

Grade 7

Distance Learning Module 1: Week of: March 30-April 3

Grade 7 Health: Introduction of teacher, students, & Health course, stress reduction & mindfulness

Targeted Goals from Stage 1: Desired Results

Content Knowledge: Health is a state of complete physical, emotional, and social well-being, and wellness is being aware of how our choices and behaviors affect our health. We can learn how to practice healthy habits that will improve and maintain our health as we grow and develop. While some temporary stress can actually be motivating, continuous stress can have a negative effect on our health. We can develop practices that can reduce the effect that stress can have, and mindfulness is a practice that is a tool that we can use. Mindfulness is when we pay attention to what is happening in the moment without any judgement. It can help our brains and our bodies handle the stress we have in our daily lives.

Vocabulary: Health, wellness, stress, mindfulness

Skills: Recognize the aspects of health, identify strengths and areas of improvement, meet Ms.Quinn virtually, introduce self through written form, respond to videos on mindfulness

Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Meet Ms. Quinn on WeVideo, introduce self on form, identify strengths and areas of improvement in personal health triangle	<u>Greeting from Ms. Quinn</u> <u>7th Grade Course Outline</u> <u>Tell Me About Yourself</u>	<ul style="list-style-type: none">● Watch my introduction video● Read through course outline with parents● Complete and submit google form with introduction responses.
Tuesday:		

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Wednesday: Mindfulness introduction & how simple practices can benefit our health	<u>What is Mindfulness?</u> <u>Beginner's Guide to Mindfulness</u>	<ul style="list-style-type: none"> ● Watch 2 videos
Thursday:		
Friday: Mindfulness & how simple practices can benefit our health	<u>My video on mindfulness</u> <u>Mindfulness Practice handout</u> <u>List of Mindfulness Apps & Podcasts</u>	<ul style="list-style-type: none"> ● Watch video ● Read handout ● Try to practice mindfulness for 5 minutes

Week criteria for success: Watch videos, read handouts, complete and submit Google form by Friday

Supportive resources and tutorials for the week: Students can watch videos multiple times. I will be posting office hours from 11-12 every day and available 9-2 for any student questions or concerns.