**T3 HEALTH**

**March 25-27 Mini lessons**

**March 25th : Phycisal Health**

* Making healthy decisions (CH.1)
	+ Read the article from CNN below
	+ [**https://www.cnn.com/2020/03/20/health/exercise-gym-close-coronavirus-quarantine-wellness-jampolis/index.html**](https://www.cnn.com/2020/03/20/health/exercise-gym-close-coronavirus-quarantine-wellness-jampolis/index.html)
	+ Think of ways you can physically stay active during our time at home, maybe even try to workout they suggested!!
	+ Write 1 paragraph on your ideas and come up with 3 day workout plan to keep you and your family moving!

**March 26th: Mental Health**

* Read the article from CNBC below
	+ Scroll down to the section on “What individuals can do”
* **<https://www.cnbc.com/2020/03/20/coronavirus-tips-for-protecting-your-mental-health-during-quarantine.html>**
* Come up with a routine that you could do every day, regardless of social distancing and being home from school!
* Once you do this, try to implement you routine for the rest of the week. Write 1 paragraph on you thoughts (good or bad) on how routines can pertain to your mental health.

**March 27th: Boredom**

* Read the article below on CNBC below
* [**https://www.cnbc.com/2020/03/20/relaxing-activities-to-do-at-home-during-covid-19-quarantine.html**](https://www.cnbc.com/2020/03/20/relaxing-activities-to-do-at-home-during-covid-19-quarantine.html)
* This article gives you some quality ideas to do when you start to feel bored or isolated, which if your are like me is already occurring!
* Complete one of the activities in the article and then journal how you believe staying busy and active can help with our days in isolation.
* Lastly, make a tik tok for some fun! Get sibilings, mom and dad or whoever is in your household involved.
	+ Keep it appropriate and if we get the chance through distance learning maybe we can share with the class for a good laugh during quarantine!!

**STAY SAFE AND STAY HOME, SEE YOU SOON!**