

MRS. AMERO – HIGH SCHOOL HISTORY CLASSES - Enrichment Activities

*I will only be checking e-mail a few times a week. The easiest way to contact me during the school closure is via my home phone #668-9291. Call me ANY DAY at ANY TIME (before 8pm though ☺lol). Thank you. Stay Safe! Be Well! *

ECONOMIC SYSTEMS	US HISTORY	PUBLIC SPEAKING	CULTURE & GLOBALIZATION	AMERICAN GOVERNMENT
<p><i>For discussion...</i></p> <p>1. With the stocks you have invested in thus far, what has the effect of COVID-19 been on said companies?</p> <p>2. Suggestions of what steps YOU think the US should take moving forward</p> <p>3. Venn Diagram comparison to the BUST Unit we were studying before the school closure happened</p> <p>4. We have seen instances of <i>price gouging</i> with certain supplies at a premium. Keeping in mind we live in a FREE MARKET economy (capitalism), what are your thoughts? How do we compromise the two?</p> <p>Resources: -YahooFinance -Bloomberg -MSNBC</p>	<p><i>For discussion...</i></p> <p>1. With our study of several Eras of REFORM, from what you have gathered regarding your exposure to news on COVID-19, pretending you are in charge, what things would YOU suggest that the US reform? (what changes, if any, would you put in place moving forward?)</p> <p>2. With your work regarding primary source documents, find ONE to bring in that you think embodies our current state of affairs</p> <p>3. If you haven't seen it already, <i>Lincoln</i> is an excellent movie (Netflix?). Also, The History Channel has some great selections as well</p>	<p><i>For discussion...</i></p> <p>1. Lots of speeches have been given over the past 2+ weeks (Trump, various state Governors, CDC experts, etc.). Watch a few and do a Compare & Contrast. Also, what things do you notice about their DELIVERY? <i>*3 people I have been impressed with and would strongly suggest checking out would be Gov. Andrew Cuomo (NY), VP Pence, and Dr. Nirav Shah, Director of Maine's CDC</i></p> <p>2. Suggestion for a great movie (with a Public Speaking focus) <i>The King's Speech</i>, starring Colin Firth (Netflix?)</p>	<p><i>For discussion...</i></p> <p>1. With our study of analyzing political cartoons, find a few to bring in and share regarding the recent COVID-19 events</p> <p>2. We were also studying the concept of Globalization, and impacts of globalization before the school closure happened. Using COVID-19 as our "globalization" example, what do YOU think some impacts might be (short term? long term?)</p> <p>3. Suggestion for an interesting documentary (thru Netflix?): <i>Food, Inc.</i> (has aspects of culture as well as globalization concepts)</p>	<p><i>For discussion...</i></p> <p>1. With our study of the Executive Branch (and from what you have been observing in the news), what are YOUR thoughts regarding the current debate of having President Trump invoke his rights to executive privilege (signing executive orders)? How about using special War Powers in light of COVID-19?</p> <p>2. Student Choice for CURRENT EVENTS –bring in an issue regarding an aspect of government that YOU would like to discuss when we get back in session (could be Maine, US or World)!! ☺</p>

WELLNESS/SELF-CARE

Learn a new game <i>(i.e. Chess, Cribbage)</i>	Give yourself a manicure/pedicure	Enjoy 10 minutes of sunshine
Go for a walk	Take advantage of some stargazing	Read your favorite children's book from Kindergarten
Do some Breath Work <i>(the 4-7-8 method is an easy one... check it out on Google)</i>	Write letters	Allow yourself a Netflix Day
Take a break from the News	Perform some Community Service <i>(be mindful of social distancing)</i>	Watch the sunrise/sunset
Spend time with a pet	Digital Detox <i>(turn off all your tech...for an hr? a day?)</i>	Start journaling
Dust off your coloring books	Complete the <i>3 Daily Reflections</i> exercise	Partake in "laughter therapy" <i>(corny jokes, watch your favorite comedy, find funny YouTube videos, etc.)</i>
Stay hydrated	Limit Junk Food intake	