



# 8<sup>th</sup> Grade

## Life Fitness

### Health & PE Activities

## Choice Board

<p><b><u>PAPER PLATE WORKOUT:</u></b></p> <p>In plank position with paper plates under your feet.</p> <p>Complete 30 seconds of each exercise you see in the video.</p> <p><a href="#">Paper plate workout</a></p>	<p><b><u>GOALS</u></b></p> <p>Every morning name 3 things you are grateful for. Challenge yourself to find different things to be grateful for each day.</p>	<p><b><u>MINUTE TO WIN IT:</u></b></p> <p>Check out the Minute to Win It ideas I have on the Canvas page. Challenge yourself and/or your family to some of these activities. You can always look up new challenges online as well.</p>
<p><b><u>CONTINUE</u></b></p> <p>Each week select ONE TED Talk and watch it (see additional sheet). Fill out the worksheet for each TED Talk you watch (see additional sheet on Canvas). Feel free to send it to me once you are done.</p>	<p><b><u>SOCIAL HEALTH:</u></b></p> <p>Continue to ask your family members to teach you something you don't know how to do. Some examples are: do the laundry, cook their favorite family recipes, count money, do taxes and change oil on the car.</p>	<p><b><u>IMPORTANT SLEEP</u></b></p> <p>Read the linked article and take the next week to track how many hours you are sleeping. Are you sleeping enough? <a href="#">Sleeping Teen Health</a></p> <p>*Email me your sleep log for the week.</p>
<p><b><u>WHAT TIME IS IT:</u></b></p> <p>Game time! It's time to break out to cards, dice, board games. We're talking games that don't use electricity. Enjoy using strategy, laughing, engaging with each other. Here is site with lots of <a href="#">card games</a>. Here is a link with <a href="#">dice games</a> and some additional card games.</p>	<p><b><u>2 HOUR CALM CHALLENGE:</u></b></p> <p>Your challenge is to take two hours out of your day to unplug and find something calming that you enjoy. Some examples are coloring, drawing, reading, painting, crafting, exercising, walking, etc.</p>	<p><b><u>STAYING SOCIAL:</u></b></p> <p>Make sure you are staying connected with people outside of your home. Stay in touch with your friends and family. Take this time to reconnect with family and/or friends you haven't talked to in a long time. Maybe, go so far as to write them a LETTER. Weird I know. Give it a try, you may enjoy it as much as they do.</p>

Feel free to email your teachers to show them that you are working on your choices.

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