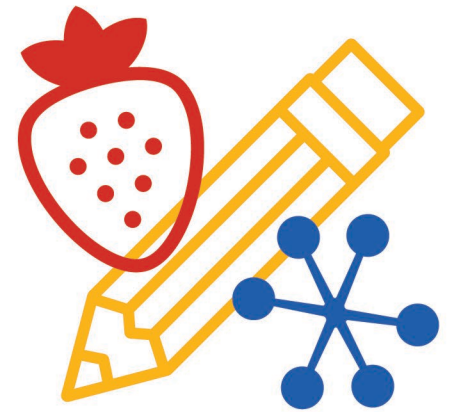


extended school enrichment

# AWARENESS



## CHERRY TREE SITE PLAN #1 August 13-October 14

Activity	Description	Date & Time
<b>Every Monday Matters: Monday gets Mindful: Introduce Mindfulness</b>	Follow the guided questions from the Monday gets Mindful Monthly Kick-Off plans. Watch the video link: <a href="https://bit.ly/3e1eyuD">https://bit.ly/3e1eyuD</a> . Discuss the definition of mindfulness. Ask the students what that means to them. Introduce the activities for the rest of the site plan. Discuss the Mindfulness facts listed on the plan. Discuss the situation and challenge presented on the plans.	Aug. 17-21 5:15 PM
<b>Monday gets Mindful: Enjoy the Now (Right Here, Right Now activity)</b>	Follow the guided questions from the Monday gets Mindful Weekly Kick-Off and I Matter plans. Discuss what it means to “Enjoy the Now.” Begin the “Right Here, Right Now” activity. Discuss what it means to journal. Pass out the worksheet and have the students begin the reflection of what their 5 senses. Finish with the follow up questions.	Aug. 24-28 5:15 PM
<b>Monday gets Mindful: Enjoy the Now (Meditation Coach activity)</b>	Follow the guided questions for the Monday gets Mindful You Matter plans. Discuss what it means to focus and how deep breathing can help to achieve this. Introduce meditation and what that means. Introduce the “Meditation Coach” activity. Do the activity as a whole group. Talk them through the breathing exercises. Then allow them to break up into partners and each take a turn of being a meditation coach. Finish with the follow up questions.	Aug. 21- Sep. 4 5:15 PM
<b>Monday gets Mindful: Enjoy the Now (A Mindful Stroll activity)</b>	Follow the guided questions for the Monday gets Mindful We Matter plans. Begin asking the students what is a stroll. Continue by moving on and introducing the activity and thoroughly describing what a mindful stroll is and how that will be accomplished. Using the following links, the students will take a virtual stroll and practice being mindful with the worksheet provided. The links are here:  <a href="https://bit.ly/3bVn2RU">https://bit.ly/3bVn2RU</a> (Nature Walk, McKenzie River Trail, Oregon) <a href="https://bit.ly/2V3rwz7">https://bit.ly/2V3rwz7</a> (Sunset Beach, Oahu, Hawaii) <a href="https://bit.ly/3e0XQeD">https://bit.ly/3e0XQeD</a> (Walking in a snow forest)  Finish with the follow-up questions.	Sep. 7-11 5:15 PM
<b>Monday gets Mindful: Feel your Feelings (Paint with all the Colors of your Feelings activity)</b>	Using the guided questions from the Monday Gets Mindful Weekly Kick-Off and I Matter plans, introduce feelings, what they are and discuss how they are experienced. Introduce the activity and explain how they will be painting about feelings with their mind and using markers to represent that. Finish with the provided follow-up questions.	Sep. 14-18 5:15 PM
<b>Monday gets Mindful: Feel your Feelings (Mirrored Feelings activity)</b>	Using the guided questions from the Monday Gets Mindful You Matter plans, discuss whether the students like or dislike discussing their feelings. Who do they prefer to discuss them with? Do they prefer talking to an adult or another student? Introduce the activity. Discuss that they will be doing this activity with a partner. Once they have finished the activity, discuss and reflect on the follow-up questions.	Sep. 21-25 5:15 PM

CHERRY TREE ELEMENTARY

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