

Healthy Living / Continuous Learning

Scott Harmon: Online Office Hours. M-F (9 - 10 am)

Email: scott.harmon@mcsdonline.org

Phone: 563-260-3578

Google Classrooms link for 5-6th, 7th and 8th grade students.

<https://classroom.google.com/u/0/h>

**** Additional health links posted at the end of this document.**

Health Lessons for ALL healthy Living classes (5th/6th, 7th and 8th)

Week 1 April 13-17

Part 1: Lesson Topic: Confidence and assertiveness

Watch the following video (11:39 mins)

<https://www.youtube.com/watch?v=NBkvWCmz2W4>

1. Using paper/pencil or computer doc.: list each of the 7 ways to improve assertiveness mentioned in the video.
2. Rank in order 1-3 the top 3 that you think will help you become more assertive.
3. Why do you think some people have a hard time being assertive? Why is it hard for you?
4. How do you view your level of assertiveness?
5. How could you start being more assertive today?
6. What are some key things to remember when being more assertive?

Part 2: 7th and 8th graders: You can work on your “MY HEALTH” project in google slides.

Part 3: Don't forget your exercises even if you can't go outside.

Try these simple exercises we learned about in health class this year. Do them once a day if you can. Twice a day would be great but only if you're in shape already. Be careful. Stay safe.

- > squats. 20 (3 sets) total of 30 ... do more if you can !!
- > planks. Hold for 30 seconds ... (4 sets) ... total of 2 minutes
- > bird dog. Hold for 30 seconds ... (4 sets) ... total of 2 minutes
- > glute bridge. Hold for 30 seconds ... (4 sets) ... total of 2 minutes
- > push ups (as many as you can! :)

Week 2 April 20-24

Part 1: Lesson Topic: Gratitude and thankfulness

Watch the following video (4:43 mins)

https://www.youtube.com/watch?v=U5IZBjWDR_c&t=40s

1. Using paper/pencil or computer doc.: Answer the following questions
2. Why is it important to focus on being thankful for what you have?
3. Who are 3 people you are thankful for?
4. What are 3 things you are thankful for? (example: phone)
5. What are the places you are thankful for? (example: Fuller Park/movie theater)
6. What happens to people that focus on being grateful and thankful for what they have?

Part 2: 7th and 8th graders: You can work on your “**MY HEALTH**” project in google slides.

Part 3: Finish EVERFI module: Mental Wellness Basics

Part 4: Don't forget your exercises even if you can't go outside.

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Week 3 / April 27- May 1

Drink more water!

Part 1: Lesson Topic: Advantages of drinking water

Watch the following video (3:24 mins)

<https://www.youtube.com/watch?v=JsYNgHbhwal>

1. Using paper/pencil or computer doc.: list each of the 9 incredible things drinking water does for you.
2. Rank in order 1-3 the top 3 that you think you could try this week to help you drink more water.

3. Why do you think it's hard for some people to drink enough water?
4. How much money do you spend on drinks other than water?
5. Keep track of your water consumption for the next week and see if you can make changes to drink more water.

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Part 3: Don't forget your exercises even if you can't go outside.

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Check out PE with Joe for a great 30 min. Work out!

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Week 4 / May 4 - May 8

Part 1: 7th and 8th graders: Complete your “**MY HEALTH**” project in google slides.

Part 2: Finish **EVERFI** module: Mental Wellness Basics (7th and 8th)

Finish **EVERFI** module: Get Digital / Ignition (5th and 6th grade)

Part 3: Don't forget your exercises even if you can't go outside.

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Week 5 / May 11 - May 15

Part 1: 15 Habits of Happy People 😊 Happiness Habits to Improve Your Life!

Link: [15 habits of happy people](#)

- > While watching the video use paper/pencil or computer doc. to list each of the 15 Habits of Happy People.
- > Pick the top 3 happiness habits that you think you have already
- > Rank the top 3 happiness habits that you think you should work on to help you become a happier person.
- > Reflecting on the video: do you think you are in control of your happiness? Why or why not?

Part 2: 7th and 8th graders: Complete your “[MY HEALTH](#)” project in google slides.

Part 3: Finish **EVERFI** module: Mental Wellness Basics (7th and 8th)

Finish **EVERFI** module: Get Digital / Ignition (5th and 6th grade)

Part 4: Don't forget your exercises even if you can't go outside.

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PE with Joe - May 11

<https://www.youtube.com/watch?v=Mr49d6c5J8U>

Week 6 / May 18 - May 22

Part 1: Benefits of Good Posture: Video Link: [Benefits of good posture](#)

> While watching the video use paper/pencil or computer doc. to list the 8 benefits of good posture.

- > How many good posture habits do you have already?
- > What areas do you think you could improve on concerning your posture habits?
- > Reflecting on the video, do you think you can understand why it's so important to have good posture? Why?

Part 2: 7th and 8th graders: Complete your “[MY HEALTH](#)” project in google slides.

Part 3: Finish **EVERFI** module: [Mental Wellness Basics \(7th and 8th\)](#)

Finish **EVERFI** module: Get Digital / Ignition (5th and 6th grade)

Part 4: Don't forget your exercises even if you can't go outside.

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Additional health links to explore: [click images or links to open](#)



Tips for teens to avoid ever starting to smoke/vape and how to quit if you have started.

<https://teen.smokefree.gov/>

Random acts of kindness

<https://www.randomactsofkindness.org/kindness-videos>

5 minute workout!

<https://www.youtube.com/watch?v=FRDGIIJTVt8>

The Truth About Processed Food

[processed food / Web MD](#)

Virtual Field trips

<https://www.teachersfirst.com/tags/virtual-field-trips/>