

General Resources Appendices

Appendix A Art Menu

Cardboard tube sculptures <https://www.artbarblog.com/category/recycled/>



SUPPLIES

- ~ Toilet paper rolls, cut into circles (about 5 or 6 circles can be made from each tube). You'll need a lot of tubes so start saving them over the break!
- ~ Exacto knife – this makes cutting the circles way easier. If you do not have an Exacto knife, you can cut the rolls using scissors
- ~ White glue
- ~ Cardboard base. This base can be any size. You can cut off one side of any cardboard box you happen to have at home.
- ~ Paints, markers, pencil crayons or crayons if you want to make your sculpture colorful

INSTRUCTIONS

Step 1: Cut the tubes into 5 or 6 sections



Step 3: Start gluing the tube pieces onto the cardboard base. Be careful not to use too much glue as it will take a long time to dry!

Create a Flip Book

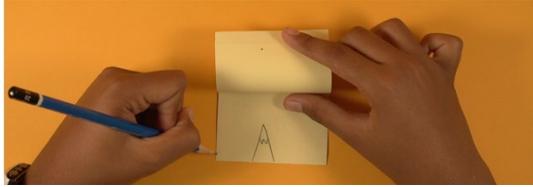
<https://www.metmuseum.org/art/online-features/metkids/videos/MetKids-Create-a-Flip-Book>

Materials:

- sticky notepad or square pad of paper (you can make your own if you don't have one. Just cut as many pieces of white paper as you need to the same size square, then staple or tape the pages to form the "binding" for your book. It is a good idea to keep the pages about between 1 ½ and 2 ½ inches square so that the pages flip properly.
- pencil or pen

Instructions:

1. Start with a blank stack of sticky notes. You might want to split one notepad into thirds, so you end up with three smaller stacks to make more than one flip book.
2. Wrap tape around the sticky end of one of the stacks to prevent it from breaking apart when you draw in it.
3. Start on the last sticky note and draw a picture on the bottom half of the page. If your drawing is too close to the top, where the notes stick together, you might not see it when you thumb the flip book at the end.
4. Flip to the next sticky note (the second-to-last one in the stack) and see how your first drawing shows through the paper.
5. Trace the still parts of the picture, the ones you don't want to move in the animation.
6. Change the parts of your drawing that you do want to animate, or move.
7. Flip to the next page. Repeat tracing the still parts and changing the parts that you are animating.
8. As you fill the notepad from back to front, animate the movements little by little, page by page. You can flip your notepad (from back to front) to check your progress and see if you want to make changes.
9. Once you finish your series of drawings or fill the entire notepad, use your thumb to flip the pages from back to front to watch your animation.



Make your own playdough! <https://www.iheartnaptime.net/play-dough-recipe/>



Playdough ingredients:

- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons of vegetable oil (coconut oil works too)
- Food coloring, optional
- Quart sized bags
-

Instructions:

1. Stir together the flour, salt and cream of tartar in a large pot.
2. Add the water and oil. If you're only making one color, add in the color now as well.
3. Cook over medium heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball.
4. Remove from heat and then place inside a gallon sized bag or onto wax paper.
5. Allow to cool slightly and then knead until smooth.
6. If are making multiple colors, divide the ball of dough up into as many smaller balls as the number of colors you want. Put each small ball of dough into a ziplock bag. Add about 5 drops of food coloring to each bag. Zip the bag up. Squish and knead the food coloring into the

dough. By mixing the color into the dough in the bag, you don't get food coloring all over your hands!

7. If you want, you can add glitter to your dough in the bag as well.

8. When you are not having fun with your playdough, keep it in a ziplock bag with all the air squeezed out of it. Your playdough should keep for up to 3 months.

Paper towel roll marble run <https://tinkerlab.com/toilet-paper-roll-marble-run/>



- Painter's Tape (this tape won't damage your painted wall as you will be taping the tubes to the wall)
- Marble/s or small rolling objects
- Scissors
- Bowl or basket (to catch the marble)
 - Decorations for your marble run such as paint, marker, colored tape, tissue paper, wrapping paper (optional)

