



## 8<sup>th</sup> Grade Plan for Spring Break Week Mindfulness/Spirit Week 2020

Day	ELA	Social Studies	Science	Math	SPECIAL
Monday April 13 <sup>th</sup> Superhero Day	Introduction to Mindfulness <ul style="list-style-type: none"> <li>• Google slide with videos</li> <li>• Mediation and mindfulness activities</li> </ul>	Introduction to heroes. Google slide or form - What is a hero? SS lesson on Harriet Tubman.	The Science Behind Mindful Meditation <ul style="list-style-type: none"> <li>• Google Slide</li> <li>• You Tube Video</li> </ul>	Exponential Growth/Decay (Bacteria & Viruses) <ul style="list-style-type: none"> <li>• Google Slides &amp; You tube Video</li> </ul>	<b>Music</b> Watch interview with American songwriter Lizzo about changing he mindset and practice self-talk
Tuesday April 14 <sup>th</sup> Crazy Hair Day	The Power of Hope is Here Every Day <ul style="list-style-type: none"> <li>• Google Slides with videos</li> <li>• Photo page</li> </ul>	Choose someone that gives you hope everyday. Who are they, what do they do and how do they inspire hope in you?	Rewiring the Anxious Brain <ul style="list-style-type: none"> <li>• Google Slide</li> <li>• You Tube Video</li> </ul>	Problem Solving: Using Logic Reasoning <ul style="list-style-type: none"> <li>• Google Slides &amp; You tube Video</li> </ul>	<b>Music</b> Google form with questions about video
Wednesday April 15 <sup>th</sup> Mismatch Day	Background of Mismatch Day <ul style="list-style-type: none"> <li>• Google slides with videos</li> <li>• Mismatch clothes interactive activities</li> <li>• Optional photo page</li> </ul>	Choose an individual from history and create their mismatched clothing.	Accepting Emotions <ul style="list-style-type: none"> <li>• Google Slide</li> <li>• You Tube Video</li> </ul>	Identifying Positive & Negative Association (Real-Life Application) <ul style="list-style-type: none"> <li>• Google Slides &amp; You tube Video</li> </ul>	<b>Technology</b> Research people in history for social studies assignment- heroes people of inspiration, such as athletes, celebrities, entrepreneurs
Thursday April 16 <sup>th</sup> Jersey Day	Releasing Fear and Anxiety with Hopefulness “In hope I am fearless.” <ul style="list-style-type: none"> <li>• Google Presentation with a voice recording</li> <li>• You Tube video on hope</li> </ul>	Choose an athlete in history or current and answer: How does this person inspire hope in you?	Mindfulness Emotions <ul style="list-style-type: none"> <li>• Google Slide</li> <li>• You Tube Video</li> </ul>	Mindfulness (Using Central Tendency with Heartbeat and Pulse Rate) <ul style="list-style-type: none"> <li>• Mindfulness Activity</li> <li>• Google Slides</li> </ul>	<b>Health/PE: Yoga</b> <ul style="list-style-type: none"> <li>• You Tube video</li> <li>• Yoga exercises</li> </ul> *physical activities will be posted all week
Friday April 17 <sup>th</sup> Twin Day	When you are Real, You Have Infinite Hope “I have every hope in the world” <ul style="list-style-type: none"> <li>• Google Slides</li> <li>• You Tube videos</li> </ul>	Choose a person in history and answer: How can I inspire hope in others like this person?	Loving Kindness Meditation to Develop Mindfulness and Compassion <ul style="list-style-type: none"> <li>• Google Slide</li> <li>• You Tube Video</li> </ul>	Mindfulness (Gratitude Practice) <ul style="list-style-type: none"> <li>• Mindfulness Activity</li> <li>• Google Slides &amp; Online Resources</li> </ul>	<b>Health/PE: Basketball</b> <ul style="list-style-type: none"> <li>• You Tube video on basketball heroes</li> </ul>