



Choir/Music Appreciation Virtual Learning

**High School Community**

**Outreach**

**May 18, 2020**



# High School Choir/Music Appreciation

## Lesson: May 18, 2020

**Objective/Learning Target: to encourage students to reach out to peers, friends, family, or community members.**

# BELL WORK

- Complete this [google form](#). •



# APPRECIATION CHALLENGE

Take today or this week and think about who needs to hear your appreciation.

**Being  
told you're  
appreciated  
is one of the  
simplest, yet  
most incredible  
things you can  
ever hear.**

# APPRECIATION

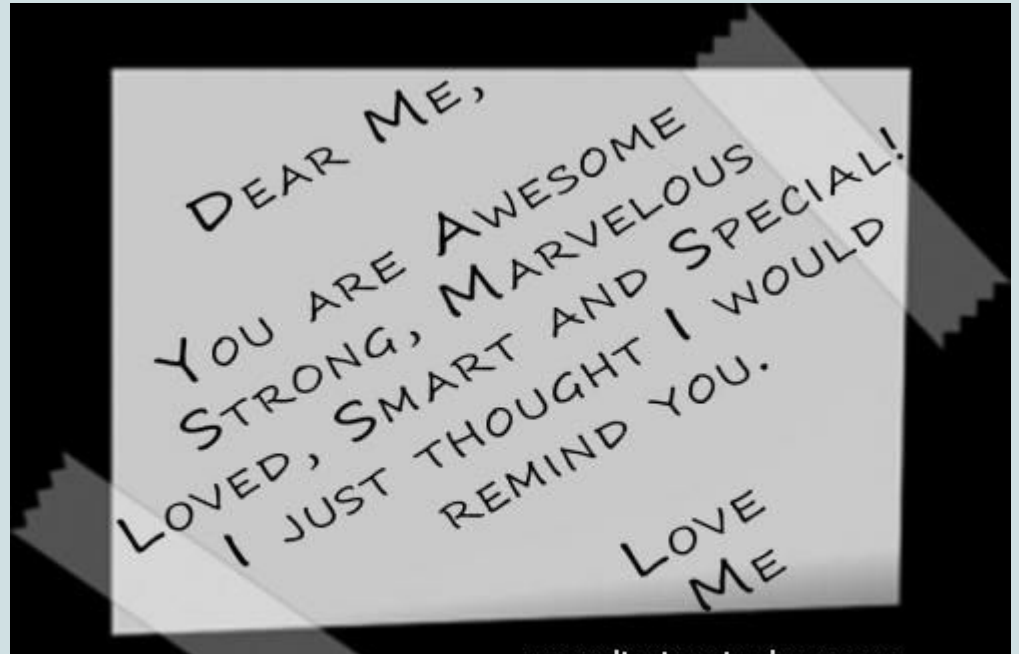
1. Send a text, email, note, or letter to someone you are thankful for.
  - a. Teacher
  - b. Adult
  - c. Community member
  - d. Family
  - e. Friend
  - f. Classmate
2. Tell them why you appreciate them and a big thank you!



# APPRECIATE YOURSELF

This has been a new and different time for everyone and YOU DID IT!

Keep looking forward to next year and the future!



# SOME GOOD NEWS





## ISD CHOIR QUARANTINE PLAYLIST



**Happy by  
Pharrell  
Williams**





# A MESSAGE FROM YOUR CHOIR TEACHERS...

We miss you all so much!  
We hope you continue to  
check in with your friends  
and classmates. Having a  
supportive community is so  
important right now. Hang  
in there!

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# a healthy list...

- 1) Get more sleep
- 2) Find time to exercise
- 3) Drink more water
- 4) Eat less sugar
- 5) Be humble
- 6) Read and write more
- 7) Remove clutter
- 8) Don't respond to negativity
- 9) Show gratitude
- 10) Forgive first

[averstu.com](http://averstu.com)

**Some  
things  
to try!**

## 7 WAYS TO STAY POSITIVE Today!

1. SMASH NEGATIVE SELF MESSAGES.



2. MOVE YOUR BODY.



3. PUMP UP THE JAMS.

4. PRACTICE GRATITUDE.



5. SET UP FOR SUCCESS.



6. BE (A LITTLE) SOCIAL.

7. LIST YOUR RADNESS.



# ONLINE RESOURCES

**Here are some great resources for you during this time:**

1. <https://www.isdschools.org/virtual-learning-resources/>
2. [A cappella app](#)
3. Tik Tok
4. Youtube