeping Arrangements

May

**Week
3**

3rd: Chapter 15-Dr. Jerry Dragoo
4th: Chapter 16-A Correspondence
5th: Chapter 17-At the Clinic
Chapter 18-Dinner Date
6th: Chapter 19-A Blessing of Sorts
Chapter 20-Problems
7th: Chapter 21-Organizational Problems

**Week
4**

10th: Chapter 22-Baseball and Braiding
11th: Chapter 23-Windows
Chapter 24-A Reply
12th: Chapter 25-Houseguest
Chapter 26-How to Know Someone

Sounds Scavenger Hunt

Sounds are everywhere. Please go outside and listen for the following sounds. Put an "X" in the box next to each sound you are able to hear.

- | | |
|--|--|
| <input type="checkbox"/> Frogs croaking | <input type="checkbox"/> Rustling leaves |
| <input type="checkbox"/> Birds Chirping | <input type="checkbox"/> A dog Barking |
| <input type="checkbox"/> A squirrel chattering | <input type="checkbox"/> An airplane |
| <input type="checkbox"/> Bees buzzing | <input type="checkbox"/> People talking |
| <input type="checkbox"/> A car passing by | <input type="checkbox"/> Lizards scurrying |

Now that you have listened for sounds in nature, plug your ears and try using your other senses to experience these sounds. Can you feel an airplane fly overhead? Can you see the bark escaping a dog's mouth? Can you feel the wind rustling the leaves?

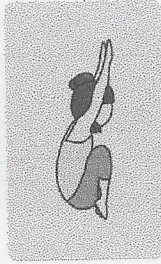
Some people can actually see the colors of music, smell certain sounds, or see colors for each letter in the alphabet. This is called synesthesia. Synesthesia can involve any of the senses. Scientists believe synesthesia is a result of cross-wiring of the brain; meaning when one sense is activated, another unrelated sense can be activated at the same time.

Sometimes our senses are more powerful (hypersensitive), which makes some of us more sensitive to certain sounds. When this happens, our bodies start to sense danger and it makes us want to get away from that sound as soon as possible.

On the other hand, some people look for extra input from their senses (hyposensitive), meaning they look for things that make a lot of noise, or it feels good to them to make loud noises themselves.



super
color



Child's Pose: Tailbone to heels, body on upper legs, arms forward.



Table Pose: Back is straight with hands and knees on floor.



Cat Pose: From table, send belly button up, arch back, and tuck in chin.

Cow Pose: From table, drop belly and lift head to create curve in back.



Cow Pose



Downward-Facing Dog

Downward Dog: From table, press into hands, lift seat and straighten legs.



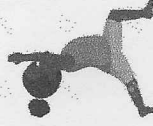
Mountain Pose

Mountain Pose: Stand on both feet, tall and strong. Arms are at sides and gaze is forward.

Chair Pose: From mountain, bend knees and reach arms up. Sit back as if there is a chair waiting for you.

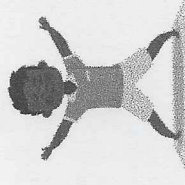


Warrior 1 Pose: Step one foot back and press into front foot. Bring hands over your head. Repeat on the other side.



Warrior 1 Pose

Star Pose: Step feet out wide. Reach arms to sides. Feel stretch across chest and breathe.



Rag Doll: From mountain, bend forward and hold opposite elbow in each hand. Tuck chin to chest to curl back up to mountain.



Try these yoga poses on their own or try putting them into a sequence!

- Child's → Table → Cat → Table → Cow → Table → Child's
- Child's → Table → Downward Dog → Rag Doll → Mountain → Chair → Mountain → Rag Doll → Downward Dog → Table → Child's

Easiest Chocolate Fudge Recipe

- 2 Pkg. Chocolate chips
- 2 - 14 oz. Can sweetened condensed milk
- 2 teaspoons vanilla
- * 2 Cups candy bar cut in chunks: almond joys, mounds, peppermint patties, whatever you choose, optional

Combine chocolate chips, vanilla and milk in saucepan and heat through stirring often. When completely melted take off heat and stir in candy bar chunks. Pour into foil lined 9x13 pan and chill in refrigerator. Cut into bite size squares.