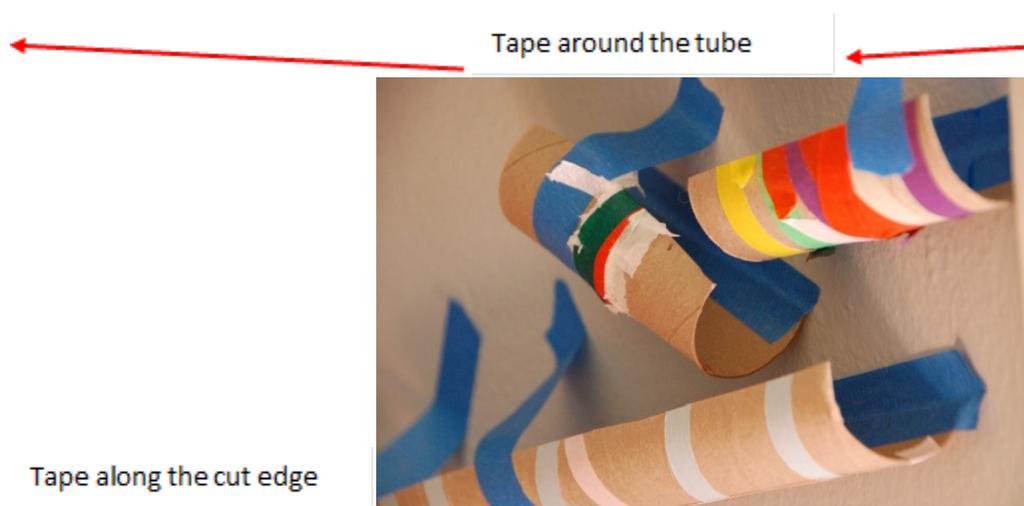
Instructions

Step 1: Find some clear wall space. The space should be an empty wall with no window or sliding glass door

Step 2: decorate your tubes (optional)

Step 3: Cut the tubes in half lengthwise. This will give you twice the length of tubing for your marble run.

Step 4: Begin to assemble your marble run. It is best to test as you go to make sure that the marbles roll properly through the tubes. Marbles move fast once they get rolling so make sure to have a basket at the end of the last tube as you try out the run. Begin at the highest spot on the wall where you want the run to start. Tape the tube to the wall in 2 spots at least.



Step 5: Position a basket at the end of your finished marble run in a spot where it will catch the marble. You can choose to tape it to the wall or simply sit it on the floor or on top of a table.

You can experiment a bit with the other round objects other than marbles to see what rolls fastest, slowest, etc and wonder about the differences.

Make your own lantern <https://artfulparent.com/wp-content/uploads/2020/10/Lantern-Pages-from-The-Unplugged-Family-Activity-Book-9781592339433.pdf>
[Supplies](#)

- Newspaper or drop cloth
- Glass jar (half pint or quart sized work best. A left over glass jar would be perfect!)
- Colorful tissue paper
- Scissors
- Diluted white glue (2 parts glue to 1 part water)
- Small container for the glue mixture
- ½" to 1" craft paintbrush (the glue will gum up the brush so use one that you don't mind throwing away)

Instructions

- Step 1: Remove any label or sticky residue from the jar. Soaking it in warm water for about an hour will help with this process
- Step 2: Cover your work surface with a few layers of newspaper or the drop cloth to prevent it from getting messy
- Step 3: Cut your tissue paper into simple shapes like stars, circles, triangles or cut/tear the paper into ½" to 1 ½" strips
- Step 4: Using the paint brush, coat the outside of the jar with a layer of the glue mixture
- Step 5: Begin to apply the tissue paper shapes or strips to the outside of the jar. Make sure to overlap the edges of the paper so that there is no exposed glass. You can use your paintbrush to apply more glue as needed and to smooth out wrinkles
- Step 6: Continue to apply tissue shapes until the whole jar is covered
- Step 7: Allow the glue to dry
- Step 8: Apply a second layer of the glue mixture to the outside of the tissue covered jar to protect the tissue and allow it to dry completely
- Step 9: put a battery powered candle or set of twinkle lights in your lantern

Optional: You can use a semi-stiff wire to fashion a handle so that you can carry your lantern. You will need one piece of wire about 24" long. Loop the wire around the neck of the jar and twist the end of one wire around the other one to secure them where they meet.



Loop the remaining length of wire back over to the opposite side of the mouth of the jar. Feed the ends of the wire under the piece that is looped around the mouth of the jar, fold it back on itself and twist to secure.



Here are a couple of links to show you how to make the handle

<https://www.pinterest.ca/pin/139822763401347815/>

<https://www.kellyelko.com/how-to-wire-a-mason-jar-to-hang/>

Paper maché

<https://teachingideas.ca/2020/03/24/paper-mache/>

[Supplies](#)

- Paper. For paper maché, you can use any paper, from old newspaper or magazine pages to tissue paper. Using paper towel in between layers lends strength to your finished product. Cut or tear the paper into 1" wide strips. It is easier for younger children to manage shorter strips, no more than 5" long.
- Paste. The consistency should be like pancake batter. Mix the flour and water well.
 - The recipe for the paste is;
 - 1 part flour
 - 2 parts water
- Balloon(s). These will serve as the form on which you will layer your paper maché. If you only layer on strips on one half, you will have a bowl.

