

Grade 7

Distance Learning Module 1: Week of April 13th to April 17th

## **Content Area: 7th Grade Healthy Living**

### **Targeted Goals from Stage 1: Practice Mindfulness**

**Vocabulary:** Mindfulness

**Expectation:** Students will practice mindfulness

<b>Description of Task (s):</b>	<b>Resources and Materials:</b>	<b>Daily Checks (Return to Google Classroom or snapshots from a cell phone)</b>
Monday:		
Tuesday: Pick one Mindfulness Activity	Mindfulness activities (posted in Google classroom)	Complete Checklist on google classroom and submit on google classroom
Wednesday:		
Thursday: Pick one Mindfulness Activity	Mindfulness activities (posted in Google classroom)	Complete Checklist on google classroom and Submit on google classroom
Friday:		

#### **Week criteria for success**

(posted in Google classroom)

#### **Supportive resources and tutorials for the week**

(posted in Google classroom)