Cocoa Fudge Recipe

- 2 Cups sugar
- ¼ Cup cocoa powder
- ¾ Cup milk
- 2 Tablespoons butter
- 1 teaspoon vanilla
- 3 Tablespoons peanut butter

In saucepan stir together sugar, cocoa and milk. Bring to a boil over medium heat. Cook without stirring unless mixture comes close to burning. Using candy thermometer, cook until soft ball stage, 238 degrees. Meanwhile have the butter, vanilla and peanut butter ready to add in. Take off heat and stir in butter and vanilla. Add peanut butter and spread into a foil lined 8x8 inch or 8x 11 inch pan. Chill.

No Cook Quick Fudge Recipe

- 1 package semi sweet chocolate chips (12 oz.)
- 1 1/2 Cups mini marshmallows
- 1 can chocolate frosting

Melt chocolate chips and marshmallows in large microwave safe bowl. Stir until well blended. Add in chocolate frosting and pour into greased baking dish or dish lined with tin foil. You can add chopped nuts or chopped candies on top if desired. Chill for several hours until hard. Cut into small squares.

From <https://www.kids-cooking-activities.com/homemade-fudge-recipes.html>

10 Smelly Facts

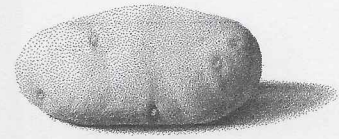
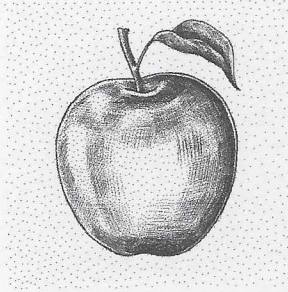
1. Smell is the first sense babies use after they are born.
2. Our ability to smell actually turns off when we are in deep sleep.
3. We are able to smell the best during the spring and summer due to extra moisture in the air. *Bat thinks the new straw for Babycakes' cage smells like "summertime and sunshine."
4. Good smells make you happier.
5. A person's sense of smell is weakest in the morning and the ability to perceive odor increases throughout the day..
6. A pleasant smell can signal powerful memories that bring us back to a great experience—while an unpleasant smell can be quite offensive.
7. People can remember smells with 65 percent accuracy after one year, while visual recall is about 50 percent after three months.
8. The human brain can process roughly 10,000 different smells in an area the size of a postage stamp.
9. Each person has a unique odor identity, kind of like a fingerprint.
10. A skunk's smell can be detected by a human one mile away!

Bonus Facts:

Some people have an overactive response to smell. People with an overactive response to smells may avoid foods due to how the food smells, they may gag from certain smells (even if others consider the smell to be mild), they may avoid public places (like restaurants or cafeterias) due to offensive smells, or they can smell things others can't even smell, because the smell is so subtle.

On the other hand, some people can have an underactive response to smell. People with an underactive response to smells may be drawn to or enjoy strong scents, they may crave certain smells, or they may not notice a smell is dangerous, like chemicals, gas, or permanent markers.

Anosmia is the inability to smell. Having a stuffy nose from a cold, allergies, or a sinus infection is the most common cause of anosmia. Without the sense of smell, it makes our food taste bland, because 75-95% of our sense of taste actually comes from our sense of smell.



Taste Experiment

What you'll need:

- 1 slice of potato (peeled)
- 1 slice of apple (peeled)

Step 1: Taste the potato

Step 2: Hold your nose and taste the potato again

Step 3: Taste the apple

Step 4: Hold your nose and taste the apple again

Is there a difference in taste when you hold your nose?
Can you tell the difference if you close your eyes?