Instructions

Step 1: Cover your work space in a drop cloth. Paper maché is messy and it is difficult to clean up the dried paste.

Step 2: Cut the paper into strips. You will need lots of strips as your bowl will need a number of layers.

Step 3: Mix together the paste. You can make more paste if you need it, so start with one cup flour to 2 cups water for example.

Step 4: Blow up the balloon to the size of bowl you would like.

Step 5: Place the balloon in a heavy bowl (like a stoneware cereal bowl for example) stem side down to give it support so that it doesn't roll around while you are making your bowl. You will leave it in this bowl while it dries too.

Step 6: dip strips of paper in the paste one at a time. Make sure that the whole strip is coated in paste. If there is a lot of paste, allow the excess to drip off or run your fingers along the sides of the strip to remove excess paste (using a gentle "pinch" motion).



Step 7: Place the strips of paper dipped in paste on the balloon so that they overlap each other. Continue to add strips until you have covered the desired area with three or four layers of paper strips. This will allow the bowl to be strong. Inspect your work to make sure that you have not left any areas bare.

You can choose to paint your work once it is dry or you can leave it "au naturel". If you choose to paint it, leave it in the bowl to make it easier to access.

Step 9: Allow the paint to dry (if you chose to paint it). Pop the balloon and voila! You have a bowl (or a pinata if you covered the whole balloon).

Beaded wire maze sculpture

<https://www.artbarblog.com/beaded-wire-maze-sculptures/>

Supplies:

-  Length of wire (between 24" and 36") that is rigid enough to hold up small beads (approx. 16 gauge).
- Beads large enough to slide onto the wire. A variety of color and sizes will help make the sculpture interesting
- 2 approx 1" buttons
- Felt pieces or construction paper cut into geometric shapes with a hole punched in the middle. Again, a variety of color will add interest to your finished product
- Other objects (cut up pieces of straw, buttons, etc that will fit onto the wire to add interest to your sculpture.
- Solid base (like a piece of wood or thick cardboard)
- White glue
- Glue gun
- Markers, paint

Instructions:

Step 1: Decorate your base with markers, paint. Make it as colorful and interesting as you want.

Step 2: String one end of the wire through the holes of the button. Twist the wire to secure it to the button.

Step 3: Begin to assemble your sculpture using your beads, straw pieces, felt, buttons, etc. Bead about ½ of the wire and then stop.

Step 4: Attach the button to the base with the hot glue gun. Hold the wire in place until the glue has cooled and is secure. (If you don't have a button or a hot glue gun, playdough will work to secure the wire to the base. Use a glob of playdough to form a base. Twist up the end of the wire to make it stick into the playdough more securely and poke this end in the playdough).

Step 5: Put a twist or a curl in the wire.

Step 6: continue to add decorations to the wire on the other side of the curl/twist.

Step 7: Continue to add curls and decorations to your sculpture for the length of the wire.



Alexander Calder inspired paper sculpture



<http://www.pinkstripeysocks.com/2015/05/calder-inspired-sculptures-kids-art-project.html>

Supplies:

- Construction paper or card stock or other rigid paper. You could even use the cardboard from a cereal box.
- Markers, pencil crayons, crayons
- Scissors

Instructions:

Step 1: Cut the construction paper into a square (if using a rectangular paper such as a letter or legal size, fold the paper diagonally so that the top edge is level with one of the side edges. Cut off the extra and voila, you have a square!)

