

Page 1 of 1

Week of: June 20th-26th **Home "work"** Name: Evan

Do one or more of the following for a minimum of 90 minutes everyday!

Monday	Tuesday	Wednesday
Play outside <u>1:00</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>0:20</u> Talk with parents <u>1:00</u> Read a book <u>X</u> Volunteer <u>X</u> 3:20	Play outside <u>2:00</u> Exercise <u>1:30</u> Create something <u>X</u> Meditate <u>0:20</u> Talk with parents <u>0:40</u> Read a book <u>X</u> Volunteer <u>X</u> 4:30	Play outside <u>1:00</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>0:20</u> Talk with parents <u>1:00</u> Read a book <u>X</u> Volunteer <u>X</u> 3:20
Thursday	Friday	Saturday
Play outside <u>1:30</u> Exercise <u>1:30</u> Create something <u>0:10</u> Meditate <u>0:10</u> Talk with parents <u>0:20</u> Read a book <u>0:15</u> Volunteer <u>X</u> 3:55	Play outside <u>3:30</u> Exercise <u>3:30</u> Create something <u>0:05</u> Meditate <u>0:10</u> Talk with parents <u>1:00</u> Read a book <u>0:05</u> Volunteer <u>X</u> 7:20	Play outside <u>X</u> Exercise <u>1:00</u> Create something <u>0:15</u> Meditate <u>0:20</u> Talk with parents <u>3:00</u> Read a book <u>0:20</u> Volunteer <u>X</u> 4:45
Sunday	Reflection	
Play outside <u>7:00</u> Exercise <u>8:00</u> Create something <u>X</u> Meditate <u>0:20</u> Talk with parents <u>2:00</u> Read a book <u>X</u> Volunteer <u>X</u> 17:50	<p>I really enjoy playing outside with my friends because it keeps me active.</p> <p>- This summer I will try to read a minimum of 3 books</p>	

<p>40 105</p> <p><u>Monday</u> Play outside <u>35</u> Exercise <u> </u> Create something <u>40</u> Meditate <u> </u> Talk with parents <u>30</u> Read a book <u> </u> Volunteer <u> </u> 105</p>	<p><u>Tuesday</u> Play outside <u>50</u> Exercise <u>10</u> Create something <u>30</u> Meditate <u> </u> Talk with parents <u>20</u> Read a book <u> </u> Volunteer <u> </u> 110</p>	<p><u>Wednesday</u> Play outside <u> </u> Exercise <u> </u> Create something <u>125</u> Meditate <u> </u> Talk with parents <u>30</u> Read a book <u>30</u> Volunteer <u> </u> 185</p>
<p><u>Thursday</u> Play outside <u>130</u> Exercise <u>10</u> Create something <u>1</u> Meditate <u> </u> Talk with parents <u>30</u> Read a book <u> </u> Volunteer <u> </u> 271</p>	<p><u>Friday</u> Play outside <u>8h</u> fishing Exercise <u> </u> Create something <u> </u> Meditate <u> </u> Talk with parents <u>4h</u> Read a book <u>2h</u> 14:30 Volunteer <u>30</u> boat set up</p>	<p><u>Saturday</u> Play outside <u>4h</u> Exercise <u>2h</u> Create something <u>3h</u> Meditate <u> </u> Talk with parents <u>1h</u> Read a book <u> </u> 145 Volunteer <u>45 minutes</u> 185</p>
<p><u>Sunday</u> Play outside <u>2h</u> Exercise <u>1h</u> Create something <u>5h</u> Meditate <u> </u> Talk with parents <u> </u> Read a book <u>1h</u> Volunteer <u> </u> 9h</p>	<p>1448 min total</p> <p><u>Reflection</u> I really enjoyed doing this homework because the activities are activities that I enjoy doing. It encouraged me to do more of things I normally don't do. I volunteered, create something which I normally don't do. Push myself doing. Bizki's helped me think about being creative and challenged me to put more effort into it.</p> <p>Created by Peter Cameron (Mr C's ShareEase Blog)</p>	

