



**Elementary School Week 6: Mindful of Smell**

	Experience	Video	Supplies/Peace Place	Notes	Send Home for Parents
<b>Mindful Monday</b>	Mindful of Smell	Mindfulness of Body: Sense of Smell	Small orange or lemon (ideally one for each student), Jar with scented cotton balls.		
<b>Movement Tuesday</b>	Sitting Toco El Sol	Toco el Sol: Sitting Sun Salutation			
<b>Breathe with Me Wednesday</b>	Review Flower Power and imagine positive scents  Introduce Reading Connection	Flower Power Breath: Imagine Positive Scents	Flor Fuerte/Flower Power A-Z Card  <a href="#"><u>The Story of Ferdinand</u></a> by Munro Leaf		
<b>Brain/Body Thursday</b>	Review existing breath	Feel Connect, Act to Heal: Review of Breathing Tools	Breathing Cards for review: Flor Fuerte/Flower Power, Hand Tracing Breath, León/Lion's Breath, Belly Breath		
<b>Fantastic Friday</b>	OHMazing® Butterfly Books		A-Z Cards: Wombat/Child's pose, Gato/Cat, Perro Abajo/Downward-Facing Dog, Tierra/Earth Pose, Mariposa/Butterfly, Flor Fuerte/Flower Power  Coloring utensils, paper, the life cycle of a butterfly reference or anchor chart		