Fold edge 1 down so that it is even with edge 2

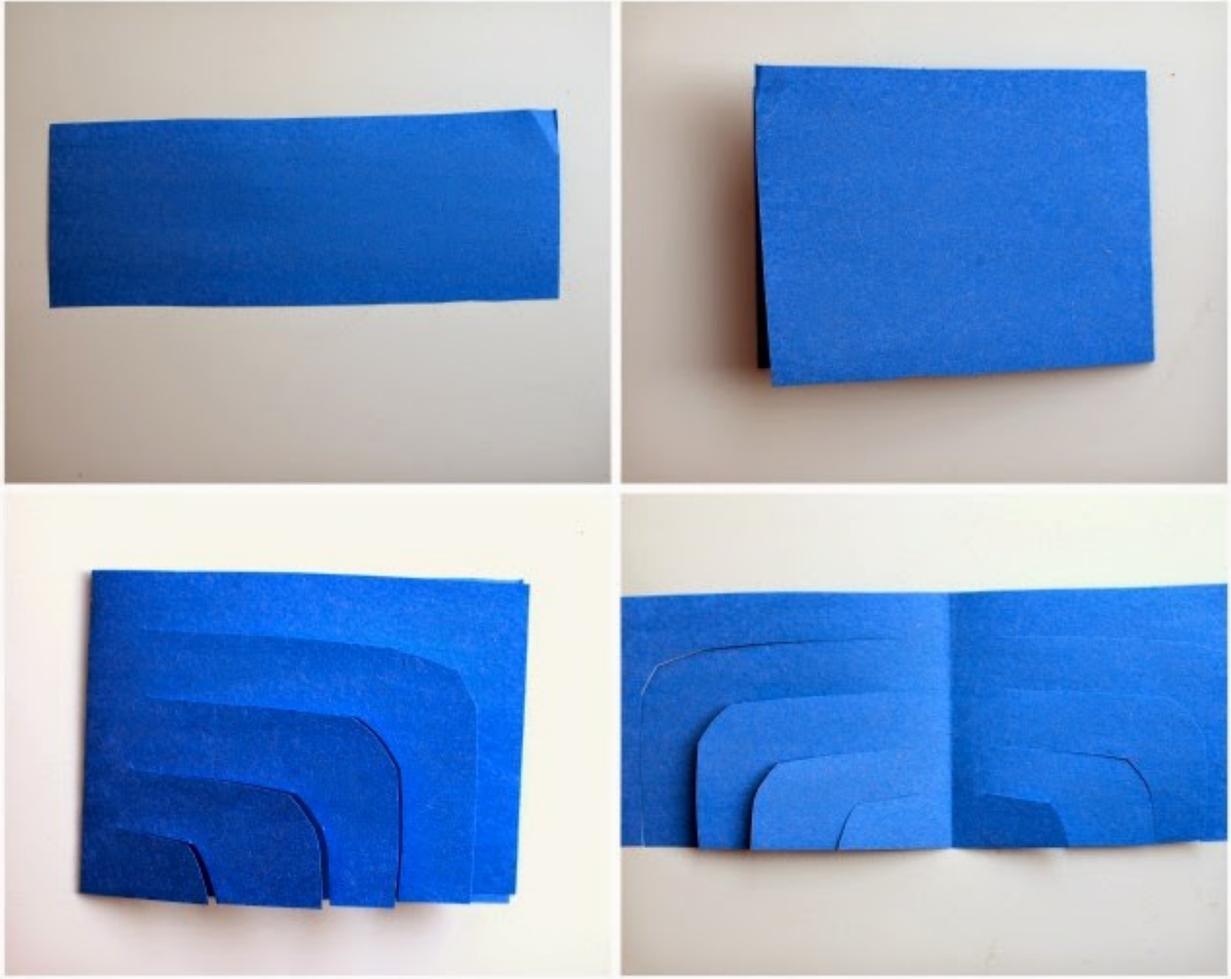


1



Cut this part off along this line

2



2 1

Step 3: Makes cuts like in image 3

Step 4: unfold

4 3



More Alexander Calder inspired abstract paper sculpture ideas

<https://nhartgallery.blogspot.com/2013/02/inspired-by-masters-abstract-paper.html?m=1>



- Rigid cardboard for the base (at least 12" square)
- colorful construction paper or card stock
- Glue stick
- Pencil crayons, markers, crayons

Instructions:

Step 1: cut a variety of shapes (strips, curves, squares, circles, etc) out of the colored construction paper or card stock

