This week you MUST do #1 and then you may choose 2 more activities to complete for this week. I hope you do all of them! Any and all photos, paragraphs, and required notes will be completed on the submission form. **Share the submission form ONE TIME at the end of the week when ALL activities are completed**.

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| --- | --- | --- | --- | --- |
| #1 | #2 | #3 | #4 | #5 |
| REQUIREDVocabulary & Notes | Organize Your Clothes | Get Active | Meal Time Help | Take Care of Yourself |

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| #1 – How Do You Actually DO Laundry? Complete the required section of vocabulary and notes on the submission form. #2 – Organize Your Clothes – Get them off the floor, folded, hung in the closet and looking presentable. Submit before and after photos on the submission form.#3 – Get Active: 20 minutes of your favorite physical activity. Get that heart rate up and have some fun. \*Write a paragraph (minimum 5 sentences) about what you did for this activity. Include how you felt before, during and after completing the activity. Do this on the submission form.#4 – Meal Time Help: Choose 2 days to offer help during a meal. For example, set the table, assist in making the meal, clear the table, load the dishwasher/wash the dishes, or put away leftovers.\* Write a paragraph (minimum 5 sentences) about what you did to help for this activity. Do this on the submission form.#5 – Take Care of Yourself: 20 minutes of an activity that lowers your stress/anxiety level. For example, color/draw, read for fun, Sudoku, cross-words, etc. NO SCREENS\*Write a paragraph (minimum 5 sentences) about what you did for this activity. Include why you chose the activity and how you felt before, during and after the activity. Do this on the submission form. |