This week you MUST do #1 and #2 then you may choose 1 more activity to complete for this week, if you wish. I hope you do. 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 |
| REQUIREDSafety Vocabulary  | REQUIREDSafety Video Observations | Get Active | Meal Time Help | Take Care of Yourself |

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| #1 – How to Stay Safe: Use the PowerPoints posted on the website to define the vocabulary listed on the submission form. #2 – What’s Wrong? – Watch the video (video link is in the submission form) and list the safety issues you see. Then fill in the table 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. |