

<b>Time</b>	<b>Activity Info/Staff</b>	<b>Activity Link</b>
<b>Healthy Lifestyle</b>	<b>Greet the Day!</b>	Too lazy to get up and stretch? One of those mornings that you just don't feel like getting up? Well why not stretch in bed? Here are 5 minutes of stretching that can be done without getting out of bed! Although, after these stretches, you might feel more energized and ready to make the most out of your day!
<b>Healthy Lifestyle</b>	<b>Let's start!</b>	Just a few simple habits can make the difference between a good night's sleep and night spent tossing and turning.  Reflection: What are 3 new things you learned in this video? Challenge: Your challenge for the day is to practice 2 of the 3 new tools you learned from this video.  <a href="#">Click Here</a>
<b>Leadership</b>	<b>Life Skills!</b>	Should we add red with whites? Today we will learn how to properly do our own laundry. Click the video below:  <a href="#">Click Here</a>
	<b>Lunch</b>	
<b>Academic Success</b>	<b>Power hour!</b>	Take a look over any school assignment you have left. Take this time to work on those and finish assignments before the day is over.
<b>Leadership</b>	<b>Smart Moves!</b>	This video shares an amazing lesson as to why winning doesn't always equal success.  <a href="#">Click Here</a>
<b>Healthy Lifestyle</b>	<b>Get on the Move!</b>	Focus on Basketball Today we will work on improving your basketball dribbling. If you're willing to learn, then grab your ball and follow these top 3 dribbling drills that can help improve your baller skills.  <a href="#">Click Here</a>

<b>Academic Success</b>	<b>Get Ready!</b>	When music challenges you to raise the bar... #Knowyourpresidents (U.S. Presidents Song)  <a href="#">Click Here</a>
<b>Leadership</b>	<b>Get Crafty!</b>	Take a virtual tour of the famous La Sagrada Familia, a large unfinished Roman Catholic minor basilica in Barcelona, Catalona, Spain  <a href="#">Click Here</a>
<b>Healthy Lifestyle</b>	<b>Time to Unwind!</b>	This quarantine is giving us a lot of time to be inside of our minds, which can often cause stress. Learn to watch your thoughts come and go through this mindfulness meditation that will help you to take your negative thoughts less personally. Let's go to sleep with a positive mind today and every day!  <a href="#">Click Here</a>