

Health: Corona Shut Down Curriculum

Directions: Complete the following prompts (there are 2). You may complete these on a Google Doc. This is Week 2 and 3 grades!

1. Respond to the following prompts 3 times weekly (Monday, Wednesday & Friday). Remember this is in place of class time so 1 to 2 sentences will not suffice. Each prompt should be fully described with personal examples for full credit.

Week _____ Day 1: (Copy & paste on the document if there are more weeks to complete.)

a. Physical:

i. What are you doing to support your immune system? (Explain in detail using examples)

ii. Log your:

1. Sleep: _____

2. Physical Activity

a. Type: _____

b. Time: _____

c. Has this gone down or up with more free time? _____

3. Time spent on electronics: _____

a. Has this gone down or up? _____

4. Rate your nutrition: Healthy Average Unhealthy

b. Mental/Emotional:

i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

- a. Meditation
- b. Yoga
- c. Breathing exercises
- d. Coloring
- e. Journaling
- f. Progressive relaxation
- g. Caring or doing something for others
- h. Thoughts & thanks of gratitude
- i. Mood tracking
- j. Physical activity

c. Social:

- i. How is social distancing impacting your social life? (Explain in detail, using examples)

Day 2:

d. Physical:

- i. What are you doing to support your immune system? (Explain in detail using examples)

ii. Log your:

- 1. Sleep: _____
- 2. Physical Activity
 - a. Type: _____
 - b. Time: _____
 - c. Has this gone down or up with more free time? _____
- 3. Time spent on electronics: _____

- a. Has this gone down or up? _____
- 4. Rate your nutrition: Healthy Average Unhealthy

e. Mental/Emotional:

- i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

- a. Meditation
- b. Yoga
- c. Breathing exercises
- d. Coloring
- e. Journaling
- f. Progressive relaxation
- g. Caring or doing something for others
- h. Thoughts & thanks of gratitude
- i. Mood tracking
- j. Physical activity

f. Social:

- i. How is social distancing impacting your social life? (Explain in detail, using examples)

Day 3:

g. Physical:

i. What are you doing to support your immune system? (Explain in detail using examples)

ii. Log your:

1. Sleep: _____

2. Physical Activity

a. Type: _____

b. Time: _____

c. Has this gone down or up with more free time? _____

3. Time spent on electronics: _____

a. Has this gone down or up? _____

4. Rate your nutrition: Healthy Average Unhealthy

h. Mental/Emotional:

i. What are you doing to support your thoughts & emotions through this disruption of your regular lifestyle? (Explain in detail using examples)

1. List or highlight your strategies. Options

a. Meditation

b. Yoga

c. Breathing exercises

d. Coloring

e. Journaling

f. Progressive relaxation

g. Caring or doing something for others

h. Thoughts & thanks of gratitude

i. Mood tracking

j. Physical activity

i. Social:

- i. How is social distancing impacting your social life? (Explain in detail, using examples)**

2. Once each week, complete a video of yourself responding to the following prompt. Upload in Google Classroom each week:

****What strategies are you implementing to help or keep your Wellness Triangle balanced through this disruption of your lifestyle? (Explain in detail using examples)**