

Final Presentation Reflection
Global Games Term 3- 2020 - June 1-12, 2020

- Take some time to reflect on what you have experienced in global games this term.

Create a poster OR images OR Google slides OR Google Jamboard/audio presentation to finalize your reflections.

A. You will address the following wellness dimensions in your project → physical, mental, social and spiritual!

- a. **Physical:** You (hopefully) tried different exercises, made a fitness goal and maintained a fitness log.
 - i. Consider the following to address (all or one)
 1. What are the benefits or detriments you experienced when you addressed your physical well being?
 2. Did you like any new physical activities that you tried?
 3. the benefits of yoga - did you like it or not?
 4. Find images online and create a visual or name them for an audio presentation.
- b. **Mental & Spiritual:** Consider the following to address (all or one)
 - i. Share one of your favorite breathing, stress reduction or progressive muscle relaxation techniques by name, and the benefits or challenges you experienced from it or with it (again - do this with a picture if you like!).
 - ii. If you need to refer back this was from the May 4th and May 25th Learning Plans (*in the folder:* Old Wellness Learning Opportunities)
- c. **Social:** Consider the following to address (all or one)
 - i. How difficult was it to maintain healthy relationships with your peers, family and teachers during the past 2 months?
 - ii. What did you do to maintain healthy relationships? Anything new that worked? Or didn't work?
 - iii. Find images online and create a visual or name them for an audio presentation.

B. In a paragraph or two, reflect on what you learned from the class in general or about yourself, what surprised you about the class, and what you'll continue to use from your own health and wellbeing self-care practice? This can also be done in a drawing or picture found online that represents these answers for you.

- Submit/share your final reflection **Due June 12, 2020 @ 3pm** in the "Final Reflection Folder" on our Schoology Page.