



Preschool Week 2: Mindful of Touch

	Experience	Video Link	Supplies/Peace Place	Notes	Send Home for Parents
Mindful Monday	Review Last Week; Mindful of Touch	Mindful Me with Objects	Basket of items with different textures (e.g., feather, piece of soft cloth or felt, sandpaper, smooth rock, rough rock or crystal, small stuffed animal, cotton ball, something metallic, something bumpy-- like a textured ball).		
Movement Tuesday	Cat/Cow Pose	Cat and Cow	Add Gato/Cat Card (A-Z Deck) to the Peace Place	<i>Mommy's Khimar</i> by Jamilah Thompkins-Bigelow	Gato/Cat Coloring Page
Breathe with Me Wednesday	Hand Tracing	Mindfulness of Body with Touch and Breath: Hand Tracing (practice)	Add Hand Tracing Card (A-Z Deck) to the Peace Place		
Brain/Body Thursday	Feeling Tones with Objects	Mindful Me with Objects	additional objects with different textures (e.g., sand, rocks, cotton ball, sandpaper, feather, sticky tape)		
Fantastic Friday	Share Mindful Me objects.				