

The document is created as a one-activity-per-day plan for while students are at home. Each activity should take roughly 10-20 minutes.

Day 1 (3/24): *'Rooted in Love' During COVID-19*

<https://youtu.be/2OjjWh-8Iv0> or find a new article about mental health

Write a reflection about what you agreed or disagreed with from this video (or article), and how it could be applied in your own life.

Day 2 (3/25) : *Flattening the Curve*

<https://www.foxnews.com/us/when-will-coronavirus-peak-in-the-us-flattening-the-curve>

Make a list of 5 follow up questions that you have regarding this article, and 5 things that you learned (or, if you feel that you knew it all, what are 5 things from this article that most people probably don't know).

Day 3 (3/26): *'Psychology and the Good Life' Class Becomes Huge Success at Yale*

<https://www.businessinsider.com/coursera-yale-science-of-wellbeing-free-course-review-overview?fbclid=IwAR3RZEsjdbnVAFTq0a3OSDLw4qL6z9e8UoSFVe6dJGnjn36Fw3AUrU6bmW8>

1. Why do you think this course became so popular?
2. Do you think about happiness more or less than other people? Why do you think that is?
3. What are some things within your control that you could do, that might lead to your own increased happiness?

Day 4 (3/27): *American Citizens in Peru During COVID-19 Scare*

<https://www.politico.com/news/2020/03/21/peru-american-citizens-coronavirus-140803>

1. This article doesn't mention why people might have been in Peru during this time. List at least 4 reasonable reasons that someone might have been in Peru before the pandemic hit.
2. Imagine being an American stranded in another country during this time. What are some of the first, logical steps that you would take?
3. There are some "unnamed sources" in this article. What are the **named** sources saying?

Day 5 (3/31): *Understanding the Value in Others (and Yourself)*

<https://youtu.be/F-RhaNIXBNg>

1. Summarize the video in 3-4 sentences.
2. What is a way that you have seen these ideas play out in your life (either in good or bad ways)
3. What is a way that you could incorporate this more into your own life?

Day 6 (4/1) *Elementary Students in Debt*

<https://www.cnn.com/2019/12/17/us/5-year-old-negative-lunch-balances-trnd/index.html>

1. How does it feel to owe someone money, and how would you respond to someone paying your debt for you?
2. Why might these elementary students be in debt in the first place?
3. Is this article a happy, positive story, or a sad, negative one? Explain.

Day 7 (4/2) *Schools Race To Feed Students Amid Coronavirus Closures*

<https://www.npr.org/2020/03/20/818300504/schools-race-to-feed-students-amid-coronavirus-closures>

1. What does the article say is the “second biggest anti-hunger initiative in the country?”
2. Does the answer to #1 surprise you? Explain.
3. In your opinion, if a child does not have enough food at home (and the parent is unable to provide), who’s responsibility should it be to provide for the child?

Day 8 (4/3) *How and Why We Read*

<https://youtu.be/dh23nwxpfe8>

1. The title of this video is “How and Why We Read.” In 2-4 sentences, summarize why John Green thinks we read.
2. Obviously Green’s video is a generalization, but how and why do *you* read? Or, why is John Green’s argument incorrect?
3. Research (if needed) and make a list of at least three things you’d like to read in the next 6 months.