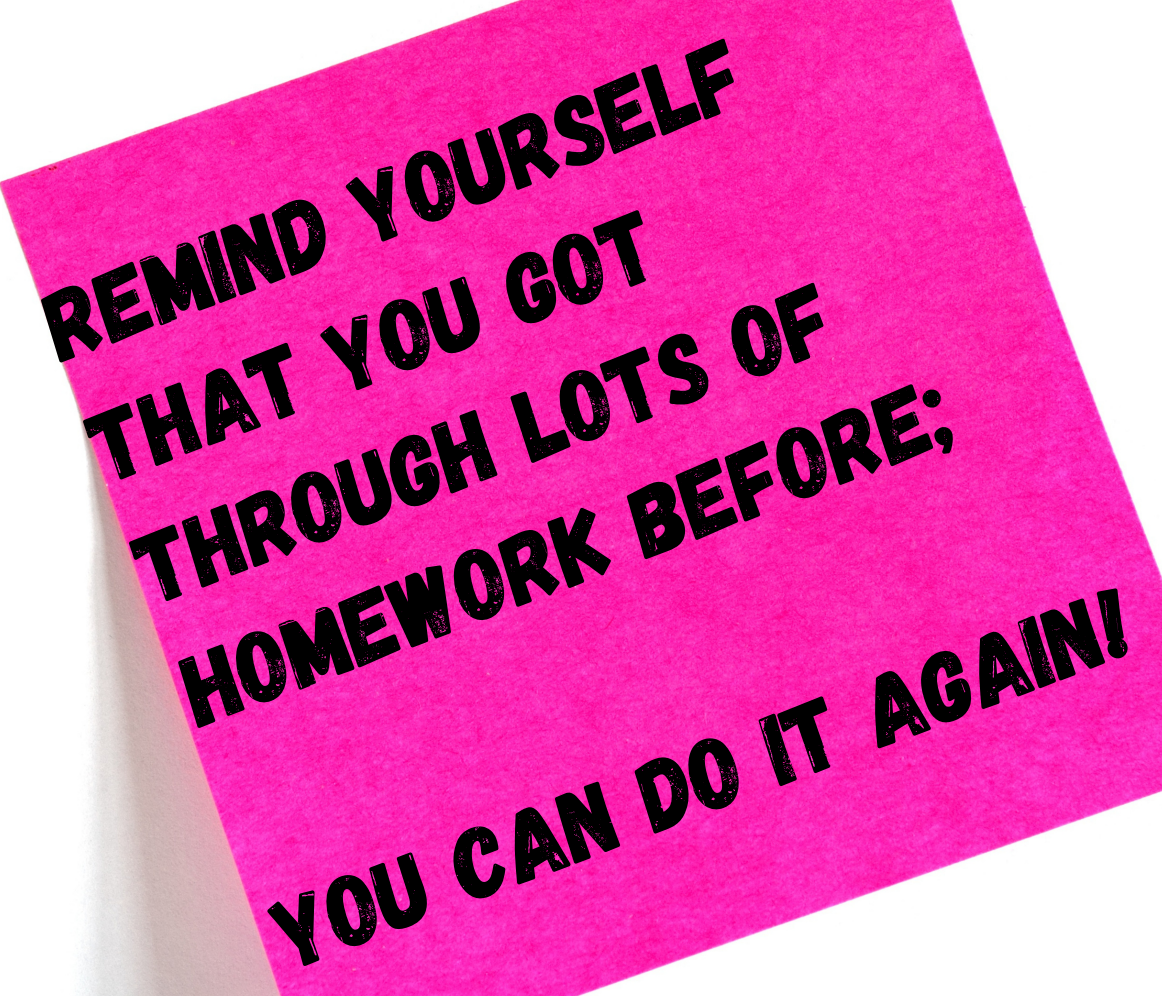




TAKE DEEP BREATHS

ASK YAH FOR HELP AND INSTRUCTIONS



**REMINDE YOURSELF
THAT YOU GOT
THROUGH LOTS OF
HOMEWORK BEFORE;
YOU CAN DO IT AGAIN!**



HAVE A SNACK

DO A STRETCH VIDEO

TAKE A BATH

READ A PSALM

I can & I will

**I HAVE STRENGTH TO DO ALL,
THROUGH MESSIAH WHO
EMPOWERS ME.**

**PILIPYIM (PHILIPPIANS) 4:13
TS2009**



**DO SOMETHING FUN FOR
ABOUT 40 MINUTES**

**LEARN IN A FUN WAY EG.
EDU APP, EDU VIDEO, AUDIO
BOOK**

GET BACK TO WORK