



Elementary School Week 5: Mindful of Body (How We Change and Grow)

	Experience	Video	Supplies/Peace Place	Notes	Send Home for Parents
Mindful Monday	Mindful of Body: Head, Shoulders, Knees, and Toes	Mindful of Body through Touch: Head, Shoulders, Knees and Toes			
Movement Tuesday	Butterfly	Butterfly Pose	Mariposa/Butterfly Card from A-Z Deck		Mariposa/Butterfly Coloring Page
Breathe with Me Wednesday	Belly Breath	Parasympathetic Nervous System and Belly Breath	PNS/Belly Breath Brain Builder Card		Copy of Brain Builder: PNS/Belly Breath
Brain/Body Thursday	Acknowledging Change: Butterfly Movement Sequence	Butterfly Sequence Reading of "The Butterfly" by Anna Milbourne and Cathy Shimmen	<i>The Butterfly</i> by Anna Milbourne and Cathy Shimmen A-Z Cards: Wombat/Child's pose, Gato/Cat, Perro Abajo/Downward-Facing Dog, Tierra/Earth Pose, Mariposa/Butterfly, Flor Fuerte/Flower Power		
Fantastic Friday	Favorite Poses: practice, select, and/or teach favorite poses				Draw butterflies and/or the butterfly life cycle and add to Peace Place (at home or in the Classroom)