

Grade 7

Distance Learning Module 1: Week of April 20th - April 24th

Content Area: 7th Grade Healthy Living

Targeted Goals from Stage 1: Practice Mindfulness

Vocabulary: Mindfulness

Expectation: Students will practice mindfulness

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
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