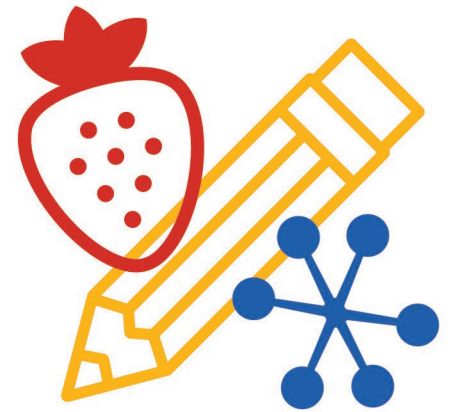


extended school enrichment

# AWARENESS



## FOREST DALE SITE PLAN #1 August 13-October 14

Activity	Description	Date/Time
<b>Loving Kindness Meditation</b>	For one-minute repeat “May I be happy, May I be well May I be filled with happiness and peace. You can think about a family member while you are doing this. Send love to all people.	<b>8/21/2020 3:15 to 3:25</b>
<b>Yawn and Stretch For 10 Seconds every hour</b>	Do a Fake Yawn that will trigger a real one. Say “Ahh” while you are yawning and notice how yawning interrupts your thoughts and feelings and brings you into the present. How does that make you feel?	<b>8/28/20 3:15 to 3:25</b>
<b>Stretching</b>	Stretch slowly for 10 seconds. Notice any tightness and say “ease or hello” be mindful of the area without judgement. Stretch for 20 more seconds then return to activities.	<b>9/4/20 3:15 to 3:25</b>
<b>Dragon Breathing</b>	Kids will sit up straight, breathe in, stick their tongue out, and breathe out like a dragon. It might feel super silly at first, but it helps to bring the idea of deep breathing down to their level! This is a great activity to do before tests or after recess.	<b>9/18/20 3:15 to 3:25</b>
<b>Smell the Flowers Breathing Activity</b>	This activity combines mindful coloring and deep breathing. Introduce scented markers and explain that this is a special activity you can only do with those markers. This is an important point so that students don’t smell other markers that aren’t safe. Have students color and breathe in through their noses to smell as they go.	<b>9/25/20 3:15 to 3:25</b>
<b>Listen to Music</b>	Play your choice of nature sounds, classical, or any acoustic music. You can play the music while kids are doing something independently or allow kids to just sit down and relax while mindfully listening to the music.	<b>10/2/20 3:15 to 3:25</b>

**FOREST DALE ELEMENTARY**

Valeska Simmonds, Site Supervisor

vsimmonds@carmelclayparks.com | 317.258.6504

**Carmel • Clay**  
Parks & Recreation