WEEK 1 of 4

Control: To manage or regulate the movement or actions of something.

_Sammi worked to control her body and the ball as she dribbled through the cones._

200 Touches: [YouTube]
Every student has a soccer ball. Follow along to the 200 Touches YouTube Video to complete your 200 ball-control touches.

Don't have access to the video? Complete this routine instead.
50 Toe Touches (top of ball)
50 Foundations (inside-to-inside feet)
50 Toe Touches
50 Foundation
= 200 Touches

WEEK 1 of 4

Self-Care: Restorative activities that are done with the purpose of rejuvenation, wellbeing, and relaxation.

_Jacob practices mindfulness every morning as a part of his self-care routine._

Ted Talk: Self Care: What It Really Is [Video Link]
Take a few minutes to watch this Ted Talk on what self-care is and how you can build it into your lifestyle.

Complete the SEL Concept Square for Self-Care after you watch the Ted Talk. [Google Slide Link]