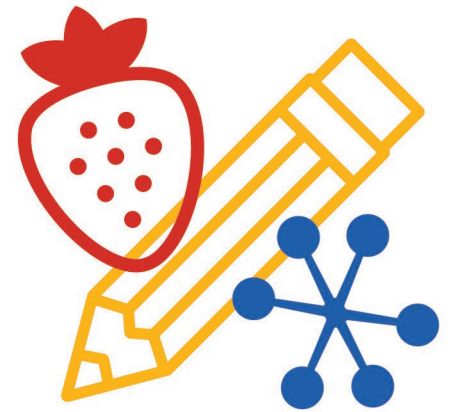


extended school enrichment

AWARENESS



PRAIRIE TRACE SITE PLAN #1 August 13-October 14

Activity	Description	Date/Time
Talking about Mindfulness	Supervisor speaking to the students about mindfulness: a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.	8/21/2020
Yoga	Focusing our mental state- Students will learn two beginner yoga poses that help relax the mind (Zombie Pose, Sphinx Pose).	8/28/2020
Breathing Exercises	Focus on calming- Students will learn balloon breathing and pretzel breathing to help reduce anxiety and external stressors.	9/4/2020
Stretching	Bodily Sensations- Students will learn two stretches (Child's Pose, Seated Toe Touch) that will help with blood flow, calming mind, managing stress, and increasing energy levels.	9/11/2020
Tai Chi	KC will teach students two tai chi moves (Parting the wild horse's mane, Carry the Tiger Over the Mountain) to strengthen their body, improve mental balance and add harmony to their life	9/18/2020
Speaking About Mindfulness	Supervisor- What did we learn by doing these different activities? What activities can we use at home to calm ourselves, be present in the moment, and accept one's feelings?	9/25/2020