ESOL Choice Board for Grades 6-8

Monday

"Work hard but don't forget to rest sometimes"

Click here to watch Kobe Bryant discuss sleep, mindfullness, and meditation.

Can you complete Mamba's challenge and add 30 minutes of sleep to your routine? This can be done a few different ways- go to bed earlier,get up later, take a nap, etc. When you are able to make this routine change, think about what you did (or didn't do), and see if you can add that daily change on a more regular basis.

On days when you can find those minutes, document it here:

Day	Extra 30?	Routine change? Describe it!

Tuesday

Bob Ross hosted a popular show on PBS for many years that taught people simple art techniques.

Click here to watch an episode

Click here to visit his Youtube channel

Can you complete a drawing by following Bob? Share it with your art teacher!

Wednesday

Discuss the rest of the upcoming semester with an adult who you trust. Talk with them about how you will make the most of this time. What are some ways you can help yourself succeed?

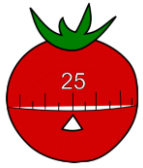
After you talk, write down three "I will _____." statements to remind yourself how you will succeed during the rest of Semester 2. Post your statements somewhere you can see them every day.

Completed this activity at the beginning of the semester, too? Go back and edit your original statements!

Thursday

25 minutes of work, 5 minutes of break…Pomodoro your brain! Pomodoro is a method to hack your attention that works like this:

1) Grab a piece of paper, set a timer for 25 minutes, then do your work. Click here for some online timer options
2) If a distraction pops in your head, write it down on your paper, then go back to your work.
3) When your timer goes off, put a check mark on your paper. You've completed one pomodoro!
4) Take a 5 minute break.
5) After 4 pomodoros, take a 30 minute break.
6) Repeat!



Friday

School breaks are great times to pick up hobbies that you might have left behind during the normal semester

Click here to learn a language with Duolingo

Click here to learn to code with Code Academy

Have other things you love to do? Spend some time during your break doing them!