

High School Grades 9-12

June Enrichment Calendar

Week of June 1 through June 5

## **June Enrichment Calendar**

### **High School**

### **Grades 9-12**

This Health and Wellness Calendar has an activity for each day of the month that is designed to enhance your wellness. Enjoy trying these activities!

#### **June 1**

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you to recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels.

##### **Heartbeat Exercise**

As you monitor your heartbeat and breathing after exercise, you will learn to become mindful of how your body feels.

**How to:** Start in a standing position, run in place, or jump up and down, or do jumping jacks, for 1 minute. At the end of that minute, place your hand over your heart and pay attention to how your heartbeat and breathing feels. Pay attention to your heartbeat and breathing until you return to being completely relaxed.

#### **June 2**

##### **[Yoga for Beginners / Teen Yoga Class \(Grades 9-12\)](#)**

A 15-minute teen yoga class for beginners with Yoga Ed, created for ages 13-18.

<https://www.youtube.com/watch?v=6kJgTouHHeE>

<https://youtu.be/6kJgTouHHeE>

### **June 3**

**Bionic Technology:** Hugh Herr is building the next generation of bionic limbs, robotic prosthetics inspired by nature's own designs. Herr lost both legs in a climbing accident 30 years ago; now, as the head of the MIT Media Lab's Biomechatronics group, he shows his incredible technology with the help of ballroom dancer Adrienne Haslet-Davis, who lost her left leg in the 2013 Boston Marathon bombing. Enjoy exploring this amazing health/science field. (Grades 9-12)

<https://ed.ted.com/lessons/g8KC49mB>

**Be Outside:** A University of Maryland study reports a 50 percent drop in the number of students who spent time in outdoor activities. But doctors know humans need to spend time outdoors to stay healthy. If you get outside and do things, you feel better.

<https://www.pbslearningmedia.org/resource/be-outside-science-trek/be-outside-science-trek/>

### **June 4**

**The Importance of Sleep:** We spend about a third of our lives sleeping, but what do scientists really know about sleep? Host Joan Cartan-Hansen and her guests, Dr. Janat O'Donnell and Nancy Nadolski, a Family Nurse Practitioner specializing in sleep issues, will answer students' questions about sleep. Learn about the importance of sleep and your health.

<https://www.pbslearningmedia.org/resource/e2ef7332-7368-418e-b3ab-b982f0c026fa/sleep-science-trek/>

### **Mindful Breathing**

Breathing exercises can be a great way to help relieve stress and anxiety. This video focuses on two relaxing breathing techniques: Square breathing and Pursed breathing. The instructor starts off with Square breathing. These breathing techniques are good at helping to relieve stress and anxiety. Enjoy practicing mindful breathing.

<https://youtu.be/odADwWzHR24>

### **June 5**

**3 Ways to Increase Positive Emotions:** Positive emotions don't just feel good — they're good for you. Research shows that people feel and do their best when they experience at least three times as many positive emotions as negative ones. Click on “Listen” to learn how to increase positive emotions.

Note: If you have trouble with the “play/Listen” button, you can have the entire article read to you by pressing the mp3 button, just to the right of the “stop” button.

<https://kidshealth.org/en/teens/positive-emotions.html?WT.ac=ctg#catemotions>