



ESL Virtual Learning

Study Skills

April 22, 2020

Lesson: April 22, 2020

Objectives:

1. Students will learn how to get started on Online Learning.
2. Students will focus on making the most of your resources.
3. Students will take a Virtual Field Trip to the Nelson Atkins Museum and have private tour with the museum Director Julián Zugazagoitia.
4. Student will practice being POSITIVE!

Study Skills E-LEARNING Wednesday, April 22nd





Wellness Wednesday!

Today we will discuss the benefits of exercising.

Continue to do what you need to do so you can get the best grade for 2nd Semester.

We are going to practice self-care!

Wednesday's Tip

8 Tips for Making Studying Online Successful

1. Be Positive
2. Get Organized and Stay Organized
3. Establish a Flexible Routine
4. Set Personal Goals
5. Make the Most of Your Resources
6. Start on Track and Stay on Track
- 7. Exercise with Friends Online**
8. Learn to Deal with Setbacks



Let's talk about #7



Exercising with Friends

- As high school students, you will spend a lot of time online—completing lessons, chatting with peers, and touching base with teachers.
- So scheduling physical fitness into the day is also important.
- Physical exercise can boost mood, energy, and brainpower.
- You do not even have to leave the living room with the many online exercise videos available on social channels like Instagram and YouTube.

Better Mood, Better Energy, Better Memory, Better Attention

Increasing your physical activity can do all this for you! And even though you cannot go to the gym, play sports, or go to your PE class...you can do this at home! Don't take my word. [Listen to this TED Talk](#) on how exercise affects the brain! You know I love to dance. Share this to your friends and family.

Exercise is better with Friends via the Internet!



A Weekly Check In! If you have not done so, I would like you to take this weekly survey letting us know how you are doing.



Things to Remember from Last Week

- Contact your teachers, tell them hello. We miss you!
- There is still time to improve your grades for 2nd semester.
- You can still get a Chromebook at Truman High School. Go to the school from 11:00a.m. to 1:00p.m. Your parent needs to go to sign a waiver.
- Go to this link that was shared in an email by Dr. Herl to get free WiFi. <https://corporate.comcast.com/covid-19>
- Here is a [Spanish video](#) on how you can use your cell phone as a HOT SPOT. Please share this with all the other ESL students.

Wellness Wednesday

Wellness Chant



*I am strong!
I am smart!
I can do this!
Yes I can!*

Do this one minute chant standing and moving your arms out and then above your head and then lower them and sway them back and forth!

**This ends another day. I hope
it was a great day for you.
Don't forget teachers are
available to help you. You
need to email us.**

See you tomorrow.

Mrs. Lamas

