



8th Grade

Life Fitness

Health & PE Activities

Choice Board

<u>NEIGHBORHOOD WALK:</u> Go out for a 30-minute walk around your neighborhood.	<u>GOALS</u> Every morning name 3 things you are grateful for. Challenge yourself to find different things to be grateful for each day.	<u>HOW LOW CAN YOU GO:</u> Grab a broom handle and challenge your family members to a limbo contest.
<u>MENTAL HEALTH</u> Remember that smiling releases endorphins to help you feel better. But laughing releases even more. Watch this compilation from the show Wipeout for some laughs. Watch Me.	<u>SOCIAL HEALTH:</u> Ask your family members to teach you something you don't know how to do. Some examples are: do the laundry, cook their favorite family recipes, count money, do taxes and change oil on the car.	<u>LET'S DANCE:</u> Using your favorite gaming console, put in a dancing game and challenge your family. If you don't have that option, look on YouTube for Just Dance videos and try to follow along!
<u>KINDNESS JAR:</u> Get a jar, some paper strips and coloring/writing utensils. Every time someone around you does/says something kind, you write it on a paper and put it in the jar. At the end of the week read the papers and discuss the acts of kindness being displayed. Get the family involved.	<u>TIK TOK:</u> Take some time to create your own Tik Tok. This could be on anything. In reality, this could touch on multiple Dimensions of Health, depending upon what your Tik Tok is about. If you feel comfortable, please email your teacher a link to see it. We love to see your creativity.	<u>STAYING SOCIAL:</u> Make sure you are staying connected with people outside of your home. Stay in touch with your friends and family. Take this time to reconnect with family and/or friends you haven't talked to in a long time. Maybe, go so far as to write them a LETTER. Weird I know. Give it a try, you may enjoy it as much as they do.

Feel free to email your teachers to show them that you are working on your choices.

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