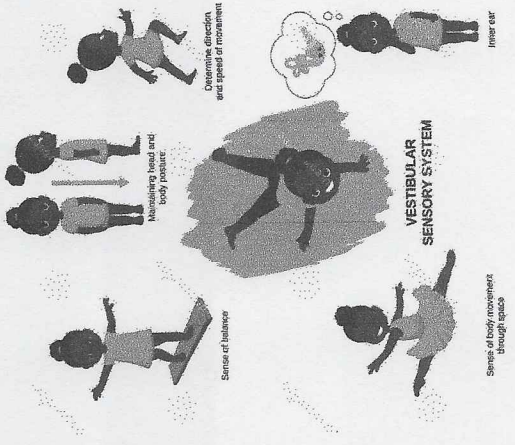
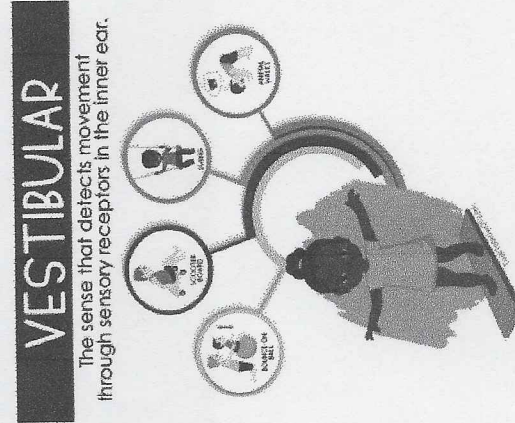
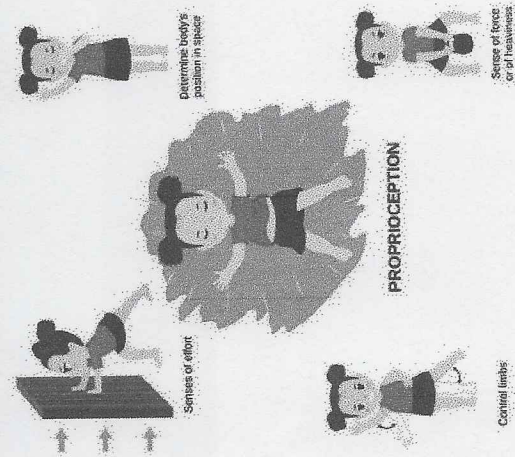
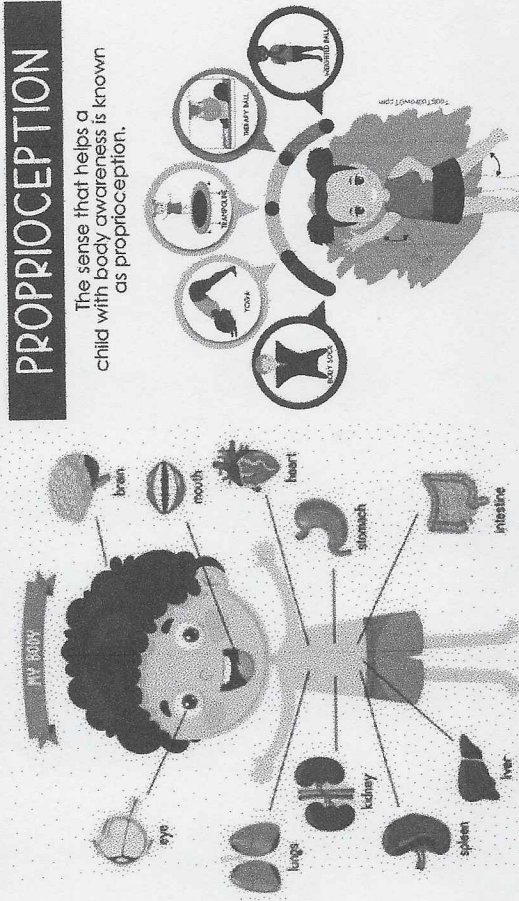
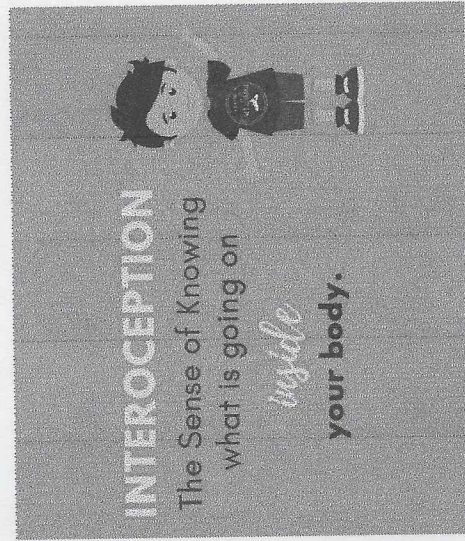
Holding your nose while tasting the potato and apple makes it hard to tell the difference between the two. Your nose and mouth are connected through the same airway, which means that you taste and smell foods at the same time.

