

MaldenArtsMondays!



Weekly Activity Sheet

This project is done in cooperation with Malden Reads, Malden Public Library and Malden Historical Society

Suggested Activities

Week of August 10
Walter "Killer" Kowalski

Age Level	Activity Instructions
All Ages	Come to week 6 of Malden Reads storytime 10:30am, August 13 at Fitzgerald Park, in front of the Ed Emberley mural on Exchange Street. Register Here
All Ages	In Mexico, many wrestlers wear Ornate and Colorful Masks *. Design your own wrestling mask. Some ways you can make a mask: <ul style="list-style-type: none"> • (Easier) Draw your mask on a paper plate and attach elastic to attach it around your ears or around your head. • (More challenging) Make a Paper Mache Mask. *Also Walter Kowalski wore a mask at the end of his career as half of the Executioners, WWF Tag Team Champions.
All Ages	Wrestlers have stage names and entrance music. If you were a wrestler, what would your stage name be, and what would you choose as your entrance music?
Pre-school to 2nd Grade	Read the book The Name Jar by Yangsook Choi. <ul style="list-style-type: none"> • Do you or someone in your family have a name that's difficult for others to pronounce? How do they handle it? • If you had to pick a name for yourself, what would it be? • How might it feel to be called a name different from the one you call yourself?
Pre-school to 2nd Grade	Wrestlers have the moves! Sing, to the tune of "If You're Happy and You Know It" , "If You're A Wrestler And You Know It "[movement]" and act out the movement. For example, "If you're happy and you know it, stomp your feet!" Some other movements you can use are: touch your toes, turn around, run in place, or jump up and down. What other movements can you come up with?
All Ages	Walter "Killer" Kowalski was super strong and could probably do 100 push-ups! See how many Push-Ups you can do, start with the different levels mentioned in this link ? How many Sit-Ups can you do? How many Jumping Jacks can you do?
Family 3rd-8th Grade High School- Adult	Walter Kowalski was a vegetarian. Plan and make a vegetarian meal. Take a picture of the menu and/or the finished dish to share. Here are some Kid's Recipes More delicious recipes!
3rd-8th Grade High School- Adult	Wrestlers' names are an important part of their image. Create an Acrostic from the letters in your first name or nickname and then create a picture to go with it.

- Upload your masterpieces using <http://www.maldenarts.org/malden-arts-mondays.html> or post on [Malden Arts Facebook page](#)
- Every photo or essay submitted by Sunday@ midnight will be put into a drawing for a weekly \$20 or \$5 gift certificate to a local restaurant, donut or ice cream shop and other surprises!