



Elementary School Week 2: Mindful of Touch

	Experience	Video Link	Supplies/Peace Place	Notes	Send Home for Parents
Mindful Monday	Review Last Week; Mindful of Touch	Video Yoginos Kids Yoga: Mindful Me Objects Read-Aloud of The Best Sweater	<i>The Best Sweater</i> by Lynne Garner		
Movement Tuesday	Cat/Cow Pose	Video Yoginos Kids Yoga: Cat & Cow	Add Cat/Gato Card (A-Z Deck) to the Peace Place		Cat/Gato Coloring Page
Breathe with Me Wednesday	Hand Tracing	Video Yoginos Kids Yoga: Mindfulness of Body with touch and breath: Hand Tracing (with explanation)	Add Hand Tracing Card (A-Z Deck) to the Peace Place		
Brain/Body Thursday	Brain Builder: Fight/Flight/Freeze	Video Yoginos Kids Yoga: Danger Response: Flight, Fight, Freeze	Brain Builder: Fight/Flight/Freeze		Brain Builder: Fight/Flight/Freeze
Fantastic Friday	Share Mindful Me objects				