**Task:** Choose a meditation to help relieve stress and relax.

Guided Meditation Link: Click [here](http://mindfulnessforteens.com/guided-meditations/)

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| --- | --- |
| **How many do I need to complete for credit?** | |
| 1 Video | If video is over 25 minutes |
| 2 Videos | If videos range between 10-24 minutes |
| 3 Videos | If videos range between 3-5 minutes |

How will your teacher know you are completing the videos?

* Record yourself using your chromebook/tablet/ phone etc.
* (You can timelapse the video)
* Write the title of the recording used