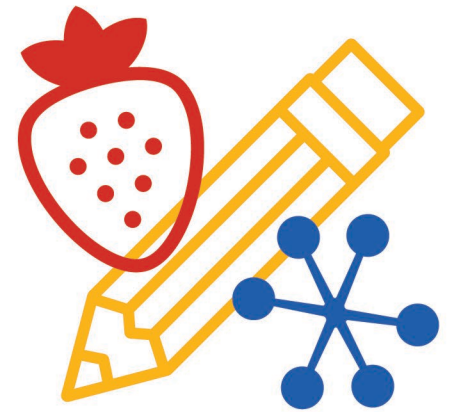


extended school enrichment

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)	3/15/21 4:15-5:15pm
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.	3/22/21 3:45-4:15
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 (secureservercdn.net)	4/19/21 3:45-4:15
Mindfulness	Total Body Relaxation! Students will practice tensing different muscles in the body for 5 seconds and then slowing 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.	4/26/21 3:45-4:15
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	5/10/21 4:15-5:15pm
Mindfulness	Mindful Snack! Today, student will have a 'mindful' snack by describing the smell, texture and taste of the food as they eat.	5/17/21 3:15-3:45

COLLEGE WOOD ELEMENTARY

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