



# A GUIDE TO REMOTE LEARNING

- EACH DAY**
- Stay healthy! Get a good night's sleep, eat healthy and drink water
  - Connect with your teacher(s) and complete your assignments
  - Spend time reading

## IDEA

# 1

### FIND A WAY TO GIVE BACK

- Do a chore to help out around the house
- Cook dinner: Try a new recipe
- Post an encouraging message to social media
- Send a card to a local business or loved one
- Read a book to a younger sibling or family member



## IDEA

# 2

### GET OUTSIDE AND BE ACTIVE

- Go on a nature walk and take pictures of what you see
- Pick a couple exercises and see how much you can improve each day
- Vitamin D is proven to boost your immune system so go outside anytime the sun is out!
- Write a friendly message on your driveway with sidewalk chalk



## IDEA

# 3

### EXPLORE YOUR FUTURE

- Research potential career paths at [www.roadtripnation.com](http://www.roadtripnation.com)
- Invest in a hobby or a passion by reading and watching videos
- Map out your path to success and set some goals
- Make a list of your dream jobs, pick one to be for a day at home
- Create a list of 10 things you are good at, and find careers that match your talents



## IDEA

# 4

### PRIORITIZE YOUR MENTAL WELLNESS

- Bust out the crayons and color
- Video chat with a friend or family member
- Download and try a breathing exercise app
- Start a gratitude journal
- Try a social media-free morning



**ALSO THIS WEEK TRY...**

Follow **Liberty-Benton Schools** for more ideas of how to give back, stay active, explore your future, and prioritize your wellness!