* April 27, 2020 - Monday – Weekly Goals:

Each student will share their weekly goals in 50 words or more according to fitness, education, self-mental health (how are you going to improve your stress levels, motivation, self-love etc.), and nutrition.

* + You will submit this by way of “Form Submission” on the Web Site.
  + If you are unable send it to my email address [kefla.hare@cobbk12.org](mailto:kefla.hare@cobbk12.org)
* April 28, 2020 - Tuesday – Self Discovery:

Read any article about Teenage Anxiety. You will find that Teenage Anxiety rates are rising and within the events we are experiencing one may find themselves experiencing anxiety at some point. Have a healthy discussion with someone; friend or family about what you read and how this or if this applies to you.

* April 29, 2020 - Wednesday – Self Discovery:

Read 2-3 articles about Benefits of proper sleep. Many of you are probably getting more sleep than you ever Dreamed of (get it Dreamed Of, No, never mind, I’m a Dad so I have to do a Dad joke every now and then). Research shows that the recommended amount of sleep is 8 hours to help you function and reenergize for growth and development. Research what is the least and most sleep one can get before it begins to cause harm.

* + Read more than 2 articles because you need to learn that not all information is good information. I want you to learn to decipher between valid and invalid information.
* April 30, 2020 - Thursday – Current Event:

I will post a Current Event or Health Story that I want you to read and answer the questions below under the tap Current Event Questions. Please make sure you are answering in complete sentences.

* + Submit work through “Form Submission”.
* May 1, 2020 - Friday – Health Preview:

I will post a link to a YouTube video on a health topic of my choice for you to view that will be beneficial to the lessons we are/will learn from. Be prepared to share the following week in a paragraph response based off of any question I may asked in relation to the video.

Happy Learning!

Coach Hare