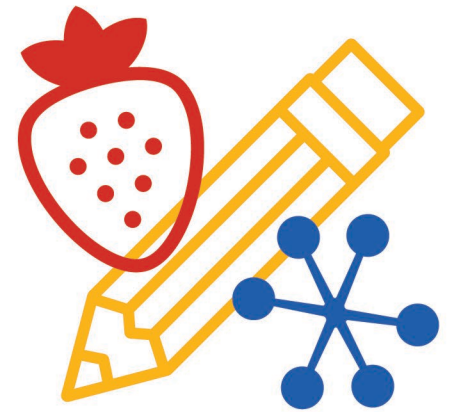


extended school enrichment

AWARENESS



Site Plan #3 & January 7th-March 13th

Mindfulness	Guest Speaker	Sarah Brubaker, College Wood School Counselor	January 24 th , 4:00-4:30pm
Mindfulness	Group Discussion	Students will break into small groups and talk about how they practice mindfulness in their classrooms and how we can incorporate it into ESE.	January 28 th , 3:45-4:30pm
Mindfulness	Student Reflection	Students will reflect on the presentation from Mrs. Brubaker and their group discussion on mindfulness. As a group, we will practice 1 minute of quiet mindfulness.	January 31 st , 3:45-4:15pm
Serving the Elderly	Activity	Students will be creating gifts and cards for senior citizens for Valentine's Day	February 5 th , 4:30-5:30
Serving the Elderly	Service Learning	Students will go on a field trip to a senior citizen home to pass out Valentine's Day Cards	February 12 th , 4:00-5:30
Serving the Elderly	Student Reflection	Students will discuss and reflect on their field trip to the senior citizen home. They will talk about what they learned, what was fun and what was challenging	February 12, 5:30-6:00

COLLEGE WOOD ELEMENTARY

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