**RHS JROTC activities through 25 April**

1. Take uniform to cleaners. Prepare to return back to school.
2. Service learning- opportunities abound for helping someone during this time. Do something you wouldn’t ordinarily do to help someone. The service sector has been especially hard hit. We will share our experiences upon return to school.
3. Write notes about your thoughts during this time - make a pledge to yourself to make one meaningful, positive change in your life during this time away from school.
4. Set some exercise goals - attempt to work out in some way for at least 30 minutes per day - walk on the trails in the area if you can. Share your workout routines/ideas with others on social media if you can.
5. Watch the news, read the news. Think about the extraordinary ways government is responding to this crisis. Think about what you might do if you were the president, governor, mayor, or other public official.
6. Make at least three SMART goals for the next 12 months. Goals maybe financial, spiritual, physical fitness, relationships with family and friends, etc... do not include any academic related goals.
7. Tell at least one person you wouldn’t ordinarily tell, that you love and appreciate them(mostly thinking of your parents)!!