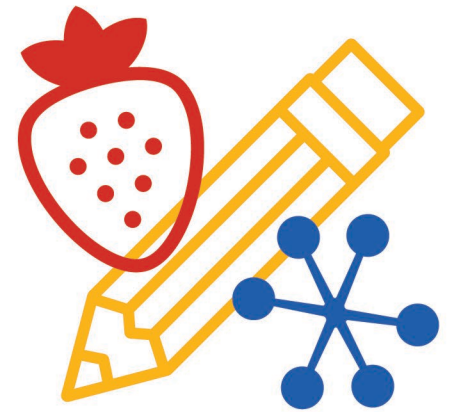


extended school enrichment

AWARENESS



SITE PLAN #3

January 5, 2021 – March 12, 2021

Mindfulness Activity	Description	Date/Time
Breathing Meditation	Feel more settled and calm by spending a few minutes focused on your breathing. A 3-minute Mindful Breathing mindfulness meditation	1/8/2020
On & Off	This exercise will teach you to turn high, stressful energy off so you can do what you need to do to be your best self.	1/15/2020
Own Your Power	Learn how to bring power back into yourself with your breath and your body in this calming video.	1/22/2020
Shake it Off – Think About it	Shake off those yucky feelings so you can move on with your day.	1/29/2020
Empower Tools: Relieve Anxiety	Get rid of your belly flutters, stress, and anxiety with short in breaths and long out breaths.	2/5/2020
Empower Tools: Strengthen your focus	Learn how to bring focus to yourself with this calming exercise for the mind and body.	2/12/2020
Empower Tools: Manage Frustration	Life comes with a lot of challenges, which can lead to frustration. Learn how to calm down and manage that frustration with this calming video.	2/19/2020
Candle Breathing	Candle Breath is a great way to Mindfulness Breathing and Breath work to children.	2/26/2020
Mind Yeti	Mind Yeti is a research-based digital library designed to help kids and their adults calm their minds, focus their attention, and connect better to the world around them.	3/5/2020
Finding your quiet place	In this video, Bulldog will show you how to boost your superpower of calm to find a little bit of peace and quiet in the middle of a noisy day by taking deep, relaxed breaths.	3/12/2020

PRAIRIE TRACE ELEMENTARY

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