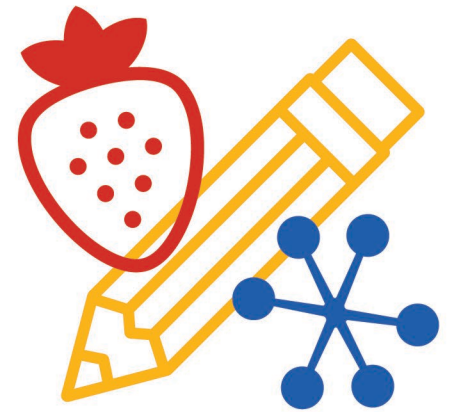


extended school enrichment

AWARENESS



SITE PLAN #3 January 5 – March 12

STEM & Mindfulness Activity	Description	Date & Time
Mitten Clothesline	The students' mittens are all wet! Help create a clothesline for the students to hang up the mittens to dry.	Friday, January 8th
Body Scan	Students begin by sitting in a comfortable position. Guide students to tense up muscles one-by-one starting with their feet. Hold for 5-10 seconds, then release. Students can describe how they felt before and after the exercise.	Friday, January 15th
Create a Shovel	Your driveway is covered in snow, but the shovel is broken! Create a new one to help your parents shovel the driveway.	Friday, January 22nd
Yoga	Students will participate in a yoga session as a group.	Friday, January 29th
Candy Hearts Structures	The city needs help creating a structure for Cupid to stay in during Valentine's Day!	Friday, February 5th
Warming my Heart	Warming my Heart activity. Students will color a picture of hot cocoa and in the marshmallows will write things that bring them joy.	Friday, February 12th
Create an Igloo	You are having a snowball fight with your friends and need shelter! Create an igloo to keep yourself safe!	Friday, February 19th
Breathing Wand	Students will create a breathing wand to resemble their breath and will practice taking a few breaths with their wand.	Friday, February 26th
Elephant Toothpaste	The zoo ran out of toothpaste for the elephants so we must create our own using chemical reactions!	Friday, March 5th

WOODBROOK ELEMENTARY

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