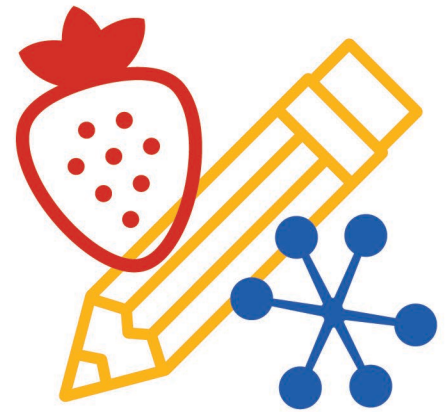


extended school enrichment

AWARENESS



MOHAWK TRAILS SITE PLAN #1 August 13-October 14

Activity	Description	Date/Time
RICHER Principles	Students will learn about the ESE RICHER principles and discuss ways to show each one.	Daily 5:15 Aug 17-21
Mindfulness in a Jar	Students will sit with their pod as the Counselor reads a mindfulness activity from the jar. Students will practice the mindful activity.	Daily 5:15 Aug 24-28
Chill Skills in a Jar	Students will sit with their pod as the Counselor reads a chill skill from the jar. Students will practice and discuss the chill skill pulled.	Daily 5:15 Aug 31-Sept 4
What would you do in a Jar	Students will sit with their pod as the Counselor reads a what would you do from the jar. Students will have a discussion from the what would you do pulled.	Daily 5:15 Sept 8-11
Choices in a Jar	Students will sit with their pod as the Counselor reads a choice from the jar. Students will have a discussion from the choice pulled	Daily 5:15 Sept 14-18
Breathing Techniques	Students will practice balloon breathing, cupcake breathing, fountain breathing, pretzel breathing, and ice cube breathing.	Daily 5:15 Sept 21-25
Mindfulness in a Jar	Students will sit with their pod as the Counselor reads a mindfulness activity from the jar. Students will practice the mindful activity.	Daily 5:15 Sept 29-Oct 2
Chill Skills in a Jar	Students will sit with their pod as the Counselor reads a chill skill from the jar. Students will practice and discuss the chill skill pulled.	Daily 5:15 October 5-9