

Theme of the Day: **YOU**



Educational Resources- Secondary Level

Activity 1: Spirit Day - You...to the MAX!

Subject: Any

Prep Time: None

Activity Time: N/A

Activity Description:

Encourage students to dress in a way that they feel defines an aspect of who they are. Students should think about who they are and what represents them. Some suggestions could include dress in athletic wear from the sport they play or like watching, in clothing from their particular culture, as a famous person they aspire to be like, in clothes that show their style- casual, formal, preppy, dramatic, etc. Students can get silly and go all out!

Activity 2: Relax

Subject: Any

Prep Time: None

Activity Time: 5 minutes

Activity Description:

Teachers, give students 5 minutes to take time for themselves. Explain that a way to take care of You in the middle of a busy day, doesn't need to be something big. It can be finding 5 minutes to relax. Those 5 minutes can give you a new mindset or energy level that will make your day more productive and happy.

Maybe this means students lay their head down and think, maybe they need to catch up with a friend or take a few deep breaths to let some stress out. There are numerous 5 minute breathing exercises available on the internet that provide wonderful stress relief. Teachers could also consider showing this short inspiring youtube video: "Think Different"

https://www.youtube.com/watch?v=dX9GTUMh490&feature=em-share_video_user.

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