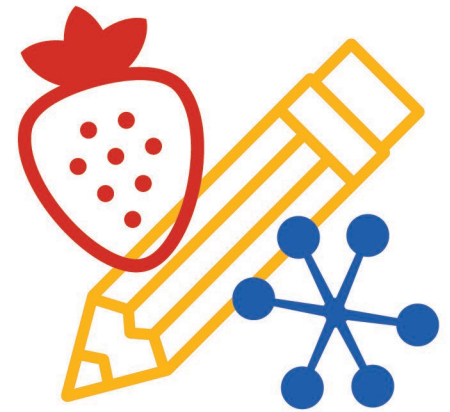


extended school enrichment

AWARENESS



ORCHARD PARK SITE PLAN #1

August 13-October 14

Activity	Description	Date/Time
Muscle Relaxation	How often are we truly mindful of the muscles in our body? With this activity, students can start practicing mindfulness around how they tense or relax their muscles.	August 28, 2020 4:00 p.m.
Teaching STOP Mindfulness	Teach students the core components of mindfulness through the acronym STOP : Stop, Take a breath, Observe, and Proceed.	September 11, 2020 4:00 p.m.
Positive Affirmation	Check out this list of 125 positive mantras your students can use while meditating or reflecting on their strengths. (list is printed & placed in site plan binder)	September 18, 2020 4:00 p.m.
Who Am I? Guessing Game	This classic game encourages students to pay attention and make observations, which can be helpful for developing mindfulness. (directions are placed in site plan binder)	September 25, 2020 4:00 p.m.
What Are You Doing? Activity	This activity teaches students both how to listen mindfully and pay better attention to their actions. (directions are placed in site plan binder)	October 2, 2020 4:00 p.m.
Body Scan Exercise	Try this quick body scan meditation as a group to focus on emotions and physical sensations. (directions are placed in the site plan binder)	October 9, 2020 4:00 p.m.

ORCHARD PARK ELEMENTARY

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