This week you MUST do #1 and then if you want, you may choose 2 more activities to complete for this week. I hope you do. Any and all photos, paragraphs, and required notes will be completed on the submission form. Share the submission form ONE TIME at the end of the week when ALL activities are completed.

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| #1 | #2 | #3 | #4 | #5 |
| REQUIRED  Laundry Process & Tips | What to Wear? | Get Active | Meal Time Help | Take Care of Yourself |

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| #1 – How Should You Treat Certain Clothes? Complete the required grid determining how laundry loads should be treated through the washing and drying cycles. Then fill in the blanks in the clothing care tips statements. Both are on the submission form.  #2 – What to Wear? – Looking at the clothes you currently have, choose a complete outfit for each of the following situations. List EVERYTHING! Even down to the socks. Be descriptive.   1. A typical school day 2. A day at the beach 3. A wedding 4. A school dance   #3 – Get Active: 20 minutes of your favorite physical activity. Get that heart rate up and have some fun.  \*Write a paragraph (minimum 5 sentences) about what you did for this activity. Include how you felt before, during and after completing the activity. Do this on the submission form.  #4 – Meal Time Help: Choose 2 days to offer help during a meal. For example, set the table, assist in making the meal, clear the table, load the dishwasher/wash the dishes, or put away leftovers.  \* Write a paragraph (minimum 5 sentences) about what you did to help for this activity. Do this on the submission form.  #5 – Take Care of Yourself: 20 minutes of an activity that lowers your stress/anxiety level. For example, color/draw, read for fun, Sudoku, cross-words, etc. NO SCREENS  \*Write a paragraph (minimum 5 sentences) about what you did for this activity. Include why you chose the activity and how you felt before, during and after the activity. Do this on the submission form. |