

# TODAY: \_\_\_\_\_

REMEMBER: A STRESSED **BRAIN** DOES NOT ACCESS INFORMATION  
**HAVE YOUR WATER READY**  
DRINKING 80Z. OF WATER REDUCES ANXIETY WITHIN 5 MINS



**CLASSWORK**

**BRAINWORK**

**HOMEWORK**

SUBJECT 1:

WHAT DID YOU LEARN?

**BREAK**

GET SOME EXERCISE! WHAT WILL YOU DO? \_\_\_\_\_

**CLASSWORK**

**BRAINWORK**

**HOMEWORK**

SUBJECT 2:

WHAT DID YOU LEARN?

**BREAK**

BRAIN BREAK! WHAT WILL YOU DO? \_\_\_\_\_

**CLASSWORK**

**BRAINWORK**

**HOMEWORK**

SUBJECT 3:

WHAT DID YOU LEARN?

**BREAK**

LUNCH

**CLASSWORK**

**BRAINWORK**

**HOMEWORK**

SUBJECT 4:

WHAT DID YOU LEARN?

**BREAK**

GET SOME EXERCISE! TRY TO GET OUTSIDE! WHAT WILL YOU DO? \_\_\_\_\_

**CLASSWORK**

**BRAINWORK**

**HOMEWORK**

SUBJECT 5:

WHAT DID YOU LEARN?

**CLASSWORK**

**BRAINWORK**

**HOMEWORK**

SUBJECT 6:

WHAT DID YOU LEARN?