Your sense of taste can recognize salty, sweet, bitter, and sour but when you combine this with your sense of smell, you can recognize many other individual 'tastes'. Take away your smell (and sight) and you limit your brain's ability to tell the difference between certain foods.

Eating is not only about taste. It is also about texture; the way food feels in your mouth. Some people avoid certain foods because they don't like the texture of it. For example, Bat doesn't like "mush foods," with the exception of oatmeal and brown sugar. That is the one "mush food" he does like.

Interoception, Proprioception, and Vestibular Senses

We actually have 8 senses. There are the first five: sense of touch, taste, smell, hearing, sight, and there are 3 others: position and movement of the body (proprioception), internal body sense (interoception), and the sense of balance and motion (vestibular).



7 Minute Self Regulation Workout

Complete each animal movement for 45 seconds, giving yourself a 15 second break in between animals. Do as many as you can in 7 minutes.



Frog Jumps:

Hop back and forth like a frog.



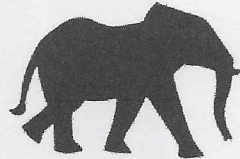
Gorilla Shuffle:

Get down into a low squat with hands on the floor. Shuffle around the room.



Cheetah Run:

Run in place as FAST as you can!
Just like the fastest animal in the Savanna.



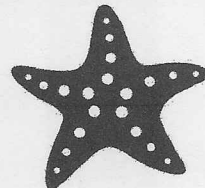
Elephant Stomp:

March in place, lifting your knees as high as you can, and stomping as hard as you can.



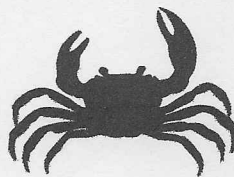
Bear Walk:

Hands & feet on the floor, hips high, walk left and right.



Sea Star Jumps:

Jumping Jacks as fast as you can with arms and legs spread wide.