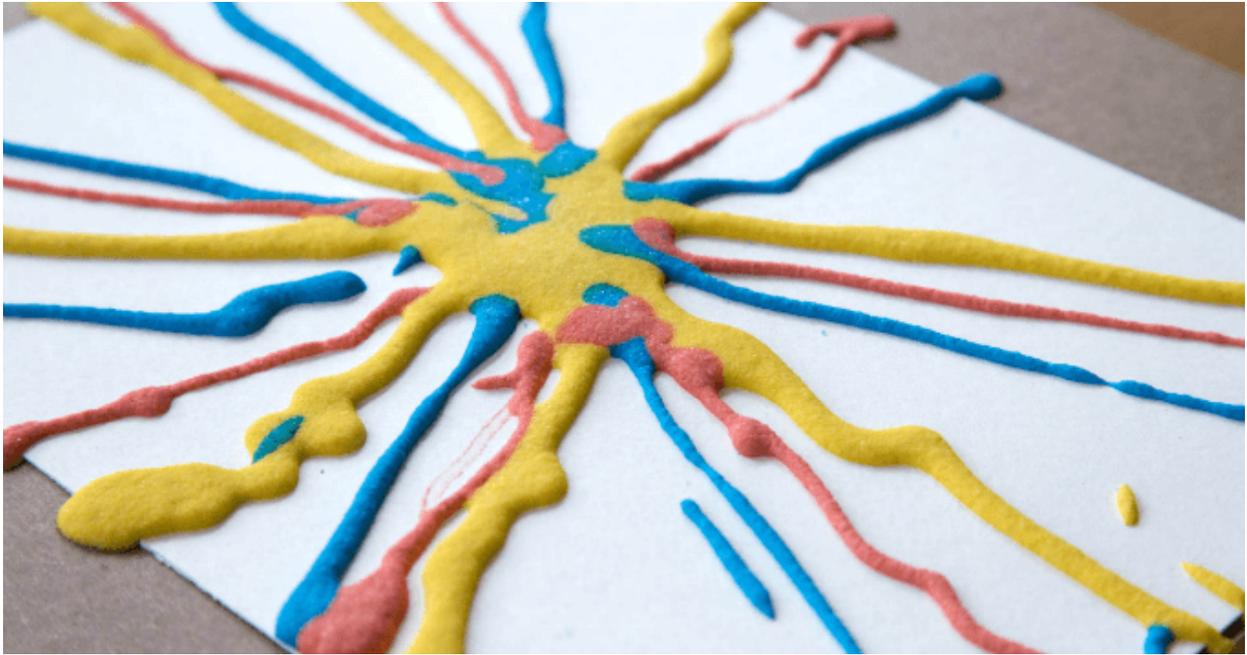
Step 2: begin to attach shapes to your base. Rub the glue stick on the back of the shape and press it firmly onto the base



Step 4: Continue to assemble your sculpture until you feel that it is complete. You can attach shapes on top of shapes. Be creative and have fun!

DIY puffy paint

<https://artfulparent.com/salt-puffy-paint/>



Ingredients: The paint is simply a mix of equal parts salt, flour, and water with a bit of tempera paint added for color.

How to: You can apply it with a squeeze bottle or an icing bag, and because of the viscosity of the paint, it stays raised, like frosting. Hence the “puffy paint” even though it’s not actually puffy to the touch. Once the paint dries, it’s hard and crystalline because of the salt.

What’s cool is that the colors stay separate rather than mix. You could squeeze out a puddle of yellow salt paint, then add drops of blue on top and those drops of blue would hold their shape and color and separateness until dried.

Everyone seems to love using this kind of paint! From youngest toddlers just getting the joy of squeezing a bottle and watching the paint come out to older kids and even adults.

Ice suncatchers

<http://twigandtoadstool.blogspot.com/2014/01/ice-rainbow-sun-catchers.html>

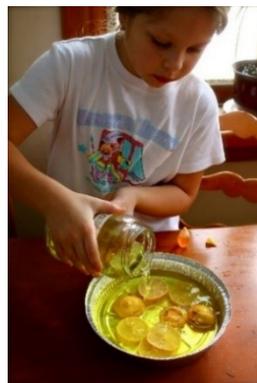


Supplies: round foil cake tins

Bits of nature (branches, berries, leaves, fruit slices, whole spices, etc)

Food Coloring (optional)

String



How to:

Step 1: Measure how much water will fit into your cake tins. Pour the water into a food coloring safe container like a glass measuring cup.

Step 2: Place the natural objects that you found into the tins

Step 3: Add food coloring to a container of water (optional)

Step 4: Pour water back into the cake tin over the natural objects

Step 5: loop a string with the ends into the cake tin. This will be used to hang your suncatcher

Step 6: put the cake tin somewhere to freeze. Once it is frozen, hand it outside so you can enjoy its beauty! As the ice melts, the natural objects will become more exposed and the birds and squirrels will have a tasty treat!

Ice luminaries <https://www.instructables.com/Ice-Luminaries/>
<https://www.bobvila.com/articles/ice-luminaries/>



- Supplies :-1x4 cup plastic container (such as a large sour cream container)
-1x1 cup plastic container
-Natural object such as berries, slices of fruit, branches, evergreen branches, leaves, etc
-Water
-Coins or other heavy objects that will fit into the small container to weigh it down
-Masking tape

Directions:



Step 1: Partially fill the large container with water. Put the weights in the small container and place it in the large container. Use masking tape to secure the small container in the middle of the opening for the large container.

Step 2: Add natural objects to the space between the large and the small container where the water is. Continue to add objects until you are pleased with your design

Step 3: Freeze until solid



Step 4: Remove the inner container by filling it with warm water. This will allow the ice to release the sides of the container and you will be able to pull it out. Run water on the outside of the large container and you will be able to tip the ice out from inside.

Step 5: Put a traditional candle or a battery-operated candle inside the opening and put it outside to enjoy!

