**Task:** Follow along with the YouTube Video and then answer the following questions.

Video Option 1: Click [Here](https://www.youtube.com/watch?v=oCnCSOWgIUU)

Video Option 2: Click [Here](https://www.youtube.com/watch?v=6w7IS8_UzHM)

How will your teacher know you are completing the videos? **BOTH** NEED TO BE INCLUDED:

* Record yourself using your chromebook/tablet/ phone etc. (You can timelapse the video- pictures will not count)
* Answering the following questions

**QUESTIONS**

1. Which Video did you complete:
   1. Video Option 1
   2. Video Option 2
2. What is 1 mental health benefit for someone who practices Tai Chi?
3. What is 1 physical health benefit for someone who practices Tai Chi?
4. Did you like it?
   1. Yes
   2. No