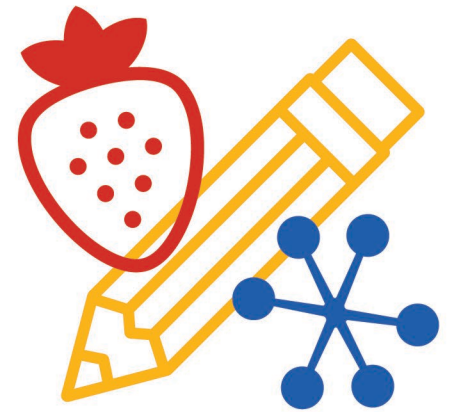


extended school enrichment

AWARENESS



WEST CLAY SITE PLAN #1

August 13-October 14

Activity	Description	Date/Time
Mindfulness- The Mindful Jar	Get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl. Talk to the kids about emotions and how the glitter is like their emotions.	Friday August 21 5:15 p.m.
STEM- Lego Challenge	Each table receives a pile of Legos and a card. The group will work together to build the structure that is on the card.	Friday August 28 5:15 p.m.
Mindfulness- Tense and Release Muscle Relaxation Exercise	This exercise will help the kids be more aware of all the different areas of their body. Have all the kids stand. Start with having them tense their toes for 5 seconds and then release. Moving up the body to different muscles of their body till you get to the top. Reminding them to breath.	Friday September 4 5:15 p.m.
STEM- Rock Scratch Experiment	Gather 10 different kinds of rocks for this experiment. Have the kids guess if the different rocks will leave a mark on a piece of white or black construction paper.	Friday September 11 5:15 p.m.
Mindfulness- Five Senses Exercise	This exercise helps the kids use all five senses to learn how to be more aware of their surroundings. Have the kids close their eyes and list all the different senses as they image the different ways these senses are used.	Friday September 18 5:15 p.m.
STEM- Plastic Cup Platform Challenge	Use plastic solo cups and cardboard to build a tower. Once the tower is built three layers high of 9 plastic cups on each layer have the kids take turns standing on tower carefully. Explain the science behind why this works.	Friday September 25 5:15 p.m.

WEST CLAY ELEMENTARY

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