

## Grade 6

Distance Learning Module 2: Week of: April 6-10

### Grade 6 Healthy Living:

#### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** Our immune system is always working hard to protect us. Stress can have a negative effect on the immune system and mindfulness can help.

**Vocabulary:** Immune system, white blood cells, antibodies, pathogen, mindfulness, meditation

**Skills:** Recognize that our immune system is always working hard to keep us healthy and protect us from pathogens (germs). Recognize that mindfulness and meditation can strengthen our immune system to better protect us.

#### Expectation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Watch the videos on the immune system and how mindfulness can help improve our overall health.	How Your Immune System Works  Coronavirus on BrainPop  HeadSpace Video  Headspace Video  Headspace Video	<ul style="list-style-type: none"><li>● Watch the videos</li><li>● Practice for 1-5 minutes of mindfulness with Headspace videos</li></ul>
Tuesday:		
	How Meditation Can Improve Your Immune	

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Wednesday: Watch the video on meditation and the immune system and respond to the questions on Classroom.	System	<ul style="list-style-type: none"> <li>• Respond to Questions on Classroom</li> </ul>
Thursday:		
Friday: <b><i>No Activities for Good Friday</i></b>	<b>No Activities</b>	

**Week criteria for success:** Watch the videos, respond to the questions on Classroom, submit at least one photo on the Classroom assignment

**Supportive resources and tutorials for the week:** Re-watch videos as needed, email me any time, contact me during office hours 11-12