

6 HS Virtual Schedule

Greet the Day! Meditation- How to for Beginners	Breathing Meditation for Kids-Mind Exercise 15-minute guided meditation for anxiety and stress is the perfect way to welcome peace, balance, and joy into your life especially during uncertain times. Click Here
Health and Motivation Motivation	Motivational Clip with Jeremy Anderson titled “Keep Studying Hard” Click Here
Get Moving! Health & Wellness	Get ready to PUSH your limits with this dance and cardio kickboxing workout from Joseph D. You're in for a killer workout, and Joseph's infectious energy will have you smiling while you kick, pop it, and squat. Get ready to sweat! Click Here
Lunch	Remember to wash your hands for 20 seconds!
College Tour Explore a virtual trip- UCLA	Take a virtual tour of UCLA! Learn interesting facts about historic buildings on campus while getting an inside view of what the campus looks like. Click the arrows on the screen to continue on your virtual tour or skip to places of more interest to you in the menu to the left. If you are interested in applying, click “Learn More” to be directed to more in detail information about the college and how to apply! Click Here
Resources	Learn to understand your financial aid award letter by watching this video. It will go over important vocabulary used in your award summary and help you find resources to calculate the best cost-effective college option for you. Click Here

Power Hour	Click Here
Life Skills First Aid	<p>20 Medical Facts That Might Save a Life One Day</p> <p>These medical tips are highly important to know! You never know when you may need them, so be prepared in advance! You may save somebody's life one day!</p> <p>Click Here</p>
Character & Leadership Active Listening	<p>Active Listening- How to Communicate Effectively</p> <p>Good communication is not only about expressing yourself but also actively listening and working to understand what the other person is saying.</p> <p>Take a look at this video on healthy communication.</p> <p>Click Here</p>
A Journey to Excellence Study Habits	<p>Change your study habits and become more productive! Check out this TED Talk by high school junior Yana Savitsky where she shares how the “Pomodoro Method” changed the way she thinks and acts towards her work, allowing her to make the most of her time and achieve her goals.</p> <p>Take a look at this Ted Talk titled “How a student changed her study habits by setting goals and managing time.”</p> <p>Click Here</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 a video clip you lose 1 point! So how many points do you have at the end? I hope 0!</p> <p>Click Here</p>