

My Coronavirus
COVID-19
Journal

2020

By

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Physical Education/Health and Wellness

Habit 2:

Begin With the End in Mind

Begin with the end in mind. With fewer commitments to attend in the next few weeks, what can you accomplish?

- What are 3 personal goals you can accomplish in the next few weeks? Write them in SMART goal format. (Perhaps this extra time away from school could allow you to finally focus on getting your split, organize your closet, finish a book, or learn to bake cheesecake from scratch!)
- Use bullets to describe the steps you will need to take to accomplish your goal.

Goal #1: _____

Steps: _____

Goal #2: _____

Steps: _____

Goal #3: _____

Steps: _____

Habit 5:

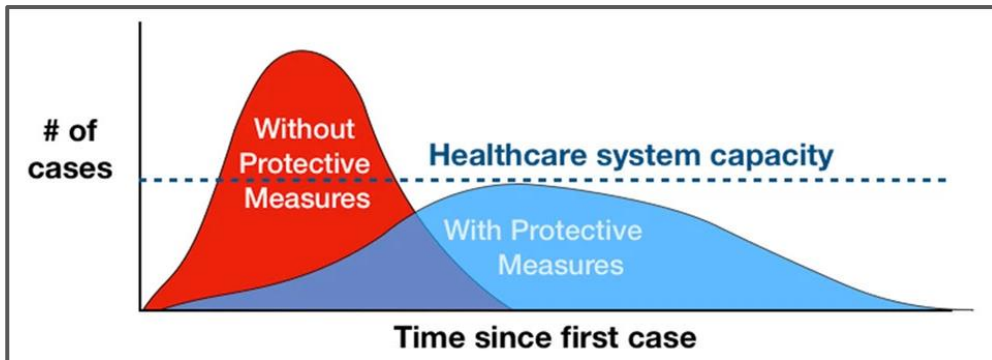
Seek First to Understand,
Then to be Understood

News outlets and social media are flooding us with information about Coronavirus, much of which is not factual. Seek first to understand 3 claims that have been reported and determine if you think each is reliable. Then, be understood and explain why you think this claim should or shouldn't be trusted.

Source	Claim	Is it reliable? Why or why not?

Habit 6: Synergize

Synergize means to work together to accomplish a task. Our common goal is to slow the spread of Coronavirus so that the healthcare system can keep up with caring for those in need. Individuals have had to make sacrifices and many have been inconvenienced for the greater good. Explain some of the steps our society/government/schools have taken so that we can synergize to slow the spread of this virus.



Taken from the New York Times, March 11, 2020. Adapted from the CDC.

- What "protective measures" have recently been put into place? Create a timeline below of 5 events by writing the date, and the new rule/restriction that was put into place. You may use a variety of sources to help in your search.

Date	Rule/Restriction

