

4 HS Virtual Plan

Greet the Day! Wake Up and Dance! 30-Minute Cardio Latin Dance Workout	<p>Cardio is more than just running on a treadmill! This Latin dance workout proves you can get your heart rate up while dancing and shimmying your shoulders. Nicole Steen, a cardio dance expert at Equinox, knows how to keep you moving and to keep it fun. New to dance? No worries, they offer modifications. Press play and get ready to cha-cha.</p> <p>Click Here</p>
Education	<p>Watch this helpful video to learn the 9 Best scientific study tips. These helpful tips will show you how to study efficiently and be a more effective note taker.</p> <p>Click Here</p>
Art Virtual tour of Natural History Museum – Dinosaur Exhibit	<p>Take a virtual tour in high-resolution 4K through one of the best museums in D.C. The Natural History Museum holds the distinction of being the world's most popular natural history museum. It recently unveiled a fantastic new dinosaur exhibit featuring many large, complete dinosaur specimens.</p> <p>Click Here</p>
Lunch	<p>Remember to wash your hands for 20 seconds!</p>
Education	<p>This is a fun way to learn Spanish! This site has audio lessons and quizzes to teach you how to understand Spanish. Whether you're taking Spanish as a foreign language or you just would like to learn how to speak Spanish, this is a great lesson for you!</p> <p>Click Here</p>
Power Hour	<p>Do your best to use this time to work on the homework packets provided by your teachers. Here is a link to Khan Academy to receive tutoring support.</p> <p>Click Here</p>
Life Skills Resume Writing	<p>How To Write A Resume With Little or No Work Experience</p> <p>It can be difficult trying to create a resume when you're a high school student with little to no work experience. This video will give you many</p>

	<p>tips on how to build an eye-catching resume, and also provide you with a template you can utilize.</p> <p>Click Here</p>
<p>College & Career</p> <p>Job Interviews</p>	<p>How to dress for a job interview</p> <p>Interviewing for a job is stressful enough! This video will help take some of the stress and nerves away by giving you great tips on how to properly dress for a job interview!</p> <p>Click Here</p>
<p>Leadership</p>	<p>Do a Random Act of Kindness for someone in your home!</p> <p><u>Ideas:</u></p> <ul style="list-style-type: none"> • -Read a book to a younger sibling • -Do a craft or go on a walk with a sibling or parent • -Take out the trash • -Wash/put away laundry for family members • Clean up the kitchen after dinner <p>Can you think of any other acts of kindness that you can do?</p>
<p>Time to Unwind!</p> <p>Give yourself a break after a busy day</p>	<p>Have a good day everyone</p> <p>Let's end the day with an inspirational meditation video that is great for teens who want to create healthy habits, and a healthy mind.</p> <p>Click Here</p>