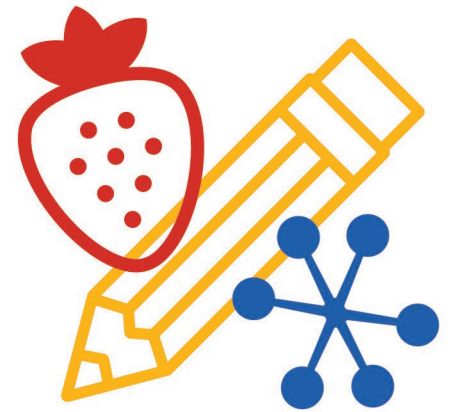


extended school enrichment

AWARENESS



SITE PLAN #4: March 15-May 26

Activity	Description	Date & Time
STEM	Toothpick Towers! Students will receive their own playdoh and toothpicks to engineer the highest tower. Toothpick-Towers-STEM-Quick-Win-1.pdf (myftpupload.com)	Monday, 3/15 5PM
Mindfulness	Sending Kind Wishes! Students will practice kind thoughts by thinking of 5 people they'd like to send kind wishes. We will record our kind wishes on post-its by writing down a kind wish or something that we like or are thankful for about the other person.	Monday, 3/22 5PM
STEM	Estimation Jars! Students will guess-timate the number of objects in the jar to see who can come closest to the correct number. Estimation-Jar-STEM-Quick-Wins.pdf (securerusercontent.com)	Monday, 3/29 5PM
Mindfulness	Total Body Relaxation! Students will practice tensing different muscles in the body for 5 seconds and then slowly releasing. We will lay down on our back and start at the feet working all the way up the body tensing and releasing each muscle group.	Monday, 4/12 5PM
STEM	Spot 5 Signs of Spring Nature Hike! Spring has sprung. Students will take stock of the natural world around them by identifying signs of Spring. Spot 5 Hike Signs of Spring - YouTube	Monday, 4/19 5PM
Mindfulness	Mindful Snack! Today, student will have a 'mindful' snack by describing the smell, texture and taste of the food as they eat.	Monday, 4/26 5PM

CARMEL ELEMENTARY

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