English Class 05

Here is an outline of what we will do in class today

# First period: Book discussion and grammar

* Book discussion in your teams: questions prepared by person C
* Work in *Academic Inquiry*
  + Grammar: Sentence variety and run-ons, p. 98-100.

# Second period: Physical well-being

* You will read a text and watch two or three videos. Take some notes. What ideas seem the most important to you? What ideas relate the most to you or your life?
* Katharina Star, PhD, on Verywell Mind: “How Physical Exercise Benefits Mental Health.”  
  *Verywell Mind is a reputable website for mental health information. The articles are written by professionals in the field and reviewed by editors.*<https://www.verywellmind.com/physical-exercise-for-panic-disorder-and-anxiety-2584094>
* Matt D’Avella: “The Two Day Rule”  
  <https://youtu.be/bfLHTLQZ5nc>  
  *Matt D’Avella is an American filmmaker and Youtuber. He has written and directed several documentaries, and his Youtube channel is extremely successful. His videos focus on life improvement: minimalism, personal finance, motivation, etc.*
* Matthew Walker (TED Talk): “Sleep is your superpower”  
  <https://youtu.be/5MuIMqhT8DM>  
  *Matthew Walker is an English professor of neuroscience and psychology at the prestigious University of California, Berkeley. He is a world-renowned specialist in the study of sleep.*
* If you have time (it’s ok if you don’t, but it’s really interesting!)  
  Thomas Frank: “How to Exercise More as a Student”  
  <https://youtu.be/ArcO5LeBpDU>  
  *Thomas Frank is a famous Youtuber that specializes on college skills, motivation, and productivity.*

# Can you exercise for free, from home, with no equipment?

If you would like to get started with exercising at home, there are many Youtube channels that are free and do not require equipment. **Yoga** is particularly popular because it mixes exercising and relaxation techniques. A great Yoga Youtube channel is “Yoga with Adriene.” Here is her “Yoga for beginners” tutorial: <https://youtu.be/v7AYKMP6rOE>

If you prefer to really do **strength training** and build up muscle, you really don’t need a home gym to get started. One channel called SELF has a very popular 30-minute exercise routine to build muscle without equipment: <https://youtu.be/vI1Yf-MBczI>

If you want even more options, here is a list of 27 workout videos that require no equipment:  
<https://www.bustle.com/p/27-youtube-workouts-that-dont-require-gym-equipment-22630230>

# Third period: Personal discussion and writing workshop

* Personal discussion: Open the Personal Discussion file. Take turns asking questions.
* Qualities workshop: Writing about qualities. Your teacher will explain the activity.

# Remember to check the homework file!