105 1448 min

1645

<p><u>Monday</u> Play outside <u>1:00</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>X</u> Talk with parents <u>0:20</u> Read a book <u>X</u> Volunteer <u>X</u> 2:20:00</p>	<p><u>Tuesday</u> Play outside <u>1:00</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>X</u> Talk with parents <u>0:30</u> Read a book <u>0:05</u> Volunteer <u>X</u> 2:05</p>	<p><u>Wednesday</u> Play outside <u>X</u> Exercise <u>0:30</u> Create something <u>:20</u> Meditate <u>:10</u> Talk with parents <u>1:00</u> Read a book <u>X</u> Volunteer <u>X</u> 2:00</p>
<p><u>Thursday</u> Play outside <u>0:10</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>X</u> Talk with parents <u>1:00</u> Read a book <u>X</u> Volunteer <u>X</u> 2:10</p>	<p><u>Friday</u> Play outside <u>0:45</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>X</u> Talk with parents <u>0:30</u> Read a book <u>0:05</u> Volunteer <u>X</u> 2:20</p>	<p><u>Saturday</u> Play outside <u>3:00</u> Exercise <u>1:00</u> Create something <u>X</u> Meditate <u>0:45</u> Talk with parents <u>4:00</u> Read a book <u>X</u> Volunteer <u>0:45</u> 9:30</p>
<p><u>Sunday</u> Play outside <u>0:10</u> Exercise <u>3:00</u> Create something <u>X</u> Meditate <u>0:30</u> Talk with parents <u>0:30</u> Read a book <u>X</u> Volunteer <u>X</u> 4:00</p>	<p>Read more during <u>Reflection</u> Volunteer ^{the day when I can} more With chores around the houses create more art at home during spare time.</p>	

EXERCISE____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____	EXERCISE____ Create something____ Meditate____ Talk with parents____ Read a book____ Volunteer____
---	---

Reflection

This week I realized how easy it is to get off my phone and go outside or create something of my own. My next step is to try to meditate I enjoy doing it at school.

Friday	Saturday
Play outside ✓ 25min Exercise ✓ Create something _____ Meditate _____ Talk with parents ✓ Read a book _____ Volunteer ✓	Play outside ✓ 2:00 Exercise ✓ Create something ✓ Meditate ✓ Talk with parents ✓ Read a book _____ Volunteer ✓
<p>I need to read more books!</p> <p><u>Reflection</u> 6:30 min all together</p> <p>This homework made me feel that every school should do this every day like my class!</p> <p>My goal is to do this every day in the summer</p> <p>I used to never work out often but since a week</p>	

Do one or more of the following for a minimum of 90 minutes everyday!

Monday	Tuesday	Wednesday
Play outside ✓ Exercise ✓ Create something _____ Meditate _____ Talk with parents ✓ Read a book _____ Volunteer _____	Play outside ✓ Exercise ✓ Create something _____ Meditate _____ Talk with parents ✓ Read a book _____ Volunteer _____	Play outside _____ Exercise _____ Create something ✓ Meditate _____ Talk with parents ✓ Read a book ✓ Volunteer _____
Thursday	Friday	Saturday
Play outside ✓ Exercise ✓ Create something _____ Meditate _____ Talk with parents ✓ Read a book ✓ Volunteer _____	Play outside ✓ Exercise ✓ Create something ✓ Meditate _____ Talk with parents ✓ Read a book ✓ Volunteer _____	Play outside ✓ Exercise ✓ Create something _____ Meditate _____ Talk with parents ✓ Read a book ✓ Volunteer _____
Sunday	Reflection For the past week I have been doing what we like to call "home work" and I know I made me more self aware, more calm & showed me what I should be doing everyday. I think this could really help with kids health that everyone should be doing it.	

paper plane at Family