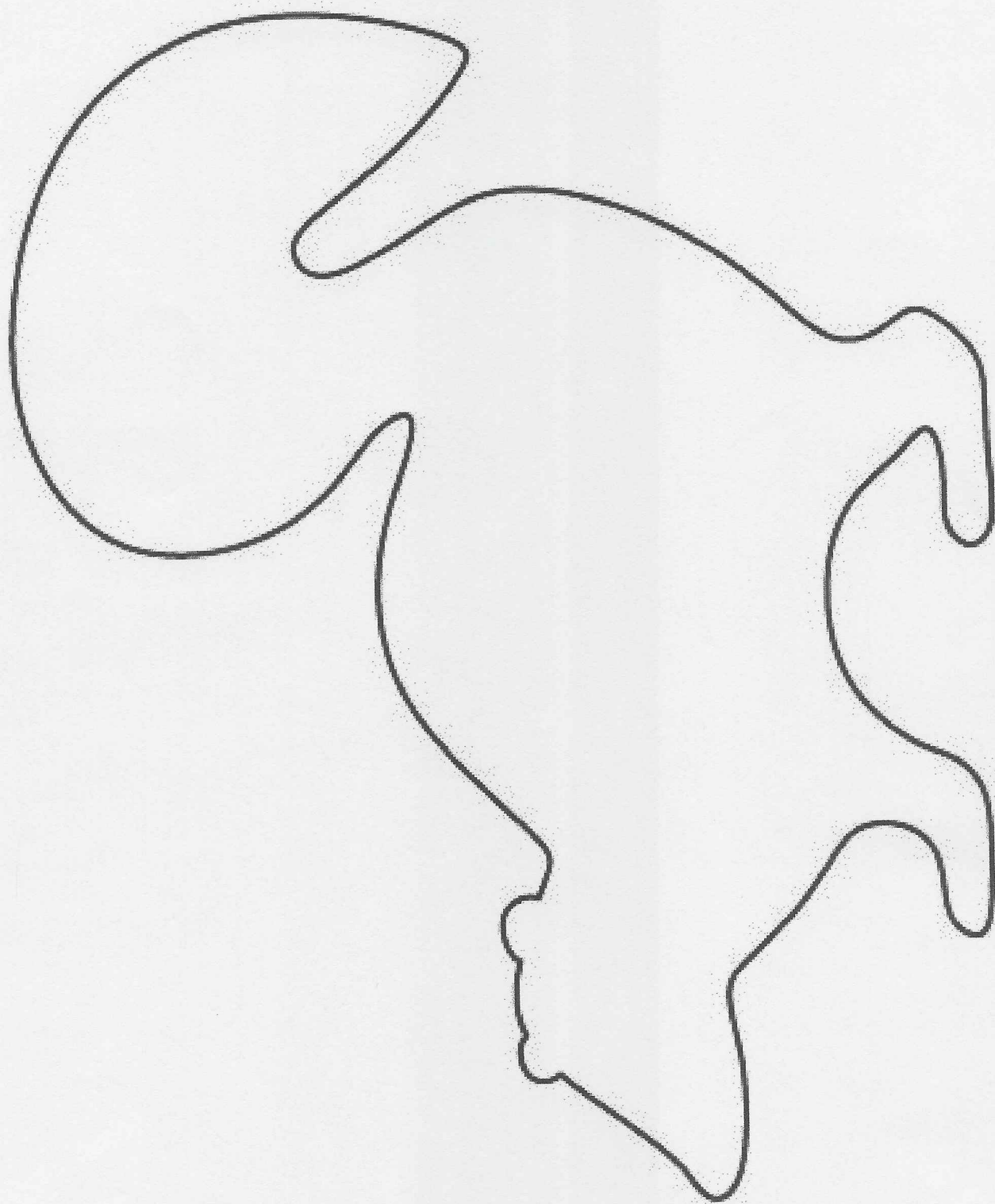


Crab Crawl:

Sit and place your palms flat on the ground behind you, near your hips. Lift off the ground and crawl.

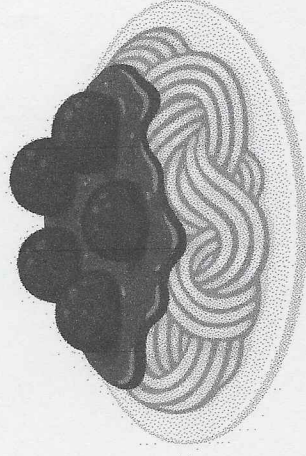
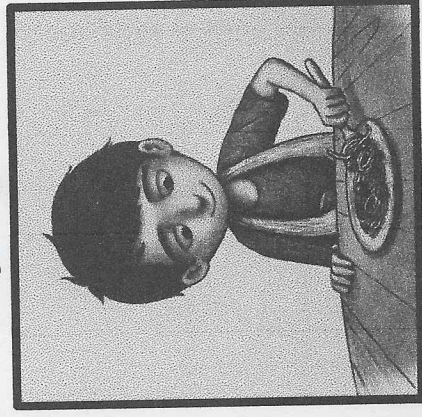
Skunk Texture Project

