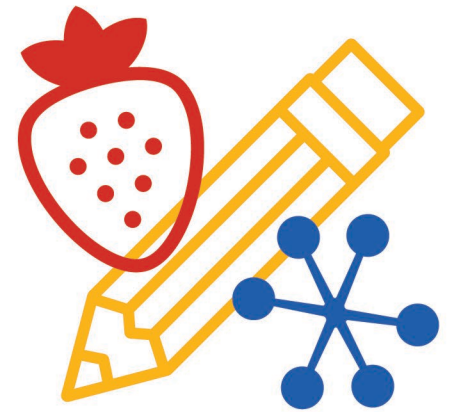


extended school enrichment

# AWARENESS



## SITE PLAN #3 January 5-March 12

Activity	Description	Date/Time
<b>Mindful Posing</b>	Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses: 1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible. 2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips. Ask the kids how they feel after a few rounds of trying either of these poses.	January 11, 2021 4:00 p.m.
<b>Spidey Senses</b>	Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in.	January 25, 2021 4:00 p.m.
<b>The Mindful Jar</b>	Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us.	February 8, 2021 4:00 p.m.
<b>Safari</b>	Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they’ll need to focus all of their senses to find them.	February 22, 2021 4:00 p.m.
<b>Mindful Deep Breathing</b>	To get started, students will take a deep breath in, hold it for a few seconds, and then slowly exhale. Once they get the hang of it, encourage them to keep doing this over and over for <u>3 to 5 minutes</u> . It sounds simple but the tricky part is getting young children to focus.	March 1, 2021 4:00 p.m.
<b>Guided Meditation</b>	Guided meditations allow kids to visualize a calm and safe space, and tune into multiple senses at once. By doing so, it helps their bodies to slow down and enter a more mindful and controlled state of being.	March 8, 2021 4:00 p.m.

**ORCHARD PARK ELEMENTARY**

Alyssa Holsten, Site Supervisor  
aholsten@carmelclayparks.com | 317.679.9867

**Carmel • Clay**  
Parks & Recreation