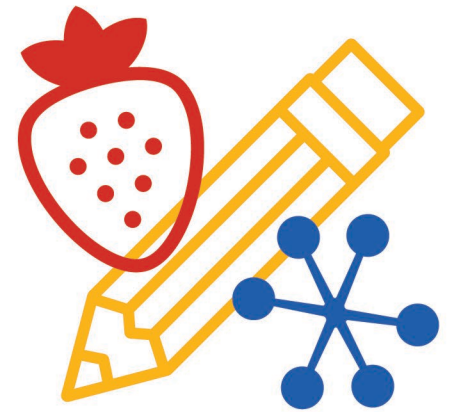


extended school enrichment

AWARENESS



SITE PLAN #3 January 5-March 13

Activity	Description	Date/Time
S.T.E.M	All students will receive 5 pipe cleaners. They will have five minutes to create a pipe cleaner person.	Friday, January 8 3:30 p.m.
Mindfulness	This exercise will help the kids tune into their senses. During snack have the kids eat snack silently and slowly to really listen and taste what they are eating.	Friday, January 15 3:30 p.m.
S.T.E.M	Nuudle activity	Friday, January 22 3:30 p.m.
Mindfulness	Have the kids lay down. Tighten and then relax specific muscle groups one at a time- starting with their feet and then their calves. Keep going until you get to their head.	Friday, January 29 3:30 p.m.
S.T.E.M	Make paper airplanes.	Friday, February 5 3:30 p.m.
Mindfulness	Get a bell or something that can keep a rhythm. Have the kids listen to the sound. Have them close their eyes and see if they can hear it better with their eyes closed.	Friday, February 12 3:30 p.m.

WEST CLAY ELEMENTARY

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