

**Course : Wellness Period 7****Teacher: Mrs. Polochick****Week 4 Assignments****For the week of: 4/13 - 4/17**

Below you find each assignment I expect to be completed below.

All assignments are explained in detail below in this document. Please email me with any questions.

All assignments are to be turned in on google classroom on the week 4 graphic organizer in the appropriate assignment in the "Classwork" section of Google Classroom: **Week 4 Wellness Learning Plan.**

**Guideline:**

We worked hard to ensure that the Learning Plan provides accessibility for all learners. We hope that you see that there are options to engage learners at all levels. *These activities are not intended to replace the normal school day.* **There is now an expectation for students to turn these documents in to your specific educators.** We want you to take time to enjoy family, be safe, stay healthy and find time within this week to engage in learning opportunities. Feel free to create a schedule that works for you and your family. We strongly encourage each student to participate in approximately two hours a day. We want your brain working and challenging yourself, while staying safe and having fun.

**Here is a summary of the assignments I am expecting you to complete and turn in by the end of this week:**

1. This week I will expect you to complete your Wellness Journal in your copy of the graphic organizer in your Week 4 assignment in Google Classroom. Please make an entry in your journal every day this week.
2. This week I will expect you to share one idea from each of the Teens Health Articles in the *Google Classroom Week 4 assignment* in your copy of the graphic organizer in your Week 4 assignment in Google Classroom that you think your classmates would find helpful and/or useful right now.
3. This week I will expect you to write down one important point made in the Tedx YouTube video.

1. **Continue to keep a daily wellness journal** by utilizing the graphic organizer in the classwork assignment for week 4. **This week I will expect you to make entries daily in your Wellness Journal in the Week 4 assignment graphic organizer in Google Classroom.**

**Assignment #1:** Keep a daily wellness journal utilizing and building on the skills we have already learned about goal setting and self management.

**Options for creating a wellness journal include:**

1. Utilize the Wellness Journal Graphic Organizer found in your week 4 assignment in Google Classroom by typing right into the document.

What do you write in a wellness journal? In a notebook, or a google doc or a note in your phone write down the following every day:

1. **Write down your health and fitness goal for the week. Clarify and focus your health and fitness goals for the week.** *Example: I will exercise and eat healthy every day.*
2. **Write down the activities you will accomplish that will let you know you are working towards your weekly goal. Break down goals into smaller, more manageable goals.** *Example: I will exercise for 30 minutes a day and eat 3-5 servings of fruits and veggies a day*
3. **Write down all progress made each day. Track progress towards goals.** *Example: Write down what you have accomplished toward your goal each day*
4. **Write down your specific workouts and food choices etc. Plan future workouts and health enhancing activities.** *Example: I will walk outside for 30 minutes every day this week, I will eat fruit with breakfast and lunch and vegetables with lunch and dinner.*
5. **Record workouts done and healthy choices made.** *Once you have accomplished part of your goal write it down*
6. **Record related non-workout information e.g. sleep, meals, energy levels, mood & overall health.** *Allow space in your journal to keep track of your daily mood, how much sleep you got per night, your daily energy level and how you would rate your overall health on a scale of 1-10.*

**2. Read both articles by clicking on the links below and then answer the questions found in your week 4 graphic organizer in Google Classroom.** **This week I will expect you to share one idea from each article in the Google Classroom Week 4 assignment that you think your classmates would find helpful and or useful during this time.**

Links to article/Video:

[Am I in a Healthy Relationship?](#)

[How to Break up Respectfully](#)

Spanish: [Teens Health](#)

**3. Using your skill of accessing valid health information, review the Tedx talk Youtube video provided below.** **This week I will expect you to watch the Tedx video and share how you can use the emotion of anger to your benefit for your health. Share your answer in the Google Classroom Graphic Organizer for Week 4.**

Click here for access to the video: [Tedx: Why we Get Mad and Why it's Healthy](#)

Type your answer in the week 4 graphic organizer found in your Wellness Google Classroom under week 4 assignment in the "classwork" section and turn this document in once you have completed all three assignments. All assignments are due by Friday.