




ESOL Choice Board for Grades 6-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Think you'll have a hard time getting back on track with your schedule when winter break is over?</p> <p>Click here to try out the "Sleepy Time" calculator, which helps you figure out what time is best to go to bed and wake up depending on your brain's sleep cycles.</p> 	<p>Have you ever tried listening to an audiobook?</p> <p>Click here to explore some free audiobooks !</p> 	<p>Discuss 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?</p> <p>After you talk, write down three "I will _____." statements to remind yourself how you will succeed during Semester 2. Post your statements somewhere you can see them every day.</p> <p>Completed this activity last semester, too? Go back and edit your original statements!</p>	<p>Background noise can be distracting, or calming, depending on the type of sound.</p> <p>Do you find yourself often getting distracted by background noise? Click here to try "A Soft Murmur," a site that is designed to help you ignore bothersome noise by playing custom ambient sounds to suit your environment.</p> 	<p>Counter your screen fatigue with some mindful movement! Click here and try one of the Yoga with Adriene short videos for students.</p> 