

<b>Time</b>	<b>Activity Info/Staff</b>	<b>Activity Link</b>
<b>Healthy Lifestyle</b>	<b>Greet the Day!</b>	Woke up sore & stiff? Why don't you wake up, clear your mind, stretch and relax to release your stiffness. Make sure to control your breathing to get maximum results.
<b>Healthy Lifestyle</b>	<b>Working on Concentration!</b>	<p>There are many areas where you could benefit from better concentration. Whether it's for school, studying, work or a hobby. If you're able to focus you can get your desired results faster.</p> <p>Reflection: What are 3 new things you learned in this video?</p> <p>Challenge: Your challenge for the day is to practice 2 of the 3 new tools you learned from this video.</p> <p><a href="#">Click Here</a></p>
<b>Leadership</b>	<b>Let's learn some life skills!</b>	<p>What do you know about Basic First Aid? Today we will learn some Basic First Aid skills with the video below.</p> <p><a href="#">Click Here</a></p>
	<b>Lunch</b>	
<b>Academic Success</b>	<b>Let's start Power hour!</b>	Take your homework out and start your favorite playlist! Be productive and get your homework for the day finished.
<b>Leadership</b>	<b>Smart Moves</b>	<p>This great video talks about the difference between winning and succeeding.</p> <p><a href="#">Click Here</a></p>
<b>Healthy Lifestyle</b>	<b>Get on the Move!</b>	<p>Focus on Volleyball</p> <p>Today we will work on improving your volleyball skills. Here are 6 tips directly from Victoria Garrick. Use your time wisely, and refine your skills.</p> <p><a href="#">Click Here</a></p>
<b>Academic Success</b>	<b>Get Ready!</b>	Just like with zoos, aquariums have used webcams to let you visit their exhibits virtually. In addition, some aquariums have set up virtual tours led by their staff to give visitors a more in depth

		<p>look at their facility.</p> <p><a href="#">Click Here</a></p>
<b>5:00pm</b>	<b>Get Crafty!</b>	<p>Dive into the rich world of Shakespeare with interactive editions of his plays. My Shakespeare replaces traditional footnotes with multimedia resources for the 21st-century student. We have highlighted Romeo &amp; Juliet for you to explore.</p> <p><a href="#">Click Here</a></p>
<b>6:00pm</b>	<b>Time to Unwind!</b>	<p>Bedtime Sleep Meditation: This is a relaxing bedtime meditation to help sleep! Keep a notebook and pen beside you or even the notepad on your phone for the small activity included in this meditation process!</p> <p><a href="#">Click Here</a></p>