

FCS Choice Board

<p>Take any rugs out side and shake them. This helps to remove dust and keep the rugs cleaner for longer.</p> <p>#dustnomore</p>	<p>Eat at least 1 fruit and 1 vegetable each day. More if you can - try to eat one of each color.</p> <p>#healthyeating</p>	<p>Write a note to someone in your house that tells them what you appreciate about them.</p> <p>#communicationskills</p>
<p>Wipe out the microwave. Remove the rotating plate and wash it. Make sure everything is dry before using it.</p> <p>#hotwaterandsoap</p>	<p>FCS is all about preparing you for life, and right now, life is happening!</p> <p>This week, I am going to challenge you to complete two of the squares on this choice board. Use the skills you have gained in class to help your family, take care of yourself, and make the world a better place while we are apart. Take a picture or video of yourself completing each task, and either email or text me proof.</p>	<p>Make breakfast for your family. Bonus if you incorporate more than 3 food groups!</p> <p>#pantryfavorites</p>
<p>Using your favorite song- make up new words that describe your typical day during the stay-at-home order.</p> <p>#musicmakers</p>		<p>Exercise gives you endorphins. Endorphins make you happy. Get up and move your body for 30 minutes today!</p> <p>#letsgetmoving</p>
<p>Do something kind for someone else in your house. Something unexpected.</p> <p>#relationshipsmatter</p>	<p>Using a damp washrag, wipe off the fronts of all kitchen cabinets.</p> <p>#messcleanersnotmakers</p>	<p>It is going to be nice this week. Go on a walk with your family and talk.</p> <p>#familyfuntime</p>