Snow luminaries

<http://justvisitinghappyvalley.blogspot.com/2013/12/the-fine-art-of-snow-luminaries.html>



- A plastic or metal bucket
- A small shovel to shovel snow into the bucket
- A table spoon
- (option) A garden trough
- Candles (1 for each Luminary)
- Matches or other type of lighter

Directions:

Step 1: Fill the bucket with snow.

Step 2: Pack the snow down tightly. If the snow is powdery, add some water to the bucket to help it stick together.

Step 3: Turn the bucket over to get the packed down snow out. You may have to slam the bucket down or tap on the sides and bottom to get the snow out. It should come out as a solid shape (think making sand castles on the beach!).



Step 4: Hollow out the inside of the luminary. You will want to go 1/2 or 2/3 of the way down and the walls should be about 1/5" to 2" thick when you are done. The thinner the walls, the more the luminary will "glow" when the candle is lit.

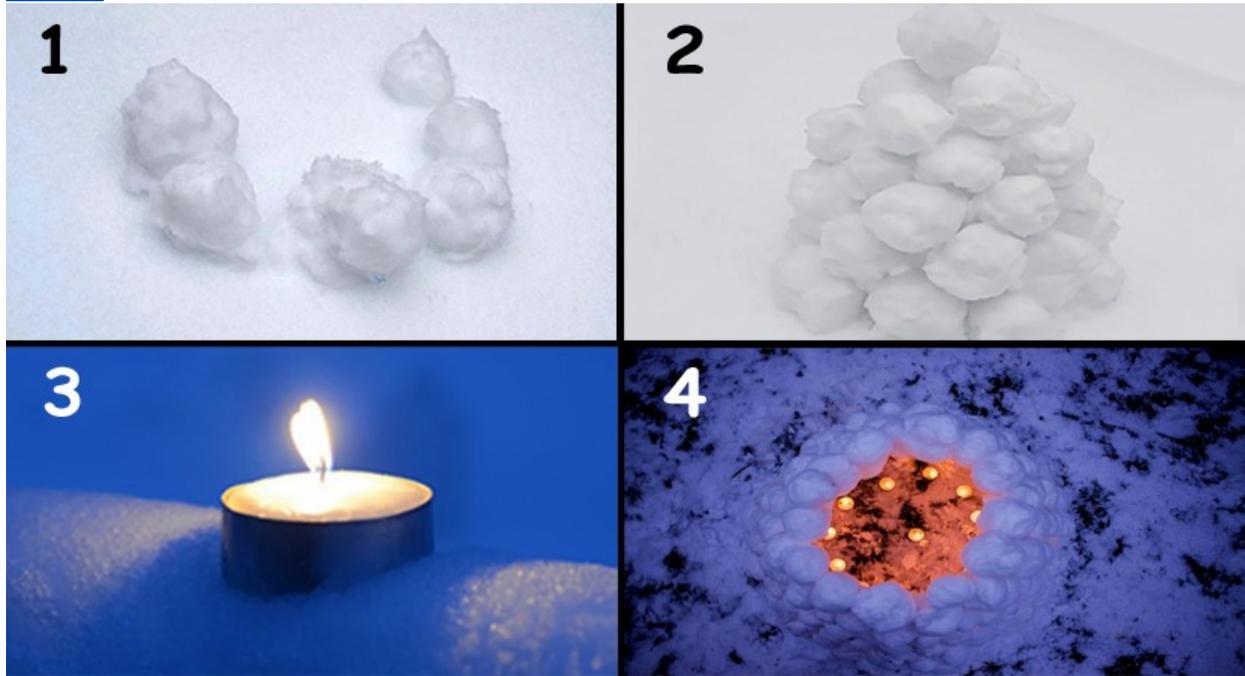
Step 5: insert the candle in the hollow and light it.

snowball lantern

<http://doityourselfnow.com/how-to-build-swedish-snowball-lanterns/>

<https://www.countryliving.com/life/news/a41641/swedish-snow-lantern/>

<http://www.mainegardenideas.com/garden-thyme-blog/holy-snowball-check-out-these-cool-snowball-lanterns>



Supplies:

- Snow
- Tea lights or candles

Directions:

Step 1: Make a whole bunch of snow balls. Keep the snow balls approximately the same size. The more snow balls you make, the bigger your snow ball lantern will be.

Step 2: Find a level spot to begin to assemble your lantern.

Step 3: Begin to shape a ring with one layer of snowballs (image #1).

Step 4: Once you have the bottom ring completed, begin to stack a second layer on top of the first one. You will place the balls in the space between two of the balls in the first layer. The balls should be slightly inset so that the finished lantern will be “cone shaped”.

Step 5: Continue to add snowball layers until you have an opening at the top that is just large enough for you to fit your hand and a candle through (image 4).

