**Personal Wellness Gr. 6/7**

**Nov. 8-11th**

**Home Learning**

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| **Day** | **Tasks** |
| **Each day** | **Each day you can do these short tasks**, whether you have internet/device or not:-Meditate for 5-10 minutes. You may like to listen to calming music while meditating: <https://www.youtube.com/watch?v=Lju6h-C37hE>-Get physical! Go to the Max Aitken PE page OR do your own physical activity for 10 minutes (walk around, do some yoga, run on the spot/around your home. If you are able to, do some yoga using this video: <https://www.youtube.com/watch?v=47Se2HWSv9k> **Optional:**-Journal about your emotions for today, trying to be self-aware about what you may be feeling: anxiety, sadness, anger, joy, fear, bliss, etc.. Write at least one paragraph |
| **Monday** | **\*This lesson will likely need to be finished tomorrow!**-**Virtual Teams meeting at 1:15**. Go to your Teams calendar OR use this link: [https://teams.microsoft.com/l/meetup-join/19%3ajHrd4MtF84L4RhLMTu5koCaLOs9xOyjgrK1-UAnhU2A1%40thread.tacv2/1636370338747?context=%7b%22Tid%22%3a%224d2b5fdf-c4d2-4911-8709-68cc2f465c9f%22%2c%22Oid%22%3a%2247be148a-44ca-4b0a-b8b7-208c2b5dad51%22%7d](https://teams.microsoft.com/l/meetup-join/19%3AjHrd4MtF84L4RhLMTu5koCaLOs9xOyjgrK1-UAnhU2A1%40thread.tacv2/1636370338747?context=%7b%22Tid%22%3a%224d2b5fdf-c4d2-4911-8709-68cc2f465c9f%22%2c%22Oid%22%3a%2247be148a-44ca-4b0a-b8b7-208c2b5dad51%22%7d) -Write down ALL of what you have eaten today. Example:  Breakfast: scrambled eggs with ketchup, a piece of toast, a glass of milk Lunch: 2 pizza pockets Snacks: one granola bar, cranberry juice-Write 3-5 sentences about if you think your choices where healthy and WHY.-Go to this link: <https://www.cspinet.org/eating-healthy/what-eat> -Take your time to read through the web page, clicking the links on the page to take you to the various articles-Take a look at this “Take Action” <https://www.cspinet.org/what-you-can-do/take-actions>-What can you do to take action? |
| **Tuesday** | -Watch this video to learn about how your nutrition affects your brain: <https://ed.ted.com/lessons/how-the-food-you-eat-affects-your-brain-mia-nacamulli#watch> -Go through this lesson about how your nutrition affects your brain. Watch the video first, then click on the links to go to the other sections (see below): |
| **Wednesday** | -Finish work from previous daysIf you have time, go to:- Go to myBlueprint: <https://myblueprint.ca/> -Click login-Scroll down until you see “school account login”:-Click on “ Anglophone North School Board”:-Use your student email and password to login-Once on myBlueprint, scroll down until you see the Who am I section and click on it:-Answer some of the Who am I surveys to learn more about yourself! |
| **Thursday** | Remembrance Day: No school |
| **Friday** | No Personal Wellness class on Fridays |