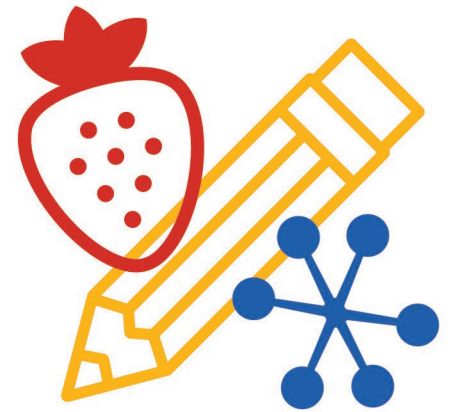


extended school enrichment

# AWARENESS



## SITE PLAN #3 January 5<sup>th</sup> to March 12<sup>th</sup>

STEM & Mindfulness Activity	Description	Date/Time
<b>Stem Works: Determine the holding power of various magnets!</b>	Horseshoe Magnet: How many paper clips can the horseshoe magnet hold? Children will first make an estimate then they will begin picking up the magnets according to each child's estimate. Who's estimate was closest?	<b>1/08/21 3:15 to 3:25</b>
<b>Stem Works: Determine the holding power of various magnets!</b>	Staff will review the previous weeks activity and then repeat the experiment with a different magnet. Using Wand magnets children will first estimate how many paperclips the wand magnet will pick up. Which magnet has more holding power the Horseshoe magnet or the wand magnet?	<b>1/15/21 3:15 to 3:25</b>
<b>Stem Works: Determine the holding power of various magnets</b>	Let's put the magnets against each other head to head! Children will record their estimates as to which magnet is stronger. Children will then begin picking up paper clips and count which one picked up the most. Review question: why is one magnet stronger than the other?	<b>1/22/21 3:15 to 3:25</b>
<b>Mindfulness: The Five Senses</b>	Cast your eyes around and bring your attention to five things you might not normally notice. Choose something you wouldn't ordinarily pay attention to, like a shadow or a small crack in the concrete. Share your experience.	<b>2/5/21 3:15 to 3:25</b>
<b>Notice four things that you can feel</b>	Bring your awareness to four things you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on. Share your experience	<b>2/12/21 3:15 to 3:25</b>
<b>Notice three things that you can hear.</b>	Try to tune in to the sounds of your surroundings. What can you hear in the background? This might be a bird singing, the low hum of the refrigerator, or the faint sounds of traffic from a nearby road.	<b>2/19/21 3:15 to 3:25</b>

**FOREST DALE ELEMENTARY**

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