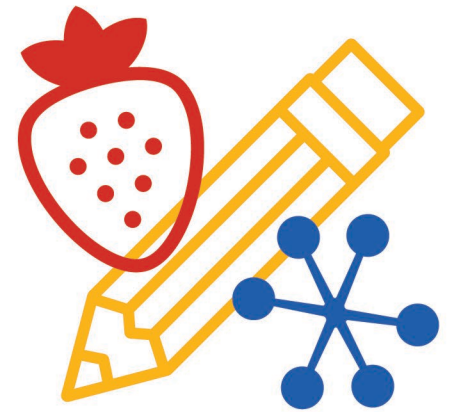


extended school enrichment

# AWARENESS



## TOWNE MEADOW SITE PLAN #1 August 13-October 14

Activity	Description	Date & Time
<b>Yoga</b>	Students will learn different yoga poses to help relax.	August 19 <sup>th</sup> , 2020 5:45-6:00pm
<b>Happy Mediation</b>	Students will focus on the moment at hand while listening to peaceful music.	September 2 <sup>nd</sup> , 2020 5:45-6:00pm
<b>Stretching</b>	Students will learn different stretches to ease their bodies.	September 16 <sup>th</sup> , 2020 5:45-6:00pm
<b>Deep Breathing</b>	Students will practice their deep breathing to decompress.	September 30 <sup>th</sup> , 2020 5:45-6:00pm
<b>Kindness Sticky Notes</b>	Students will write kindness sticky notes for their peers.	October 7 <sup>th</sup> , 2020 5:45-6:00pm
<b>Blank Makes Me Happy</b>	Everyone will go around and say one thing that makes them happy.	October 14 <sup>th</sup> , 2020 5:45-6:00pm