

5 HS Virtual Schedule

Greet the Day!	<p>Morning stretches to increase energy. For all videos, feel free to skip ads by clicking on the skip ads button on the bottom right side of your screen.</p> <p>Click Here</p>
Arts	<p>Virtual Field Trip - Amazon Rainforest Take a trip through the amazon rainforest. Discover the layers of the rainforest and the animals who live there. You can also explore the adaptations that have evolved over time.</p> <p>Click Here</p>
Get Moving! Health & Wellness	<p>Members should stretch prior to beginning workout. Here are some easy stretches that can be done:</p> <p>Click Here</p> <p>Great!! Now enjoy this quick and easy workout before lunch.</p> <p>Click Here</p>
Lunch	<p>Remember to wash your hands for 20 seconds!</p>
Art	<p>Color mandala is a game where students can color mandalas online. With a choice of mandalas and colors, this is a fun and rather addictive game. You can print the mandalas to color in a more traditional way too!</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. Choose the learners tab and sign up with your email or google account. Enter information about your classes and you're ready to go.</p> <p>Click Here</p>
Life Skills Lessons on Self Confidence from a Teenager	<p>Reece Doppenberg uses his personal experience from his life in early high school to describe his rapid change from being self-conscious and having low self-esteem to becoming a self-confident teenager. He outlines the steps in which he used to make that change and encourages others to learn from his journey. Reece describes his change in demeanor by utilizing five, specific steps: "Find yourself", "Stop caring what others think of you",</p>

	<p>"Surround yourself with encouragement", "Self-assess your attitude" and "Be humble".</p> <p>Click Here</p>
College and Career	<p>Members are able to take a virtual tour of any College of their choice.</p> <p>Click Here</p>
Education	<p>This is a fun English app for all grades of high school. Learn techniques from teaching proper grammar, to helping write a paper.</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p><u>END OF THE DAY MEDITATION</u></p> <p>Body scan meditation is a great way to bring mindfulness to the body. When you explore the moment to moment existence within your body it helps you learn what your body does and doesn't need in order to thrive at an experiential level... Body scanning is an eye-opener in the deep mind body connection.</p> <p>Through practicing the body scan, you can begin to understand how stress and anxiety affect you.</p> <p>Click Here</p>