

## CCLR- Leibrecht

May 4<sup>th</sup> – 8<sup>th</sup>

Mon. 4 <sup>th</sup>	Tues. 5 <sup>th</sup>	Wed. 6 <sup>th</sup>	Thurs. 7 <sup>th</sup>	Fri. 9 <sup>th</sup>
Everfi	Culminating Project	Culminating Project	Culminating Project	Everfi
	<p>5/5                      FYH: Go to KidsHealth.org;                      Select the For Teens tab; Select Mind;                      Under Being your best self (last one);  <b>Positive Emotions: A Worksheet.</b>                      Please answer these on a separate sheet of paper and the correct CCLR headings.                      REMEMBER- Next, put a star next to one or two positive emotions that you want to practice this week. Commit to doing something that will increase that positive emotion every day for a week.                      Please try to remember to keep practicing these items!</p>		<p>5/7                      FYH: Go to KidsHealth.org;                      Select the For Teens tab; Select Mind;                      Under Being your best self (last one);  <b>How's Your Self-Esteem (Quiz).</b>                      Is your self-esteem strong, or does it need a boost? Take our quiz to find out. For each item, choose the response that's most like you.                      When you're done, they'll have tips and advice on ways to build or maintain your self-esteem!                      On a separate sheet of paper, list the tips and advice they give you. Choose at least one tip and explain how you will implement that tip. If you would like to come back and explain how the tip helped, that would be great.</p>	

Blackboard: SPS homepage, Blackboard (Bb) steps for getting to CCLR Drug/Alcohol/Tobacco Unit

- Login
- Career College Life Readiness
- Coursework
- Unit 4- Drug/Alcohol/Tobacco Unit

\*\*\* Please do not forget to submit your work!! \*\*\*

I look forward to visiting with you all on Thursdays!!! Check with your Teams schedule!!!

