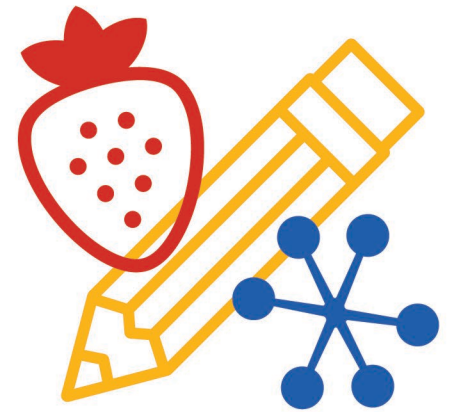


extended school enrichment

# AWARENESS



## SITE PLAN #4: March 15 – May 26

Activity	Description	Date & Time
<b>STEM</b>	Toothpick Towers! Students will receive their own playdoh and toothpicks to engineer the highest tower.  <a href="#">Toothpick-Towers-STEM-Quick-Win-1.pdf (myftpupload.com)</a>	4/16/2021  3:45p
<b>Mindfulness</b>	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.	4/16/2021  4:15p
<b>STEM</b>	Estimation Jars! Students will guess-timate the number of objects in the jar to see who can come closest to the correct number.  <a href="#">Estimation-Jar-STEM-Quick-Wins.pdf (secureservercdn.net)</a>	4/23/2021  3:45p
<b>Mindfulness</b>	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.	4/23/2021  4:15p
<b>STEM</b>	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.  <a href="#">Spot 5 Hike Signs of Spring - YouTube</a>	4/30/2021  3:45p
<b>Mindfulness</b>	Mindful Snack! Today, student will have a 'mindful' snack by describing the smell, texture and taste of the food as they eat.	4/30/2021  4:15p