

Division 2 Wellness Home Learning Week 1

Physical Activity: Our plan is to provide suggestions for at home workouts and give plenty of options to keep students moving and active during their time at home. The Physical Activity list is provided in the D2 Well Notebook for all students to access.

Health project: Students are currently in the middle of their emotional health projects. Students are in different stages of completion for this project. We created this checklist to guide students toward meeting on this assessment (the rubric is directly reflected) and we plan to check in with students by email that we know are behind. All of the project materials are available in the D2 Well Notebook which they have been using for the past 2 weeks.

Emotional Health Project checklist

Open your power point. Use these guidelines to make sure your presentation contains the following components.

1. **Title slide:** Names, overall topic area, sub question, if you are in a group - names associated with sub question addressed.
2. **Research slides:** Each person is responsible for finding and summarizing 2 text-based articles in your PowerPoint. Each article should be summarized in 1-2 slides.

Be sure your slides include:

- i. Name/ date of article
 - ii. Summary (this should be 4-6 good notes that you pulled from the article)
 - iii. Link to article
 - iv. Stats or picture
 - v. Your own name (so you get credit for doing this)
3. **Vocab slides:** Be sure your slides include:
 - i. Two relevant vocab terms
 - ii. A dictionary definition of your word- cite where you got your definition from
 - iii. A definition of your terms in your own words, demonstrating your understanding
 - iv. Your name on the slide (so you get credit for doing this if you are working in a group)
 4. **Definition of emotional health slide:**
 - i. **Feel stuck?** Answer these questions:
 - i. What does it mean to be emotionally healthy?
 - ii. What does a person who is emotionally healthy look like? How do they act?
 - iii. What would a person struggling with emotional health look like? How would they act?

Be sure to include your name on the slide (so you get credit for doing this if you are working in a group)

Are you done with these components? Move on to 5

5. **Media slide:** Each person is responsible for finding and summarizing 1 media source (TedTalk, NPR interview, educational YouTube video -- NO VLOGS, podcast etc.) in your PowerPoint. Each media source should be summarized in 1-2 slides.

Be sure your slides include:

- i. **Name/ date of media source**
- ii. **Summary (this should be 4-6 good notes that you pulled from the media source)**
- iii. **Link**
- iv. **Your name on the slide (so you get credit for doing this if you are working in a group)**

Are you done with these components? Move on to 6 and 7

6. **Infographic Slide:** Each person is responsible for finding and summarizing 1 infographic. (if you don't know what an infographic is use this link). In your PowerPoint, your infographic should be explained in your own words.

Be sure your slide(s) include:

- i. **Name of infographic**
- ii. **The actual infographic!**
- iii. **Explanation of infographic in 3-5 sentences**
- iv. **Your name on the slide (so you get credit for doing this if you are working in a group)**

7. **Overall aesthetic:** Make sure your PowerPoint “Makes effective use of color, graphics and word art to engage your audience” (from the rubric 😊).