

Hidden Wings Weekly Plan Outline

Week of 5.11.2020-5.15.2020



❖ Monday Morning 5.11.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
What This Chart Actually Means for COVID-19	https://www.youtube.com/watch?v=fgBla7RepXU&feature=youtu.be
Coronavirus Dealing with anxiety & mental health during a pandemic	https://www.youtube.com/watch?v=xzNMABRELPg
What is Mental Health?	https://www.youtube.com/watch?v=G0zJGDokyWQ

Time	Zoom Link
10:30 am *Workout with Jenn *Write down COVID 19 questions as a group *Talk about Sofa Singers!	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

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Week of 5.11.2020-5.15.2020

❖ Monday Afternoon 5.11.2020

Time	Zoom Link
1:30 pm *Stretching *Drawing Group *Counting Meditation	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 5.11.2020-5.15.2020

❖ Tuesday Morning 5.12.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
Why Mindfulness Is a Superpower: An Animation	https://www.youtube.com/watch?v=w6T02g5hnT4
We All Have Mental Health	https://www.youtube.com/watch?v=DxIDKZHW3-E

Time	Zoom Link
10:30 am *Workout with Josh *Tone of Voice/Vocal 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 5.11.2020-5.15.2020

❖ Tuesday Afternoon 5.12.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Stretching</p> <p>*Pizza Discussion,</p> <p>Importance of Preparing</p> <p>*Member/Student Sharing</p> <p>time (2 mins per person?</p> <p>Longer if we have less</p> <p>participants)</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 5.11.2020-5.15.2020

❖ Wednesday Morning 5.13.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
OLAF: At Home With Olaf - Brush FROZEN Official Digital Series Promo (NEW 2020) Disney HD	https://www.youtube.com/watch?v=i094dxBGO1Y
How to be more productive Productivity tips and hacks BBC Ideas	https://www.youtube.com/watch?v=DeMk2eNW8PQ

Time	Zoom Link
10:30 am *Workout with Jenn *Pizza Reminder, Staying Organized in the kitchen *Acting Exercise Pizza Drawing How to Draw Pizza Slice Black and White https://www.youtube.com/watch?v=uCsx467PUHl	<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)

❖ Wednesday Afternoon 5.13.2020

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Week of 5.11.2020-5.15.2020

Time	Zoom Link
<p>1:30 pm</p> <p>*Dance Practice</p> <p>*Pizza Prep (for those chopping or shredding items for tomorrow)</p>	<p><u>Join Zoom Meeting</u></p> <p>https://us02web.zoom.us/j/84956547309?pwd=QWw0OUwxQ0gzWGVUcTVnYzlrK3F4Zz09</p> <p><u>Meeting ID: 849 5654 7309</u></p> <p><u>Password: 807717</u></p>

Hidden Wings Weekly Plan Outline

Week of 5.11.2020-5.15.2020

❖ Thursday Morning 5.14.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
How Mindfulness Empowers Us: An Animation Narrated by Sharon Salzberg	https://www.youtube.com/watch?v=vzKryaN44ss
If Disney Songs Were About Quarantine	https://www.youtube.com/watch?v=el47Q_pfqsQ

Time	Zoom Link
10:30 am *Workout with Josh *Debbie's Cottage Kitchen *Drawing Doodle Sheep Dog https://youtu.be/2FvFYKK6k78	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 5.11.2020-5.15.2020

❖ Thursday Afternoon 5.14.2020

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

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Week of 5.11.2020-5.15.2020

❖ Friday Morning 5.15.2020

★ 9:00 am: Chat/Phone Communication Open

FUNKY FRIDAY!

Video Title/Topic	Video Link
CAN'T STOP THE FEELING! - Justin Timberlake (Stormtroopers Dance Moves & More) PT 9	https://www.youtube.com/watch?v=IYOarUVEQf0
A JAPANESE METHOD TO RELAX IN 5 MINUTES	https://www.youtube.com/watch?v=m3-O7gPsQK0

Time	Zoom Link
10:30 am *Workout with Robb? *Drama Game *Pizza Kitchen Review *Review Videos	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)

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Week of 5.11.2020-5.15.2020

❖ Friday Afternoon 5.15.2020

May change to one group in the afternoon, depending on Mentor needs

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