

Grades 11/12

Distance Learning Module 1: Week of: March 30 to April 3

Content Area: Junior/Senior Health

Targeted Goals from Stage 1: Introduction and explanation of Mindfulness Practice Card

Vocabulary: Mindfulness

Expectation: For the week, students are expected to complete 3 Mindfulness practices, compose a Slide of Me, and view peers Slide of Me

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Introduction of Mindfulness Practice	Mindfulness Practice Card posted in Google Classroom	student response of mindfulness activity practiced on Google Classroom
Tuesday: Slide of Me making	Slide of Me assignment sheet posted in Google Classroom	Slides on Google Docs
Wednesday: Mindfulness Practice	Mindfulness Practice Card posted in Google Classroom	student response of mindfulness activity practiced on Google Classroom
Thursday: Slide of Me viewing	Slide of Me slide show...Google classroom	Slides on Google classroom to view
Friday: Mindfulness Practice	Mindfulness Practice Card posted in Google Classroom	student response of mindfulness activity practiced on Google Classroom

Week criteria for success (attach student checklists or rubrics): students respond/post in threads on Google Classroom

Supportive resources and tutorials for the week (plans for re-teaching):

Mindfulness Practice Card _ posted in Google Classroom

Slide of Me assignment sheet - posted in Google Classroom