



Elementary School Week 7: Mindful of Sight

	Experience	Video	Supplies/Peace Place	Notes	Send Home for Parents
Mindful Monday	Mindful Rainbow (in room/space notice something red, then orange, then yellow, etc.)	Mindfulness of Body: Sight (Rainbow color meditation)	Objects connected to color -- prism, create own rainbow	Virtual Learning: Students will add a prism or create a rainbow for their Peace Place at some point during the week.	
Movement Tuesday	Warrior 2 with Reverse Warrior 2 (Rainbow arms) Sitting and standing versions	Warrior 2 with Rainbow Arms		Variations provided for different abilities.	Surfeo/Surfing Coloring Page
Breathe with Me Wednesday	Rainbow Breath and introduce book	Rainbow Breath	<u>What's Your Favorite Color</u> by Eric Carle		
Brain/Body Thursday	Connect colors to how we feel	Feel, Connect, Act to Heal: Color Check-IN			
Fantastic Friday	Create your own affirmation	Create Your Own Affirmation: Practice and Create	Paper and crayons or markers		These affirmation posters can be sent home and posted on a refrigerator, wall, or in the student's Peace Place.