Step 6. Place a candle at the bottom of the lantern and light it. If you have designed a large lantern, you may need to insert more than one candle in order to get a nice “glow” from your lantern.

Cardboard loom weaving

<https://happyhooligans.ca/cardboard-loom-weaving-activity-for-kids/>

<https://artfulparent.com/how-to-create-simple-weaving-for-kids/>

<https://www.hellowonderful.co/post/easy-cardboard-circle-weaving-for-kids/>



- Stiff cardboard
- Scissors
- Yarn or cotton string
- Fabric strips, cut up old t-shirts or sheets
- ribbon

Instructions:

Step 1: Make the Loom

To make your simplified weaving loom, start with a piece of rectangular cardboard. The size of your cardboard will determine the size of your weaving, but it's best not to go too big. I used a roughly A3 (11"x16") sized rectangle with my students.

Carefully cut evenly-spaced slits along the top and bottom of your "loom" to create "teeth" – about half an inch long and spaced half an inch apart as well.

PRO TIP: The cutting is best done by an adult to ensure a better result.

Step 2: Next add "warp thread" (vertical threads that hold the tension while you weave). To do this, simply knot the end of a ball of cotton string or any old yarn onto the first "tooth" along the bottom or top. Then loop this over the tooth on the opposite side, then back around the 2nd tooth in the row you started on and continue until the entire loom is covered in vertical strings. Tie this off onto the last tooth.

PRO TIP: Double check children haven't accidentally gone over to the back of the loom as this makes it difficult to remove the weaving when finished.

Step 3: Prepare your fabric strips. To prepare your "weft thread" (horizontal weaves), you need to cut your fabric remnants into strips about 1–2 inches wide and as long as you wish.

We raided our local recycling co-op [Reverse Garbage](#) here in Sydney for colorful fabrics and interesting textures such as lace.

As luck would have it, we even found some fluorescent fabric (my fave) which provided a real "POP" in our color schemes.

Step 4: Create your first row of weaving for kids. Weaving really is as simple as adding fabric or yarn "over and under" the warp thread and this is the mantra I repeat with kids as we weave. To start weaving simply add a fabric strip by first going over a warp thread and then under, then over and so on until you get to the end of the row. Then gently pull the rest of your strip through, making sure you leave at least 3-4 inches of the strip hanging. You can also weave with ribbon for contrast.

Step 5: Continue weaving in different colors. Next, weave back in the opposite direction – if your last weave was "over" then start with "under" or vice versa. Then continue weaving until the entire strip has been added. Be sure to leave adequate length hanging off the sides.

When using rag materials there is no real need to finish off ends. I like the rustic, organic look so simply tie the ends together in knots to hold them.

Be sure to squash your weft upwards towards the top of your loom before starting a new color strip.

PRO TIP: Do not pull your ends TOO TIGHT as you will end up with a wonky weaving (it's very easy to do!).

Step 6: Remove the weaving off the loom. Very carefully slide the string loops off the teeth at the top of your loom one at a time directly onto a stick or dowel.

Then remove the bottom loops, one at a time, cutting and knotting as you go. Add a string or ribbon loop to your branch or dowel for hanging. Et voila!

Melted crayon art for k-3

<http://kidzactivities.net/crayon-melting-art/>

CRAYON MELTING ART



Supplies:

- broken crayon bits
- paper or poster board for a “canvas”
- hair dryer

Instructions:

Step 1: Cover your workspace in newspaper or a drop cloth

Step 2: Grate, smash or shave crayon bits into smaller pieces. The smaller the piece, the more easily it will melt

Step 3: sprinkle the broken crayon pieces onto the “canvas”. There are no rules to how much or little you sprinkle. Mix the colors together, keep them separate, sprinkle all over the page or leave blank space. You are the artist!

Step 4: Turn your hair dryer on to a low setting. Holding the dryer at least a foot above the “canvas” to start (so the small bits of crayon don’t get blown away) begin to melt the crayon. Once the crayon begins to soften, you can hold it closer to melt the crayon more quickly.

Step 5: Optional. If you hold the dryer a bit to the side, it will make the melting crayon spread out in interesting shapes.

Step 6: Continue melting until you have achieved a look that you find pleasing

Melted crayon art (for grade 4-6)

<http://www.52kitchenadventures.com/2011/09/12/melted-crayon-art-tutorial/>



- Canvas or rigid cardboard
- Hot glue gun
- Glue stick
- Hair dryer
- Lots of new crayons
- Newspaper to protect work surface



Step 3: Once all of the crayons are glued to the “canvas”, lean it up against a wall on a slight angle. Make sure that there is newspaper under the bottom edge of the “canvas” to prevent the melting wax from getting on your work surface.



