

March 30-April 3, 2020: Week At A Glance

Monday – Article

Due Date: March 30, 2020, 8:00PM

Submit: Google Classroom, you can create a doc or submit it as a private comment.

[*D.C. students head to school online Tuesday, highlighting city's divide in access to technology*](#)

Directions:

PART I- Read the article provided. Write down 4-5 take-a-ways and 4-5 feelings you have from the article you read. What stood out? What wowed you? What statistics made you wonder? You can bullet.

PART II- In relation to the text, create two questions and two thoughts you have for the chancellor of DC public schools, Lewis Ferebee. Please write in complete sentences and complete thoughts. You can address the questions directly to the chancellor if you so choose.

Criteria:

Work is neat and organized. On topic. Complete. Check grammar and spelling.
Rubric on Google Classroom

Wednesday – Blog

“Unexpected Spring Break”,

This blog can accessed by clicking the title or you can visit our class website.

Thursday – Mental Health, Managing Personal Stress Lesson

Due Date: Tuesday, April 7, 2020, 8:00 PM

Submit: Google Classroom

Standards

S1.6,79-12.1.6.13 Develop a personal goalsetting and stress management plan to improve or maintain wellness.

9-12.1.7.14 Identify techniques for managing mental and emotional health challenges (e.g., depression, grief, stress, trauma, and anxiety).

Essential Question

How can I realize when I am stressed or anxious?

How can I develop strategies to release stress and anxiety?

Rationale

It is in human's nature to socially connect with each other. While we are practicing social distancing or quarantine due to the virus COVID 19, some people might be experiencing depression from being isolated at home along with other stressors such as anxiety and economic stress.

It is important to develop techniques and skills that will enhance our self-awareness to avoid mental and emotional breakdowns that can negatively impact our overall health.

Tasks – Rubric Shared on Google Classroom

Students will be able to create strategies to practice mindfulness techniques to be use at home against these stressors:

1. Research: Research various stress management strategies such as breathing, self-awareness, mindfulness and find strategies that you like.
<https://youtu.be/CvF9AEe-ozc>
2. Create: Develop a routine that incorporates relaxation and stress reduction strategies that you have found is beneficial to you.
3. A safe environment: Prepare a space in your house or choose a place (park, backyard, trail) along with the social distancing safety guidelines, to practice these techniques.
4. Planning and organize: Develop a routine where you can schedule your mindfulness exercises without interruptions.
5. Self-Regulation: Be committed to maintain a constant practicing of your mindfulness exercises.
6. Socialize: Share your experiences with your teacher and family members using a journal to log or self-video describing the benefits of mindfulness practices.

Friday – This Week’s Reflection (S.P.I.E.S.)

How do you feel? What areas of your personal health was impacted, stimulated, challenged, and/or affected this week?

Criteria for Success: Please speak to all areas of health in your reflection. Write in complete sentences. Be genuine in your writing and thoughts.

Instructions: Start an on-going google doc. Separate each Friday reflection by date. You can organize it by inserting a table (click insert, add table, choose how many rows), or spice it up when adding a new date (color and/or font change). This will be your online journal.

Class Website: www.tc-wilsonhealthed.com

Missed our first Health ED **Live Stream**? No problem.

Find your class and click, that simple:

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