

Assignments for Health Students and PE students with medical Exemptions

Thursday – 04/02 – Smile into the mirror for 10 seconds. Smiling slows the heart rate and relaxes the body. It releases endorphins that counteract and diminish stress hormones. It has also been shown to increase productivity while a person performs tasks. If you can, send a picture of your wonderful smile to your teacher.

Friday – 04/03 – Laugh – Find someone or something that always makes you laugh – a funny video, a friend who tells funny stories (on the phone) or a tv show that is silly or funny. Laughter gives you a mental escape that makes you more relaxed, positive and joyful. If you can, send your teacher a meme that makes you laugh.

Time for Spring Break!!!!!!!!!!

Monday 04/13 – Show appreciation. Do something nice and unexpected for a family member or a friend – wash the dishes, take the dog for a walk, send a special message by email or text or anything else you can think of. Gratitude has consistently been one of the strongest happiness boosters known in scientific literature. Send a picture or description of your act of appreciation to your teacher.

Tuesday 04/14 – Take a music break. Listening to music can reduce stress, elevate your mood and raise your productive frame of mind. Send your teacher the lyrics to a song that makes you happy and gives you peace of mind. Please make sure the lyrics are appropriate for school!

Wednesday 04/15 – Color. Coloring is an easy way to practice mindfulness. It takes focus and requires you to slow down and think about what you are working on, getting other things out of your mind, and gives you relief from stress and tension. Create your own picture to color or find a picture on-line to color and send a picture of your completed masterpiece to your teacher.

Thursday 04/16 – Make-up day. If you were unable to complete any of the assignments listed, please take this time to catch up and submit them. Mrs. Hoffman and Coach Bryant will be switching students today for the rest of the school year.

Friday 04/17 – Make-up day. If you were unable to complete any of the assignments listed, please take this time to catch up and submit them.

Please stay safe and well! Remember to wash your hands often and to practice social distancing. We miss you all and can't wait to see you again!!!