# **Charger Connections**

# weekly activities & tips

# Self Care Tip:

Get a plant! Nuturing a plant has many health benefits and can improve your mood!

Wash Hands while Singing "Good Day Sunshine" The Beatles

> Good Day Sunshine Good Day Sunshine Good Day Sunshine

I need to laugh, and when the sun is out I've got something I can laugh about I feel good, in a speical way I'm in love and it's a sunny day

#### Student Engagment: Student Organization Spotlights!

Creative Writing visit our <u>website</u> or join our <u>FB group</u> to get involved!

Green Higlands join out <u>FB group</u> to get involved!

#### **Student Resources:**

GHC's Tutorial Center is open virtually to offer you support in a variety of subjects! Click<u>here</u> to find out more or schedule a session!

# Study Tip:

Get help! Set up a study group and meet frequently to review the marterial.

# Virtual Tour:

American Writers Museum, Click -<u>Exhibit f</u>or "My America: Immigrant & Refugee Writers Today"

# Quote:

"Action springs not from thought, but from readiness for responsibility." ~Dietrich Bonhoeffer

# **Social Challenge:**

Start a Container Garden and tag us in pics! Learn how to get started <u>here</u>!

