



Elementary School Week 4: Somos OHMazing®!

	Experience	Video Link	Supplies/Peace Place	Notes	Send Home for Parents
<b>Mindful Monday</b>	Mindful of Sound Near and Far	Mindful of Body: Sound			
<b>Movement Tuesday</b>	Tierra/Earth Pose	Tierra/Earth Pose	<p>Tierra/Earth Pose A-Z card</p> <p>Introduce a zen garden or a class plant (that class can share the responsibility of caring for) or item to represent the earth (Picture, Blow-up globe, Stuffed earth)</p>	Modification: Seated Earth pose.	<p>Tierra/Earth Coloring Page</p> <p>Ask guardians to help their student collect five items from nature that make them feel good for their at-home peace place. <i>Avoid picking live things.</i></p>
<b>Breathe with Me Wednesday</b>	Take 5 Breath	Take 5: Quickie Breath and Mindful Movement for Students, Teachers, and Parents		Modification: This breath can be done seated, standing, or in a chair.	
<b>Brain/Body Thursday</b>	<p>What is "OHMazing®"?</p> <p>OHMazing® Rollbacks</p>	I am OHMazing Rollbacks		Modification: Seated Earth pose	
<b>Fantastic Friday</b>	Match It Up!	Match It Up Game : Parts 1 and 2	A-Z Cards. Breathing Cards.	Be sure to watch the video prior to the lesson/class. You will need to lead the game rather than playing the video.	