1. Get your supplies:
 - a. 1 piece of white construction paper (in bag)
 - b. 1 piece of black construction paper (in bag)
 - c. Skunk template (in packet)
 - d. Large cotton ball (in bag)
 - e. Scissors
 - f. Pencil
 - g. Glue
 - h. Colored pencils/crayons/markers
2. Cut out your skunk from the template.
3. Trace your cut out skunk on the black construction paper with your pencil.
4. Cut out your skunk from the black paper.
5. Glue your black skunk to your white construction paper.
6. Spread out the cotton ball. Use the cotton to create the skunk's stripe. Use your glue to tack it down.
7. Use your colored pencils/markers/crayons to add detail to your skunk picture!



OSOB-A Boy Called Bat

Today we will be making Bat's favorite dinner
Spaghetti & Meatballs!



Recipe

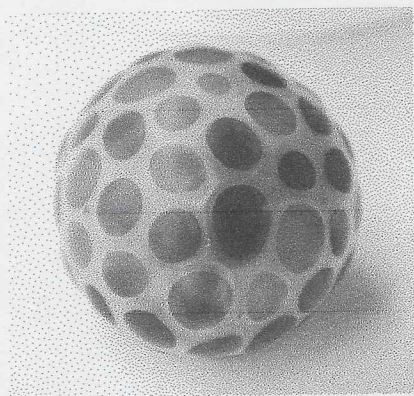
You will need:

- 1/2 pound sweet Italian sausage
- 1/2 pound ground round beef (you can choose any kind of meat-chicken, turkey or plant based)
- 2 eggs lightly beaten
- 1/2 cup Italian bread crumbs
- 2 TBSP chopped Italian flat-leaf parsley
- 1 TBSP chopped yellow onion

- 1/2 cup of freshly grated Parmesan cheese
- 1 clove of garlic, crushed, peeled and chopped
- 1/2 Tb of salt
- 4 TBSP of extra Virgin olive oil
- Sauce can be store bought or homemade
- 1 lb of dried spaghetti noodles

Directions:

- For the Meatballs, remove the casings from the sausage links. To do this, place 1 sausage on a cutting board and make a slit in the casing the length of sausage. Peel away the casing and discard.
- Repeat with the other sausage links. Wash the cutting board.
- In a large bowl mix together all the ingredients for the meatballs except for the olive oil. If using your hands to do the mixing, make your hands are very clean.
- Scoop up a tablespoon of the meat mixture and roll it between the palm of your hands to shape it into a ball about 1 ½ inches wide. If the mixture is too wet, add more bread crumbs. Place the meatballs on a tray as you form them.
- Heat a 10 inch skillet over medium-low heat add 2 tablespoons of the olive oil. Brown the meatballs in the skillet, 4 at a time, using tongs to turn them as they brown. Add the remaining 2 tablespoons olive oil to the skillet as needed, to keep the meatballs from sticking. Place meatballs on a plate.
- Heat your jarred Spaghetti sauce in a large pot. Add the meatballs and heat for another 45 minutes on medium heat.
- When there is 20 minutes left to cook the sauce and meatballs, you will want to cook your packaged noodles. Follow the directions on your noodle packaging.
- Drain noodles and serve on plates and spoon sauce and meatballs on top.
- You can add extra shredded parmesan on top of your sauce and meatballs.



