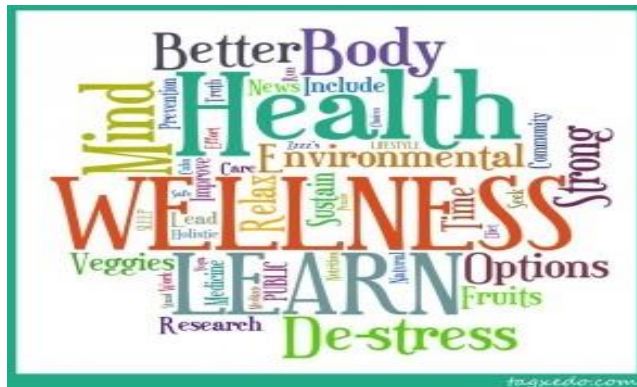


Distance Learning

3rd Week: March 30th -
April 3rd

Health & Wellness

EMAIL: 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.

Reminder to All!!

**This is *Make-up Week* and
Assignments *DUE by Thursday,*
*2nd April.***

This is National Movement Week!

Moving Monday: Take a moment to move and dance around the house for 30 minutes daily. Students get your family involvement. Go outside and power-walk, jog, and run around yard.

Write a one-page paper. Why exercising is important and give examples, how exercising enhance body functions. **Due** Tuesday, March 31st

Continue to work on your Log for your state.

Take time to meditate for 15 minutes. Use my links or your own music and or activity

Twisted Tuesday: See Monday's lesson and turn in assignments. Twist your body for 30 minutes.

Turn in Moving Monday's assignments,

Wonderful Wednesday: Meditate to music with waves or the sound of water. Continue to work on all pass due assignments.

Thirsty Thursday: Drink lots of water to stay hydrated. Meditate and turn in all as



DUE:

Today!

Friday, April 3rd

By 5:00 p.m.



State Log Report



A deduction of points will be applied to reports submitted AFTER 5:00 p.m. today.





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**I will resume reading and
responding to EMAILS on April
14th.**

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