Learning Skills Assignment for Packet 17 – 21

You can print off and write your answers on the next page or simply set up a similar format on a sheet of notebook paper.

1.  ***MAKE YOUR BED.***

In a 2014 speech at the University of Texas at Austin, Admiral William McRaven, the retired U.S. Commander of U.S. Special Operations, shared his thoughts on this small chore.  "If you make your bed every morning, you will have accomplished the first task of the day.  It will give you a small sense of pride and it will encourage you to do another task and another and another.  By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter."

You will probably have your parents wondering what is wrong with you if you do this.  They may also check your temperature. I am looking forward to hearing about their reactions.

2.  ***WALK OUTSIDE.***

With your parents' permission, I want you to walk outside each day, even if it's just to walk on your porch, for 20 minutes.  While outside, please pay attention to things that you can see, hear, smell, and touch.  PLEASE DO NOT BE ON YOUR PHONE DURING THIS TIME.  The point is to experience our natural surroundings and give ourselves a break from electronics and digital devices.  Has Mrs. Roth lost it completely? ***Probably.***  Humor me.

3.  ***List 3 things that you are thankful for in your life.***

The point here is to understand that we DO have things to be thankful for every day.  Write 3 things down.  It's part of your assignment.

4.  ***List 1 GOOD thing that you have experienced as a result of social distancing.***

It may be easy to think of how we have all been inconvenienced by our current situation.  The challenge for some is to find the silver lining.  Do this for your own well-being.  Write it down.

5.  ***List 2 ways that you can help your family during this time.***

If you are following the social distancing guidelines, you are already doing one major thing to help your family.  You are keeping yourself safe.  Find something else.  Write these things down.

6.  ***If you have access to the internet, send a LiveGrades message to one of your teachers.***

Simply say "hello" and ask them how they have been.  Tell them how you have been.  Believe it or not, WE MISS SEEING OUR STUDENTS!!! I guarantee you it will put a smile of his/her face.  Please do it.  I will check.

7.  ***THIS IS A BIGGIE!***

***With your parents' permission and guidance***, call an elderly relative, friend of the family, or neighbor.  Just say "Hello" and ask how they are doing.  Be polite and be gentle.  This is a scary, lonely time for most elderly folks and we want your call to be uplifting and positive.  Some elderly people have no one that will do this for them.  Be the sunshine in their day.  Please.  Perhaps your parents will not want you to do this and that's ok.  I am betting they will though.  It may seem awkward at first but please understand that some elderly people have no one to check on them.  Use your good manners. It could possibly mean the world to them.

Mrs. Roth

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 - 2

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Wed | Thu | Fri | Sat | Sun |
| Made bed |  |  |  |  |  |  |  |
| Walked outside |  |  |  |  |  |  |  |

3. List THREE things you are thankful for in your life.

 1.

 2.

 3.

4. List ONE good thing that you have experienced as a result of social distancing.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. List TWO ways that you can help your family during this time.

 1.

 2.

6. If you messaged one of your teachers on LiveGrades, which teacher did you message?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Please remember that you should discuss this suggestion with your parents and get their permission and guidance on who to call and what to say. If you called an elderly neighbor, family member, or friend of the family to check on them, write the name of the person that you called.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_