

Grade 7

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

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