

9 HS VIRTUAL SCHEDULE

Greet the Day! Health and Wellness- Gently Yoga Flow	Gentle yoga is a great way to slow down, connect with your body, and calm your mind. This all levels practice is ideal for anyone new to yoga. Enjoy this opportunity to move your body, breathe deeply and simply feel good. <u>Click Here</u>
The Arts Ready to Explore? Let's take a Virtual Tour of the British Museum	The British Museum is the world's largest indoor space on Google Street View! You can go on a virtual visit to more than 60 galleries. <u>Click Here</u>
Leadership and Empowerment How a 13 year old changed 'Impossible' to 'I'm Possible'	Sparsh Shah wants to show people they can transcend the difficulties of life into something positive. For example, he changes the meaning of a negative word, such as "Impossible" into a positive motto such as "I'm Possible". Click the video below and be an inspiration for others. <u>Click Here</u>
Lunch	Remember to wash your hands for 20 seconds!
Education Virtual Tour of The Singapore Zoo	Virtually explore a top tourist attraction and one of the world's best zoos located in Singapore! <u>Click Here</u>
Power Hour	Work on the homework packets provided by your teachers. Use Khan Academy to receive tutoring support. <u>Click Here</u>

Health and Wellness	
Get Moving with this fun Zumba video!	<p>Get ready for a high-intensity workout that will tone your whole body! Led by STRONG by Zumba® Master Trainer Aurelio Figari, this 30-minute session includes high-intensity cardio and muscle-conditioning exercises that are synced to the beat of the music to keep you motivated and focused.</p> <p><u>Click Here</u></p>
Education	
College and Career- Advice from a College Freshman	<p>Nicolas Chae shares tips he's learned along the way to help you better prepare for life in college.</p> <p><u>Click Here</u></p>
Health and Wellness	
Why e-cigarettes are more dangerous than we think	<p>Amidst the growing popularity of e-cigarettes and "vaping," a high school student questions the potential dangers.</p> <p><u>Click Here</u></p>
Time to Unwind!	
Give yourself a break after a busy day	<p>Try not to laugh challenge</p> <p>Here are the rules of this laugh challenge: Start with 10 points. When you laugh at video clip you lose 1 point! So how many points do you have at the end? I hope 0!</p> <p><u>Click Here</u></p>