

## **BHS (Grades 9-12) Health and Wellness Enrichment Activities for the Week of 5-18-20 through 5-22-20**

**Enrichment Curriculum Focus:** Disease and Illness Prevention and Safety/Physical Education, Exercise and Wellness.

### **Above the Noise, Coping with Uncertainty during the Quarantine:**

This whole quarantine thing is hard on every aspect of society. School is no exception, with millions of students now stuck at home dealing with a bunch of new stress. How do you deal with so much uncertainty? In this Above the Noise Video, see how you are experiencing this along with millions of other students and learn some tips to take care of yourself.

<https://www.pbslearningmedia.org/resource/77530f1a-e3a8-4a6a-85c2-f36f67bd6b9c/coping-with-uncertainty-during-the-time-of-corona-above-the-noise/>

### **Self-Care - 5 Minute Total Body Stretch Break:**

If you're in need of a five-minute full body stretch, then this video is for you! This routine has 14 stretches, held for 20 second each, that will loosen your major muscle groups from head to toe. One of the secrets of success with flexibility is having a routine. It doesn't need to be long or complicated, either. Doing just a few minutes of basic stretches on most days of the week will help prevent the loss of flexibility while keeping your body performing optimally and knocking out stress. A couple of quick pointers: You should feel a gentle stretch, not pain and Remember to **breathe** throughout the stretch. Enjoy this stress buster!

<https://youtu.be/2L2InxIcNmo>