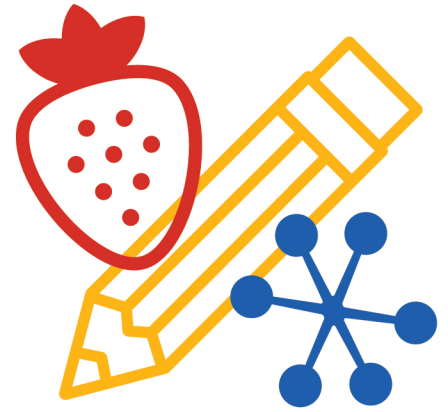


extended school enrichment

AWARENESS



SITE PLAN #2: 10/21/19 – 12/20/19

<p>Every Monday Matters: Breathe It In</p>	<p>Topic Introduction and Video</p>	<p>It is easy to get caught up in a moment and get worked up. Students will watch a deep breathing video and discuss times when they could use this technique.</p>	<p>10/21/19 3:45pm</p>
<p>Every Monday Matters: Breathe It In</p>	<p>Awareness Project</p>	<p>Students will come up with phrases for deep breathing (i.e. cupcake breathing) and put them on posters. Students may also make a tally poster for tallying times they have used deep breathing, which will serve as a visual of progress.</p>	<p>10/25/19 4:00pm</p>
<p>Every Monday Matters: Breathe It In</p>	<p>Student Reflection</p>	<p>Students will be grouped together to discuss times when they have used deep breathing skills within the past couple of weeks. Staff will reveal the tally totals.</p>	<p>11/1/19 4:00pm</p>
<p>Something to be Thankful For</p>	<p>Guest Speaker</p>	<p>Representative of Merciful HELP Center</p>	<p>11/8/19 3:45pm</p>
<p>Something to be Thankful For</p>	<p>Awareness Project</p>	<p>Students will make placemats to be utilized during local free Thanksgiving meals.</p>	<p>11/15/19 4:00pm</p>
<p>Something to be Thankful For</p>	<p>Student Reflection</p>	<p>Students will discuss things they are thankful for and how it felt to make placemats for others.</p>	<p>11/15/19 4:25pm</p>

SMOKY ROW ELEMENTARY

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