



Preschool Week 1: Mindful ME

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	Experience	Video Link	Supplies/Peace Place	Notes	Send Home for Parents
Mindful Monday	M: Mindful of Sound with a bell (Create mindful body for Mindful ME Time)	Mindful Me – Video 1 Mindful of Sound – Video 2	Bell	Complete Preliminary Evaluations	
Movement Tuesday	T: Child’s Pose (listen for 3 bells to sit up)	Childs Pose Demonstration Video	Wombat/Child’s Pose Card (A-Z Card Deck)		Wombat/Child’s Pose Coloring Page
Breathe with Me Wednesday	W: Peace Place + Flower Power Breath	Flower Power Breath	Peace Place: Put a flower or little basket of flowers in the Peace Place with for child to practice flower power on their own after being introduced Flower Power Card (A-Z Card Deck) Place the Wombat/Child’s Pose and Flower Power Cards in the Peace Place		Flower Power Breath Coloring Page
Brain/Body Thursday	R: Sharing Flower Power Breath Feel, Connect, Act to Heal	Peace Place video	Flower Power Card (A-Z Card Deck)	Connect to <i>I Am Enough</i> by Grace Byers	
Fantastic Friday	F: Sharing the Bell	Mindful Body with Variations	Wombat/Child’s Pose Card (A-Z Card Deck) Bell		