








# SHAKE It Off

Lynch

	<h2 style="background-color: #90c080; padding: 5px;">Engage</h2> <ul style="list-style-type: none"><li>• Watch the Office <a href="#">fire drill video</a> and in the Flight or Flight worksheet, list seven behaviors that occur due to fight or flight.</li></ul>
	<h2 style="background-color: #66a0ff; padding: 5px;">Explore</h2> <p>Look at the <a href="#">infographic</a> on Fight or Flight Read this <a href="#">article</a> on Fight or Flight List two VIPs from the infographic and the article in this <a href="#">document</a>,</p>
	<h2 style="background-color: #e08080; padding: 5px;">Explain</h2> <p>Watch this <a href="#">video</a> on Fight or Flight List two VIPs from the video in this <a href="#">document</a>,</p>
	<h2 style="background-color: #ffcc66; padding: 5px;">Apply</h2> <p>Complete the Shake it Off <a href="#">assignment</a>.</p>
	<h2 style="background-color: #90c080; padding: 5px;">Share</h2> <p>Please insert all work onto <a href="#">Google Classroom</a>.</p>
	<h2 style="background-color: #66a0ff; padding: 5px;">Reflect</h2> <p>Please see the teacher if you need any help or further clarification.</p>
	<h2 style="background-color: #e08080; padding: 5px;">Extend</h2> <p>Extra info on <a href="#">Ted Talks</a> about Stress Management</p>

	Extra information on <a href="#">Adrenal Glands</a>
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