



Choir/Music Appreciation Virtual Learning

**High School Community**

**Outreach**

**May 11, 2020**



# High School Choir/Music Appreciation

## Lesson: May 11, 2020

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

# BELL WORK

- Although this has been a strange time, it is one that we will not forget.
- Grab a notebook or note on your phone and answer the following questions:
  - Today's date
  - How are you feeling today?
  - What do you miss?
  - What are you looking forward to?
  - What is one thing you can do today to feel more "normal"?
- Consider journaling every day or once a week if you feel like it helps you understand your feelings at this time.



# MENTAL HEALTH AWARENESS

It is so important to check in with yourself on how you are feeling. Don't be afraid to reach out!



# MIND MONDAY

Take 10 minutes to write down some things you are thankful for and some things that you love about yourself.

This song says it all:

[Taylor Swift](#)

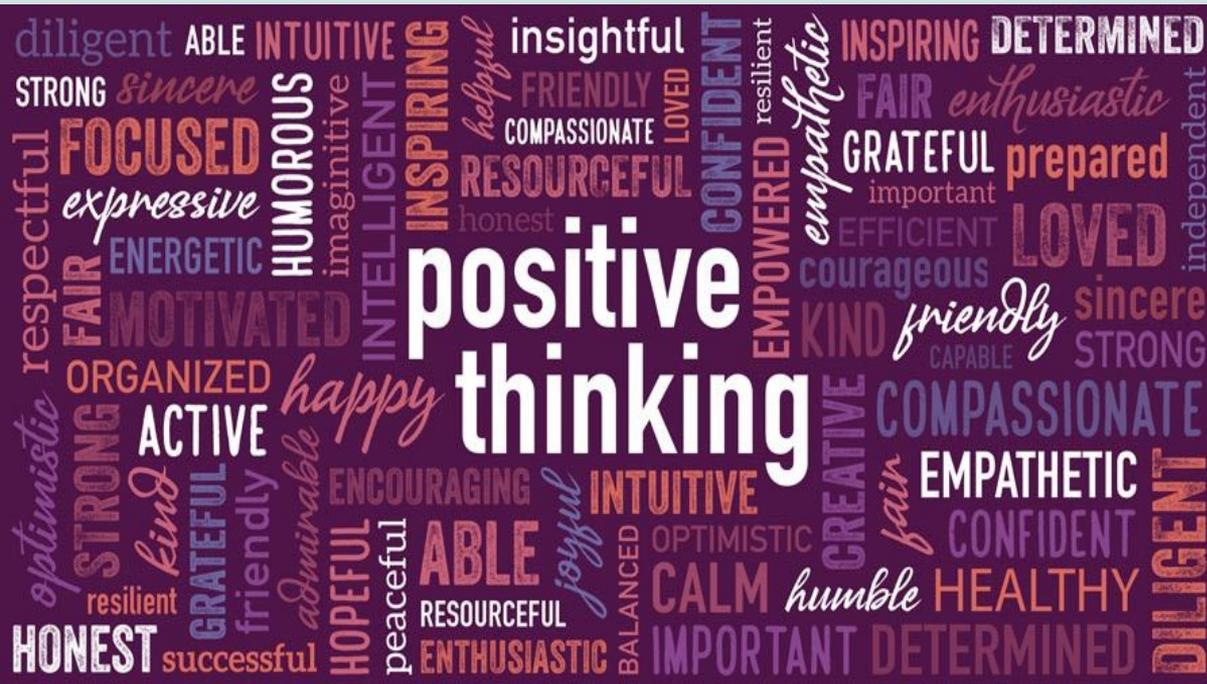


# TECH TUESDAY

Try to unplug from your electronic devices for the whole day (you can do it!!!) Focus on your surroundings and take a break!



# WORD WEDNESDAY



Write 5 words that describe you and then write a short description of why you picked those words.

WORDS

# TOP 10 THURSDAY

Find 10 inspirational quotes and write them down where you will see them everyday



# FITNESS FRIDAY



Do a 20 minute exercise!  
Walking, running, yoga, or  
anything else

# WHAT DOES MUSIC MEME TO YOU?

MY STUDENTS: IF I SEE ANOTHER SOLFEGE PUN  
I THINK I'M GONNA SCREAM.

Me: 'DO' you 'RE'ally 'MI'an that?

MY STUDENTS:



**ACTUAL FOOTAGE**



**OF TENORS AND BASSES  
ENTERING THE CHOIR ROOM**

Not always true but so funny! We love our tenors and basses!



# 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