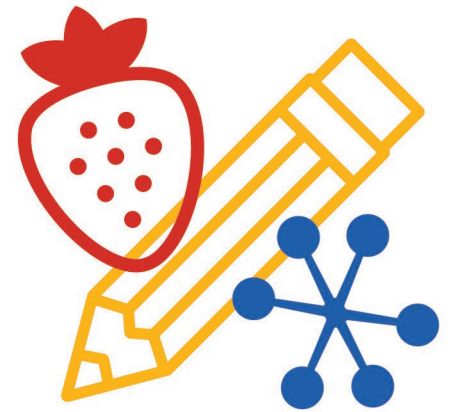


extended school enrichment

AWARENESS



SITE PLAN #3 January 5-March 12

Mindfulness Activity	Description	Date/Time
Mindfulness in a Jar	Counselor will pull a card from mindfulness in a jar and students will do what is on the card.	January 8 3:45
Choices in a Jar	Counselor will pull a card from choices in a jar and students will discuss what is on the card.	January 15 3:45
Attitude in a Jar	Counselor will pull a card from Attitude in a jar and students will discuss what is on the card.	January 22 3:45
What Would You Do in a Jar	Counselor will pull a card from What would you do in a jar and students will discuss what is on the card.	January 29 3:45
Mindfulness 5-4-3-2-1	Students will sit with their pod and practice Mindfulness 5-4-3-2-1. 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.	February 5 3:45
What Can I Notice A-Z	Students will look around them and pay attention to what they can see, feel, smell, and taste. They will try to find something for each letter of the alphabet.	February 12 3:45
Pits and Peaks	Students will go around and talk about their pit and peak of their week.	February 19 3:45
Mindfulness in a Jar	Counselor will pull a card from mindfulness in a jar and students will do what is on the card.	February 26 3:45
Choices in a Jar	Counselor will pull a card from choices in a jar and students will discuss what is on the card.	March 5 3:45
Attitude in a Jar	Counselor will pull a card from Attitude in a jar and students will discuss what is on the card.	March 12 3:45