



Family YMCA of Black Hawk County

Y Kids Quest at Home

Grades 1st - 5th

Weekly Theme: Y's Got the Beat

Age Range: Grades 1st - 5th

Overview: Welcome to Y'S Got the Beat! Come explore with us as we learn about instruments and different types of music!

If you need assistance with supplies and resources for creative learning for the kid(s) in your home, we want to help.

[Click here](#) to learn about our Kids Quest financial assistance program.

Day 1

Theme Kick-Off: Y's Got the Beat (literacy; online video)

- Watch a video introduction of instruments [found here](#) and more about instruments and musical notes [found here](#).

Birthplaces of Music (virtual field trip)

[Visit here](#) to explore birthplaces of classic, jazz, Rock N' Roll, and country music.

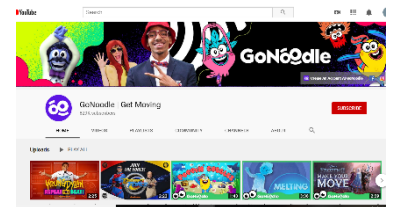
- Write out your observations and explore as many genres as you would like!
- What countries do you see?
- What are some states that are birthplaces?
- What is your favorite kind of music?
- What state or country would you like to visit?



DAY 2

Go Noodle: Get Moving (music; movement)

- [Join Go Noodle](#) for a virtual recess with disco dancing and more.



DAY 3

Exclusive Performance: Y Kids Quest Special with Brad & Kate (live music)

- Join us live on Wednesday, April 22, 2020, 11am CST, for an exclusive performance by musicians Brad & Kate, as they share special songs for our Y Kids Quest families.
- Everyone who joins during the livestream will be entered into a drawing for a free session of swim lessons at the Y (good for anytime in the next 12 months).

DAY 4 - This week's Kids Challenge!



Make Your Own Instruments (STEM; art; music integration)

- Watch [this video](#) and/or [this video](#) to learn about how to make your own instruments at home!
- Use any materials at home (paper, cardboard, toys, pots, pans, etc.) to set up your own band, right at home! Search the internet for more information about homemade instruments!
- Take a picture of the instrument(s) you built and share about it in our Y Kids Quest Facebook post (see below).



DAY 5

Cosmic Kids Yoga (physical activity; mindfulness)

- Check out this [Trolls-themed yoga session](#) that will get you moving and practicing mindfulness.
- Great for the whole family to do together, and a fun preparation for the Trolls World Tour family activity!

WEEKLY THEME BOOKS (available through Epic)

Information: Parents/guardians may go to [this website](#) and access over 40,000 titles for free during a 30-day free trial available due to the COVID-19 pandemic!

Book Title (linked to Epic)	Approximate Ages
Esquivel! Space-Age Sound Artist	Early Elementary
Famous Children Mozart (Read To Me Version)	Early Elementary
Acoustic Rooster and His Barnyard Band	Early Elementary
What Is Hip-Hop?	Middle Elementary
Inside a Rock Band	Middle Elementary
Brazil	Middle Elementary
Louis Armstrong	Upper Elementary
Selena Gomez: Pop Star & Actress	Upper Elementary
Taylor Swift: Country Pop Hit Maker	Upper Elementary

KIDS CHALLENGE - Participate to Win!

Get creative and find materials around your house to make your own your own musical instruments as part of our **Make your Own Instruments** activity (Day 4). Learn about making your own instruments and how to perfect them from home!

Participating will also enter your child(ren) to win in a variety of ways:

- Earn a Kids Challenge Badge for this week.
- Earn one entry into our Y Kids Quest raffle to win Y gear and Y Bucks (to use for membership and/or programs).

If your child(ren) completes each challenge and posts every week and get entered to win a Year-Long Youth Membership (a \$190 value, and even more as it provides a discount for programs all year).



Please post a picture of your musical instruments with a description to our weekly Y Kids Quest Facebook post (available starting Thursdays at 5pm – post anytime from then through Saturday at 12pm). Participate by posting, earn our themed badges, and be entered to win some cool Y prizes. We look forward to seeing your entries!

FAMILY ACTIVITY - Participate to Win!

Family Theater: Trolls World Tour

We invite you to join us in creating your own family home theater, for a special viewing of Trolls World Tour. This movie is available is available to rent* on multiple media platforms.

*For those enrolled in our Kids Quest Financial Assistance Program, we will provide a stipend for you to use toward purchasing your family's rental of Trolls World Tour.

Make it extra special with our customizable theater sign, theater tickets, and concessions stand sign. All documents are customizable, so make them your own and have a great time (available at www.blackhawkymca.org/kidsquest under Week 2)!

This is a great opportunity to encourage your child(ren) to take care of chores and special responsibilities to earn "money" to use to buy a theater ticket and concession options (and even do a little math while they're at it).

Participating means your family will:

- Earn a Family Activity Badge for this week.
- Earn one entry into our Y Kids Quest raffle to win Y gear and Y Bucks (to use for membership and/or programs).

If your family completes each activity and posts every week and get entered to win a Year-Long Family Membership (a \$690 value, and even more as it provides a discount for programs all year).



Please make sure to post a picture or share about your family home theater night, to our weekly Y Kids Quest Facebook post (available starting Thursdays at 5pm – post anytime from then through Saturday at 12pm). Participate by posting, earn our themed badges, and be entered to win some cool Y prizes. We look forward to seeing your entries!