



Elementary School Week 3: Loving Kindness

	Experience	Video Link	Supplies/Peace Place	Notes	Send Home for Parents
<b>Mindful Monday</b>	Loving Kindness	Loving Kindness Video	<i>One Love</i> by Cedella Marley  Heart-shaped object (rock or cut-out, for example)		
<b>Movement Tuesday</b>	Downward-Facing Dog and Earth Salutation	Downward-Facing Dog Video, alternate Downward-Facing Dog Video and Earth Salutation Video	Perro Abajo/Downward-Facing Dog Pose Card from A-Z Deck  Wombat/Child's Pose card from A-Z Deck, Gato/Cat Card from A-Z Deck		Perro Abajo/Downward-Facing Dog Coloring Sheet
<b>Breathe with Me Wednesday</b>	Lion's Breath	Lion's Breath Video			Lion's Breath Coloring Page
<b>Brain/Body Thursday</b>	Flip Your Lid and Feel, Connect, Act to Heal	Flipping Your Lid Video			
<b>Fantastic Friday</b>	Freeze Dance with Wombat/Child's Pose, Cat Pose, and Downward-Facing Dog Pose	Yoga Freeze Dance Video		Offer an alternative, quieter activity: Draw and Share your favorite mindfulness activity, pose, or breath	