

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020



❖ Monday Morning 6.1.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
10 Incredible Method Actors Who Refused To Break Character	https://www.youtube.com/watch?v=je9pcVOBLrw
William Shakespeare: The Greatest Playwright	https://www.youtube.com/watch?v=gwA6meMWJNM&list=WL&index=972

Time	Zoom Link
10:30 am *Workout with Jenn *Fitness Discussion *Meditation	Join Zoom Meeting https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 Meeting ID: 897 7631 8252 Password: 073146

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Monday Afternoon 6.1.2020

Time	Zoom Link
1:30 pm *Stretching *Unicorn Sloth Drawing https://www.youtube.com/watch?v=HhiM_n7voCY	Join Zoom Meeting https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09 Meeting ID: 849 5654 7309 Password: 807717

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Tuesday Morning 6.2.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
5 Reasons To Set Healthy Boundaries with Toxic People	https://www.youtube.com/watch?v=A-CqifOE0Nw
ACTING: How To Build A Believable Character	https://www.youtube.com/watch?v=jKcsi8OK2eg

Time	Zoom Link
10:30 am *Workout with Josh *Boundaries Review *Drama Practice	Join Zoom Meeting https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 Meeting ID: 897 7631 8252 Password: 073146

★ 12 pm Break for Lunch, 1:1 Chat Time Available

(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Tuesday Afternoon 6.2.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Stretching</p> <p>*Drama</p> <p>*Cottage Kitchen Prep</p>	<p>Join Zoom Meeting</p> <p>https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</p> <p>Meeting ID: 849 5654 7309</p> <p>Password: 807717</p>

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Wednesday Morning 6.3.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
10 Signs You're Subconsciously Sabotaging Yourself	https://www.youtube.com/watch?v=FvCUNzrYOaI
Stop Negative Thoughts	https://www.youtube.com/watch?v=UAwcCjCzPks

Time	Zoom Link
10:30 am *Workout with Jenn *Fitness Discussion *Meditation	<u>Join Zoom Meeting</u> https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 <u>Meeting ID: 897 7631 8252</u> <u>Password: 073146</u>

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Wednesday Afternoon 6.3.2020

Time	Zoom Link
<p>1:30 pm</p> <ul style="list-style-type: none">*Stretching*Cottage Kitchen Prep*Drama Game?	<p><u>Join Zoom Meeting</u> https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</p> <p><u>Meeting ID: 849 5654 7309</u> <u>Password: 807717</u></p>

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Thursday Morning 6.4.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
How to Create a Character with Samuel L. Jackson Discover MasterClass MasterClass	https://www.youtube.com/watch?v=ZOCZ-aT07Cw
How to Get Ripped During Quarantine (Prison Style Workout)	https://www.youtube.com/watch?v=p1EIntiJmME

Time	Zoom Link
10:30 am *Workout with Josh *Cottage Kitchen Banana Pops Prep *Meditation *Boundaries?	Join Zoom Meeting https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 Meeting ID: 897 7631 8252 Password: 073146

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Thursday Afternoon 6.4.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Tai Chi with Don</p> <p>*Cottage Kitchen</p>	<p>Join Zoom Meeting</p> <p>https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</p> <p>Meeting ID: 849 5654 7309</p> <p>Password: 807717</p>

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Friday Morning 6.5.2020

★ 9:00 am: Chat/Phone Communication Open

FUNKY FRIDAY!

Video Title/Topic	Video Link
A different way to visualize rhythm - John Varney	https://www.youtube.com/watch?v=2UphAzryVpY
How to Count Music Exercise to help you find the beat in a song	https://www.youtube.com/watch?v=ikx05SfT2UA

Time	Zoom Link
10:30 am *Workout with Robb? *Breakout Groups *Drama Practice	Join Zoom Meeting https://us02web.zoom.us/j/89776318252?pwd=ZkdXTEk4bGVFbEk0ZlI1VFc0Uy8rUT09 Meeting ID: 897 7631 8252 Password: 073146

★ 12 pm Break for Lunch, 1:1 Chat Time Available
(1:1 chat time open)

Hidden Wings Weekly Plan Outline

Week of 6.1.2020-6.5.2020

❖ Friday Afternoon 6.5.2020

Time	Zoom Link
1:30 pm *Dance/Stretching/Pose Practice *Renaissance Dance Practice *Drawing	Join Zoom Meeting https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09 Meeting ID: 849 5654 7309 Password: 807717