

Theme of the Day: GO



Educational Resources- 7th - 12th

Activity: Spirit Day

Subject: Any

Prep Time: N/A

Activity Time: N/A

Activity Description: **Read the information below for school announcements the day before this Spirit Day.*

Today is all about your well-being and keeping your mind and body healthy. Students are encouraged to dress in athletic clothes (ex.- sweats, tennis shoes, athletic shorts, etc.) to resemble being active. It is important to take care of yourself so teachers should take a couple minutes to discuss why it's important to keep good mental health as well as physical health as a class.

Activity:

Subject: Any

Prep Time: 0 min.

Activity Time: Up to one class period

Activity Description:

Teachers are encouraged to take students outside for any educational lesson. It can be a science lesson, a math lesson with white boards, etc. Teachers should explain to their students that a different environment can give them a different perspective on learning material. After the class is finished the teacher should ask the students how they can make learning more fun on their own and share out ideas.