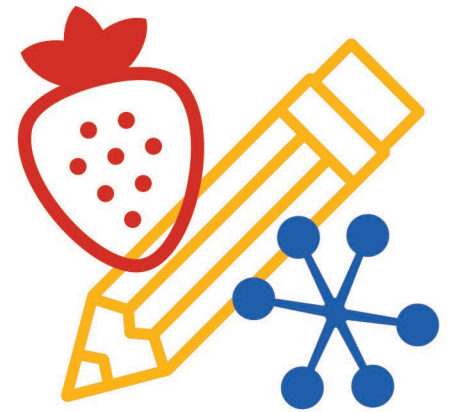


extended school enrichment

# AWARENESS



**CARMEL ELEMENTARY ESE  
SITE PLAN #1  
August 13th-October 14th**

Activity	Description	Date & Time
<b>S.T.O.P. Mindfulness</b>	Students will practice the <a href="#">S.T.O.P.</a> Mindfulness method which reminds us to stop, take a breath, observe, and proceed when feeling stressed.	Monday 8/17/20 5:15PM
<b>Guided Meditation</b>	Students will follow along with a video to engage in <a href="#">guided meditation</a> .	Monday 8/24/20 5:15PM
<b>Positive Affirmations</b>	Students will practice <a href="#">positive affirmations</a> such as "I am smart, amazing, and powerful" either out loud together or quietly to themselves. Staff will use the attached resource to provide further examples.	Monday 8/31/20 5:15PM
<b>Gratitude Journaling</b>	Students will practice <a href="#">gratitude journaling</a> by writing down some things for which they are grateful.	Monday 9/14/20 5:15PM
<b>Mindful Listening</b>	Students will practice <a href="#">mindful listening</a> by utilizing the H.E.A.R. method, reminding us to Halt, Enjoy, Ask, and Reflect during conversation.	Monday 9/21/20 5:15PM
<b>Yoga</b>	Students will follow along with <a href="#">Cosmic Kidz Yoga</a> .	Monday 9/28/20 5:15PM
<b>Square Breaths</b>	Students will practice <a href="#">square breaths</a> , a breathing technique that utilizes four-second intervals for refocusing.	Monday 10/5/20 5:15PM