

8 HS VIRTUAL SCHEDULE

Greet the Day! Positive Mind, Positive Life	Start your morning with these Affirmations for Living Your Best Life and Feeling Great! Click Here
Life Skills Let's Get Organized!	Clean and organize your bedroom in 30 minutes or less with these 10 steps! Click Here
College and Career Find the Best fit for you!	Picking the best college for you is a huge decision and I'm here to give you some tips about finding the best fit for you! Click Here
Lunch	Remember to wash your hands for 20 seconds!
Leadership and Service Leadership is Helping Others!	Hospitals all over the world are in need of gloves and masks for their health workers to stay protected while caring for those sick with COVID-19. If you know a local business or individual with extra gloves and masks, encourage them to donate them to their local hospital. If you know how to sew and have spare fabric at home, you could also make some masks to donate to local hospitals. Check out this video on how sew a Medical Face Mask! Click Here
Power Hour	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. Click Here
Health and Wellness Get Moving!	Check out this 30-Minute Workout Session to Burn Some Serious Calories. You don't need any equipment for the workout, but do grab a

	<p>towel and a bottle of water; you're going to need both. Then press play and get ready to sweat, tone, and burn!</p> <p>Click Here</p>
<p>Life Skills</p> <p>WATCH THIS EVERYDAY AND CHANGE YOUR LIFE</p>	<p>Watch this powerful, motivational speech by Denzel Washington!</p> <p>Click Here</p>
<p>The Arts</p> <p>Ready to Explore? Let's take a Virtual Tour</p>	<p>Take a virtual tour Inside Louvre Museum in Paris</p> <p>Click Here</p>
<p>Time to Unwind!</p> <p>Give yourself a break after a busy day</p>	<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>Click Here</p>