

Healthy Lifestyles:

Unplugging in a digital world -

(with Justin Price)

**** Language requirement: B1++**

Curriculum focus on social-versus-digital availability and healthy habits.

Project will include:

- Unplugging project, *disconnecting in a digital world*
 - Identifying and coping with stress
- Recognizing and naming emotions, creating a personalized journal
 - Maintaining healthy relationships
- Sports, healthy recipes, and eating habits

(Curriculum subject to change pending on participation)