

## Distance Learning #4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Choice Board</b>  Choose an activity from the Choice Board below.	<b>Choice Board</b>  Choose an activity from the Choice Board below.	<b>Choice Board</b>  Choose an activity from the Choice Board below.	<b>Choice Board</b>  Choose an activity from the Choice Board below.	<b>Choice Board</b>  Choose an activity from the Choice Board below.  Fill-out the <b>Google Reflection Form</b> documenting which activities you choose throughout the week.  <b>NEED TO CREATE GOOGLE FORM</b>

## Choice Board

<b>PLAY <u>MINUTE TO WIN IT</u> GAMES WITH YOUR FAMILY OR SOCIALLY DISTANCED FRIEND(S)</b>	Journal Prompt: Describe your favorite healthy meal.	<i>Pick an extra chore to help out your family</i>
Journal Prompt: Give five examples how exercise benefits you.	<b>PLAN AN OBSTACLE COURSE AND COMPETE AGAINST A FAMILY MEMBER</b>	Have a dance party with your family or socially distanced friend(s)
Run a mile (or two)	Journal Prompt: What does "living a healthy lifestyle" mean to you?	Pick a workout from the Schoology Workout folder

