

# Distance Learning

## 1st Week: March 18th - 20th

### Health & Wellness

**EMAIL:** [ClarkCa1@boe.richmond.k12.ga.us](mailto:ClarkCa1@boe.richmond.k12.ga.us)



*Activities for promoting an effective health and wellness for lifestyle and during a crisis.*

*To help students better understand quality of life.*

#### **A. Online eADAP**

***ADAP is an acronym that stands for Alcohol and Drug Awareness Program. In Georgia, teens under the age 18 are required by law to show proof that they have completed ADAP in order to obtain their Class D driver's license.***

**NOTE: This is ONLY for students who HAVE NOT completed AND submitted a copy of you eADAP Certificate.**

1. Students will login at <https://dds.georgia.gov/>
2. Click on Testing/Training
3. Click on Alcohol and Drug Awareness Program (ADAP/eADAP)
4. Click on Student Registration
5. First time user create an account ... **NOTE: Enrollee Information:** You **MUST** have your **last four digits of your social security number** available.
6. Click on other or homeschool
7. Take pre-test and see your grade. Students **MUST COMPLETE** all 4 sections **BEFORE** Final Test.

**PLEASE do your best ... A is for awesome and B is for Bye Bye!!**

1. Print out certificate and send me a copy for your grade. Due Friday, 19<sup>th</sup>. Practice, driving with your parents.

## **B. Required WEEKLY ... Meditation Activity!**

- **Meditate** for **20 minutes** .... Relaxing Piano/Guitar music and allow your mind/body peaceful moments each day.
- **Write** a reflection, **at least a half-page**, about your meditation experience.
- **Submit** through my email, [ClarkCa1@boe.richmond.k12.ga.us](mailto:ClarkCa1@boe.richmond.k12.ga.us)
- **DUE EVERY FRIDAY!**



