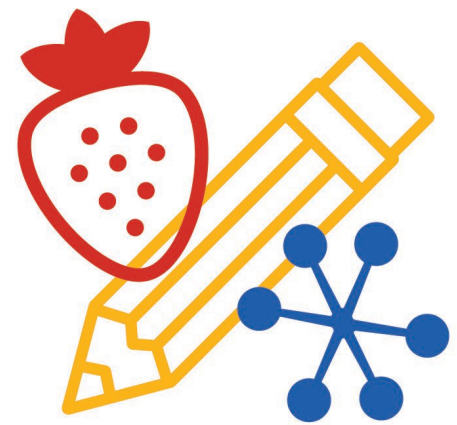


extended school enrichment

AWARENESS



SMOKY ROW SITE PLAN #1 August 13-October 14

Mindfulness Activities	Description	Date & Time
The Power of Breathing	Students will trace a figure 8 with their finger to learn how to take slower deep breaths. They will breathe in while tracing half the figure 8 and breathe out while tracing the other half. Then students will place their hands on their belly while taking 10 deep breaths. Lastly, a timer will be set for 1 minute and students will sit cross-legged and take deep breaths during this minute. They will focus on their breathing and any sounds they hear around them. Afterward students will discuss how it felt to focus on deep breathing and point out times that deep breathing could help them.	8/21/20 3:50 pm
Living in the Moment	Students will start out by doing a breathing exercise where they trace their fingers along the rays of a sun while breathing on and out. Then students will be asked to focus on this moment and write down what they see, hear, smell, and feel with their touch. Students will then be told to enter into their "spidey" state where they have heightened spidey senses. They will be asked to explore their outdoor surrounding and see hear, smell, and feel with their touch. Students will have the goal of coming back with a unique observation that no one else has.	8/28/20 3:50 pm
Colors of Emotions	Students will be given a worksheet that explains that the color blue is for the feeling of calm, red for anger or anxiety, and green for happiness. Students will be asked to pick what color they are feeling. Students will then do a minute of deep breathing where they either breathe away the red feelings while picturing the color red fading away or they breathe in the green or blue feelings making the color expand in their minds. After this exercise, students will be asked to think about the happiest moment of their life and give it a unique color. Students will then be asked if they wish to share what their moment was and what color it makes them think of.	9/4/20 3:50 pm
Walking on the Moon	Students will review the breathing exercise where they put their hands on their bellies and breathe 10 deep breaths. Counselors will then pull up the song, "Walking on the Moon" on their iPad. Students will then follow the instructions of the slow, calming song that tells them to walk to the beat of the song like they are on the moon, to twirl like they are on the moon, and to jump like they are on the moon. After the song is done, the counselor will ask the students how moving at this slower pace made them feel. Thinking points the counselor should bring up should focus on how slowing down and having calm bodies can relieve stress and help create clear thoughts. The link for the song is: https://youtu.be/nFOFhkwnX7k	9/11/20 3:50 pm
Yoga Pose Impersonations	Students will review the breathing exercise where they put their hands on their bellies and breathe 10 deep breaths. Students will then follow the counselor in doing 5 yoga poses named after 5 things which are Superman, a dead bug, a cobra, a cat, and a dog. Students will be asked to concentrate on being these things while they are doing the poses. Afterward, students will discuss which thing they liked being the best and why.	9/18/20 3:50 pm
Classic Yoga Poses	Students will review the breathing exercise where they put their hands on their bellies and breathe 10 deep breaths. Students will then follow the counselor in doing 10 new yoga poses which are Mountain Pose, Chair Pose, Crescent Moon Pose, Tree Pose, Child's Pose, Downward Facing Dog Pose, Happy Baby Pose, Butterfly Pose, Rag Doll Pose, and Star Pose. Students will be asked to concentrate on how their muscles feel while doing the poses. Afterward, students will discuss which pose made their muscles relax the most.	9/25/20 3:50 pm

SMOKY ROW ELEMENTARY

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