

Theme of the Day: **GO**



## **Educational Resources- Secondary Level**

### **Activity 1: Spirit Day- Go!**

Subject: Any

Prep Time:

Activity Time:

#### **Activity Description:**

Today is all about exercising your body and mind for your own well-being. Have students dress in exercise clothes. For example, track suits, sweats, tennis shoes, etc. Students could get silly and do “80’s exercise” with head bands, wrist bands, and leg warmers! etc.

If it is possible, give the students an opportunity to do a school walk. They can do it before or after school or during lunch. It’s an opportunity to show off their exercise clothes and get their bodies moving!

### **Activity 2: Take it Outside!**

Subject: Any

Prep Time: 0 min

Activity Time: Up to one class period

#### **Activity Description:**

Teachers choose a lesson that can be done outside. Writing, reading groups, math lesson with dry erase boards, natural science lesson using the outdoors, art class- drawing nature, music singing or playing easily movable instruments, foreign language practice outside, etc.

Explain to the students that changing your environment can give you a different perspective on any subject. After you have finished the class, ask the students to think about how they can make learning more fun on their own. Can they do homework outside? Can they try to earn more “outdoor learning time” in class with good behavior and attitudes?

Share your photos and experiences @givevendays on Facebook, Twitter, and Instagram using the hashtag #givevendays.  
To share more detailed events email info@givevendays.org with your school name.