

FANTASTIC FRIDAY - OHMAZING® BUTTERFLY BOOKS

Supplies: A-Z Cards for poses that have been taught so far (Wombat/Child's pose, Gato/Cat, Perro Abajo/Downward-Facing Dog, Tierra/Earth Pose, Mariposa/Butterfly, Flor Fuerte/Flower Power)

Butterfly life cycle reference sheet or chart, paper, coloring utensils

**WOMBAT/CHILD'S POSE
A-Z CARD****GATO/CAT POSE A-Z CARD****PERRO ABAJO/DOWN DOG
A-Z CARD**

T



**TIERRA/EARTH POSE A-Z
CARD**

M



**LION'S BREATH POSE A-Z
CARD**

F



**FLOWER POWER BREATH
A-Z CARD**

CREATING OHMAZING® BUTTERFLY BOOKS

Note: Students will make their own butterfly life cycle books or charts. You can instruct them to mark off/divide a large sheet of paper into six sections or use six sheets of paper to fasten together into a book (using tape or brads).

Refer students to the cycle of a butterfly, anchor chart, or shared image (online).

Review the cycle, along with the poses students did in the butterfly sequence in Week 5. You can display the following A-Z Cards to show the order of poses:

- (1) Wombat/Child's pose: Egg
- (2) Gato/Cat: Caterpillar coming out of egg
- (3) Perro Abajo/Downward-Facing Dog: Moving caterpillar
- (4) Tierra/Earth Pose: Chrysalis
- (5) Mariposa/Butterfly: Butterfly
- (6) Flor Fuerte/Flower Power: Butterfly drinking nectar

Ask students to move through the pose sequence a few times to review it and feel it in their bodies. Connect the sequence to Mindfulness of Smell/Sight by asking students what might attract butterflies to the flowers they need for food.

"Now we're going to create our own Butterfly Sequence books (or charts). You'll draw or write about a stage in the butterfly sequence and draw the pose that goes along with it."

Whether in the classroom or online, display images of the different stages of the butterfly life cycle.

These can be completed today, or they can be placed in the Peace Place for students to continue working on the following week.

As students complete their books/charts, ask to add words describing how they feel in each pose of the butterfly sequence. This might be something they write or words that they dictate to you or a parent/caregiver.

In the Classroom: Display the butterfly books/charts in the Peace Place or around the room. Encourage students to practice the sequence at home and when they would like to shift how they're feeling.

Virtual learning option: Students can record themselves on Flipgrid sharing their stories.