How to Make a Water Bead Sensory Ball

Materials

- ½ tsp. water beads
- 8 oz. water bottle
- ½ cup water
- 1 clear balloon
- scissors

Instructions

1. Place water beads in a bowl.
2. Add contents from the bottle of water, plus ½ cup of water (1 ½ cups total) to the bowl.
Save the water bottle for STEP 5.
3. Set the bowl aside for at least 4 hours so the water beads will grow.
* It may be easiest to prepare the beads the night before so they have time to grow overnight.
4. Drain the water from the beads.
5. Fill the now-empty water bottle with beads.
6. Blow up the balloon and place it over the top of the bead-filled bottle.
7. While holding the balloon neck securely (so air doesn't escape), turn the water bottle upside down, release your hold on the balloon neck, and shake the bottle until all of the water beads have been transferred from the bottle to the balloon.
8. Slowly release the air from the balloon.
9. Tie the end of the balloon.

Black Magic Bat Cupcakes

Serves: 12 regular or 24 mini

Ingredients

- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¾ teaspoon baking powder
- ½ cup hot milk or boiling water (the milk will give this a really rich texture)
- ⅓ cup Hershey's Special Dark Cocoa
- ½ teaspoon instant espresso powder or regular instant is fine too
- ½ cup (1 stick) unsalted butter at room temperature, cut into small cubes
- ¾ cup sugar
- ½ teaspoon vanilla
- 2 x-large eggs
- Dark Chocolate Buttercream
- 1 cup unsalted butter, 2 sticks (softened)
- ¾ cup Hershey's Special Dark Cocoa
- 2½ cups icing sugar
- 1 tbs pure vanilla extract
- ¼ cup + 2 tbs milk, almond, soy or water (room temperature)
- The BATS
- 12 Oreo cookies – and a bunch more because you are going to break some like we did!
- 1 tube of white icing for the "glue" – you can make your own but this was way easier to pipe on.
- Store bought candy eyes



Instructions

1. For the cupcakes:
2. Preheat the oven to 350 degrees F.
3. Line a 12 cup muffin tin or spray a non-stick one very well. (or a 24 mini muffin tin will work too)
4. Whisk flour, baking soda, salt and baking powder together in a bowl. Set aside.
5. In another bowl whisk hot milk or boiling water, cocoa powder and espresso powder together until dissolved. Set aside.
6. Beat butter and sugar until well combined.
7. Add vanilla and egg to the butter/sugar mix and continue to beat until well combined and slightly creamy.
8. Add the flour mix to the butter mix and beat until well combined (Here's trick for this treat, quickly mix in the flour mixture with a wooden spoon or spatula first, then continue to beat with the stand mixer. That way you don't have the entire mixture explode all over your counter AND your head like I have done MANY TIMES!
9. Add the chocolate/water mix and continue to beat until well combined.
10. Distribute the batter among muffin tins. I used an ice cream scoop and it was really the best thing ever. (The batter will make 12 regular size cupcakes or 24 minis).
11. Bake for 20 minutes or until an inserted toothpick comes out clean.
12. For the Buttercream Icing
13. In a stand mixer, using a paddle attachment, cream the butter until light and fluffy, about 5 minutes.
14. While the butter is mixing, sift together the powder sugar and cocoa powder.
15. Once the butter is light and fluffy, add the sifted cocoa and sugar with vanilla extract, then with 2-3 tbs of milk at a time.
16. Check for consistency and if needed add in the additional 2 tbs of milk. You want a nice spreadable icing, not too stiff or loose.
17. Place in piping bag if desired and decorate cooled cupcakes.
18. The BATS
19. To assemble:
20. Twist open cookies and scrape out the white filling
21. Cut or break each cookie in half, these are your two wings (each cookie will give you 4 wings)
22. Stick two wings onto each cupcake.
23. Dot a bit of icing onto the back of the candy eyes, stick them on and you're done!

Recipe by SIMPLY BEAUTIFUL EATING at <https://simplybeautifuleating.com/2015/10/20/black-magic-bat-cupcakes/>