



## Quarter 4, 2017 Week 5 Summary

Well done to the students who did their homework this week! It was very exciting to see and share the videos and photos that students took on their iPads, and practice the many social skills related to presenting in front of the class. This week, we discussed the importance of scheduling fitness into your week, and practiced setting a reminder to exercise using the reminder app (comes on all iPads). We also reviewed and practiced how to use the 5 minute yoga app, and how to search and use YouTube for fitness videos such as “dance fitness”, “10 minute ab workout” and “5 minute push-up workout”.

We also discussed strategies for students to keep their iPads safe, clean, and used appropriately (no sexual content, violent content, inappropriate messaging etc.).

**\*We will not be meeting next week- Happy Thanksgiving!\***

### **For homework this week, students should:**

1. Use either the 5 minute yoga app or search YouTube for a fitness video to work out at home
2. Connect their iPad to their home wireless (they may need help with this the 1st time) and share a photo of their Thanksgiving dinner with the class group text.
3. Continue using the Time2brush app if they choose.

### **For those students using their own iPads, the apps we have downloaded so far are:**

-5 minute yoga	-Recipe Keeper
-Time2brush	-YouTube
-Stop, Breathe & Think	

### **So far this quarter we have practiced several skills on the iPad, including:**

-Setting a reminder	-Reading and sending messages
-Searching YouTube for videos, including fitness videos	-Connecting to the DU guest wireless
-Finding and using the camera	-Navigating and making entries into the Calendar
-Using the “Photos” feature to look through photos you have already taken	-Opening and using the notes feature

Feel free to email Sally with any questions about logging into the iPad. The login codes are all currently set to 1111, unless your student selected to change theirs.