

Hidden Wings Weekly Plan Outline

Week of 6.29.2020-7.3.2020



dance

Staff Meeting:

Join Zoom Meeting

<https://zoom.us/j/96128374895?pwd=L1prckxHV1ZmTXcrQ2dkQkZEZkFZQT09>

Meeting ID: 961 2837 4895

Password: 5fGfXT

❖ Monday Morning 6.29.2020

★ 9:00 am: Meet At Waller or Sunny Fields Park

Video Title/Topic	Video Link
8 Signs You're a Highly Sensitive Person (HSP)	https://www.youtube.com/watch?v=zP1Ac8fXBJE
"What Would Happen If You Didn't Drink Water?"	https://www.youtube.com/watch?v=9iMGFqMmUFs

Time	Zoom Link
No Morning Zoom Today	

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

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Week of 6.29.2020-7.3.2020

❖ Monday Afternoon 6.29.2020

Time	Zoom Link
2pm Discussion Group	Join Zoom Meeting https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09 Meeting ID: 973 3426 4182 Password: 5Yew6P

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❖ Tuesday Morning 6.30.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
9 Signs You Have Unhealed Trauma	https://www.youtube.com/watch?v=41-dra66Y0o
Just One Sec	https://www.youtube.com/watch?v=gNZbzoLkHBw

Time	Zoom Link
10:30 am *Workout with Josh *Meditation *Discussion Groups *Drama Practice	Join Zoom Meeting https://zoom.us/j/98513376295?pwd=cVcvTDI0UFljWHQ3TVpCUEY2M1hqdz09 Meeting ID: 985 1337 6295 Password: 1qESUi

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

❖ Tuesday Afternoon 6.30.2020

Time	Zoom Link
1:30 pm *Stretching/Dance *Video Discussion *Cottage Kitchen Prep	Join Zoom Meeting https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09 Meeting ID: 973 3426 4182 Password: 5Yew6P

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Meeting ID: 961 2837 4895

Password: 5fGfXT

❖ Wednesday Morning 7.1.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
Borderline Personality Disorder... What is it?	https://www.youtube.com/watch?v=3Dt9xJGPQBk
Learn to Dance 3 Easy Steps	https://www.youtube.com/watch?v=kIKcQt_awWw

Time	Zoom Link
10:30 am *Workout with Jenn *Video Review *Cottage Kitchen Prep	Join Zoom Meeting https://zoom.us/j/98513376295?pwd=cVcvTDI0UFljWHQ3TVpCUEY2M1hqdz09 Meeting ID: 985 1337 6295 Password: 1qESUi

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

❖ Wednesday Afternoon 7.1.2020

Time	Zoom Link
1:30 pm *Stretching *Drama Practice *Drama Game	<u>Join Zoom Meeting</u> https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09 <u>Meeting ID: 973 3426 4182</u> <u>Password: 5Yew6P</u>

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Meeting ID: 961 2837 4895

Password: 5fGfXT

❖ Thursday Morning 7.2.2020

★ 9:00 am: Chat/Phone Communication Open

Video Title/Topic	Video Link
12 Emotions You Might Feel But Can't Explain	https://www.youtube.com/watch?v=bnY9YViO15o&t=47s
Count Music -- Hear the Beat by Counting Sets of 8	https://www.youtube.com/watch?v=h2sVRq8tRNM

Time	Zoom Link
10:30 am *Workout with Josh *Music Counting Practice	Join Zoom Meeting https://zoom.us/j/98513376295?pwd=cVcvTDI0UFljWHQ3TVpCUEY2M1hqdz09 Meeting ID: 985 1337 6295 Password: 1qESUi

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

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Week of 6.29.2020-7.3.2020

❖ Thursday Afternoon 7.2.2020

Time	Zoom Link
1:30 pm *Richard Simmons Workout *Cottage Kitchen	Join Zoom Meeting https://zoom.us/j/97334264182?pwd=OGczM3lkMTE0cWJXVWISQ0pGd1J3dz09 Meeting ID: 973 3426 4182 Password: 5Yew6P

Hidden Wings Weekly Plan Outline

Week of 6.29.2020-7.3.2020

Staff Meeting
Program Closed

❖ Friday Morning 7.3.2020

Fourth of July Weekend! Program Closed

Video Title/Topic	Video Link

Time	Zoom Link

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

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Week of 6.29.2020-7.3.2020

❖ Friday Afternoon 7.3.2020

Time	Zoom Link
Enjoy Your Holiday	