

3 HS Virtual Schedule

Greet the Day! Yoga for Teens	<p>Yoga For Teens! This practice is designed for teens but beneficial for all ages. Light a fire in your core! Wake up third chakra energy for confidence, strengthen the back for a healthy spine! Practice self- love and taking care of yourself! It gets easier with practice.</p> <p>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>
Health and Motivation Motivation	<p>Who do you want to be?</p> <p>This is a powerful Motivational Speech Video on figuring out for yourself who you want to become.</p> <p>Click Here</p>
Get Moving! Health & Wellness	<p>Try out 12 simple stretches you can do at home to burn fat quickly. Flexibility exercises are also helpful in improving metabolism, blood circulation, and even muscle building.</p> <p>Click Here</p>
Lunch	<p>Remember to wash your hands for 20 seconds!</p>
Art J. Paul Getty Museum	<p>The J. Paul Getty Museum at the Getty Center features works of art dating from the eighth through the twenty-first century. The collection includes paintings, drawings, sculptures, arts, and photographs.</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>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 Job Interview Tips for Teens	<p>The majority of teens ask what they need to do to prepare for an interview to get hired. In this video are some interview tips to help you get the job that you want!</p> <p>Click Here</p>

Character & Leadership Taking Responsibility	<p>Life Skills - Social Skills - Taking Responsibility - This video focuses on the benefits for taking responsibility, the consequences for not taking responsibility, and discusses how you can better learn to take responsibility.</p> <p>Click Here</p>
A Journey to Excellence	<p>The world is not a fair place and not everyone gets to live out their dreams, but should this stop us from dreaming? Take a look at this Tedx Talks titled “Questions Every Teenager Needs to be Asked.”</p> <p>Click Here</p>
Time to Unwind! Give yourself a break after a busy day	<p>Let’s end the day with an inspirational story of a local kid who spent his summer vacation building an elaborate cardboard arcade inside his dad’s used auto parts store.</p> <ul style="list-style-type: none"> • Click Here • Click Here