



Elementary School Week 8: Mindful of Taste/Mindful Eating

	Experience	Video	Supplies/Peace Place	Notes	Send Home for Parents
<b>Mindful Monday</b>	Mindful eating meditation	Mindfulness of Body: Sense of Taste	Apple or orange slices or another small snack for students to taste.  <b>Virtual Learning:</b> Ask students to bring a small snack to taste.	Complete Midway evaluations	
<b>Movement Tuesday</b>	Tree Pose	Tree Pose	ÁrbolTree Pose A-Z Card  <u>Salma the Syrian Chef</u> by Danny Ramadin	This can be done seated or standing. Note how trees and plants provide food.	ÁrbolTree Pose coloring page
<b>Breathe with Me Wednesday</b>	Counting breath	Counting Breath: 1, 2, 3, 4 : 4, 3, 2, 1	<u>Salma the Syrian Chef</u> by Danny Ramadin		
<b>Brain/Body Thursday</b>	Mindful eating	Mindfulness of Body: Eating Meditation	Apple or orange slices or another small snack for students to taste		
<b>Fantastic Friday</b>	Tree Toss/Freeze Tree		bean bag, small ball, or toy to toss		These affirmation posters can be sent home and posted on a refrigerator, wall, or in the student's Peace Place.