Step 5: Allow the wax to cool and harden.

photography (for grade 5/6)

https://lrsdcn.sharepoint.com/:w:/r/sites/LRSDEducators/_layouts/15/Doc.aspx?sourcedoc=%7BA49F1AA1-C338-4B00-86D3-52721C1E41C4%7D&file=Photography%20Assignment%20-%20Darlene%20Karalash.docx&action=default&mobileredirect=true

Photography with Poetry Assignment

Choose and complete **one** of the following projects...

A. Zen Photography and Haiku Poetry

Zen photography is a form of meditation that captures *a simple image* conveying a *peaceful state of mind*. Zen photography finds beauty in all things.

Haiku poetry is another Japanese tradition. Haiku poems are mostly about nature. A Haiku poem does not rhyme. There is a dichotomy: the poem introduces one topic and then ends with another topic. The poem has three lines, with 5 syllables in the first line, 7 syllables in the second line and 5 syllables in the last line = 17 syllables in total.

Here are some examples of Zen photography paired with Haiku poetry...



BUTTERFLY

A butterfly wing (5 syllables)
flutters, caressing sunlight (7 syllables)
with morning kisses (5 syllables)



TREE STUMP

Farewell, dear oak tree
reduced to truncated stump—
a grave of lost words

Now it is your turn to **take a photograph of an image that conveys a peaceful state of mind and to write a complementary Haiku poem.** The image in the photo can be an arranged composition or completely natural. Remember to keep the background simple!

For inspiration, here are more examples of Zen photography...



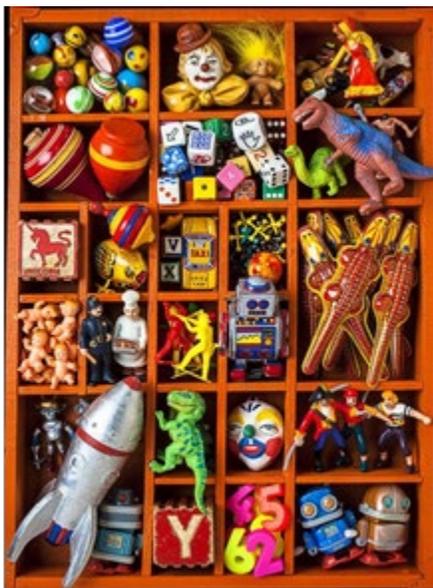
B. Creating a Page for an “I Spy” Book

I Spy is a popular book series published by Scholastic Press, designed to promote visual awareness skills in children. Each double spread page of the book contains a thematic photo with a multitude of objects and the text accompanying the photo is in the form of rhyming riddles, stating which objects have to be found.

Your task is to **determine a theme** and find a myriad of objects that promote the theme. **Arrange the objects in an interesting way** (on a blanket-covered table top or inside a shadow box) and **take a bird’s eye view photograph** of the composition.

For example, if the theme is “Toys”, suitable objects include: marbles, dice, playing cards, Monopoly playing pieces, spinners, jacks, play money, chess pieces, dominoes, Scrabble tiles, pawns, jacks, stuffed animals, gumball machine prizes, etc. Think of an interesting background for the arrangement—in this case, a chessboard or bright striped material would complement the theme.

Secondly, you must **write a riddle** for your I Spy page, consisting of four lines, each with four beats, following the rhyming pattern AABB.



I SPY: TOYS THEME

I spy two clowns, a blue striped marble, and a Y. (A)
The number five, a grey rocket aiming for the sky. (A)

A chef making tarts, a cave man on the hunt. (B)



Additional Art links

Simple origami

<https://www.origamiway.com/very-simple-origami-for-kids.shtml>

Alexander Calder Inspired Bottle Cap Mobiles

<https://mericherry.com/2014/05/01/alexander-calder-inspired-bottle-cap-mobiles/>

Art/Science winter activities

<https://littlebinsforlittlehands.com/ice-fishing-winter-science/>

<https://littlebinsforlittlehands.com/winter-science-ideas-kids/>

Appendix B

Reflection prompts Menu - All grades

- Something I noticed today is _____.
- Something I'm wondering about is _____.
- Something that made me think hard today was _____.
- One thing I learned today _____.
- Today I figured out _____.
- Today I explored _____.
- I'm determined to _____.
- Something that I heard someone say today that really stuck with me was _____.
- I hope people know that I _____.
- Something I found hard to do today was _____.
- Something that made me laugh today was _____.
- (Topic specific) I used to think _____ about _____ but now I know _____.
- Looking back at my (science experiment, journal writing, math....) I did well on _____, and I would do it that way again.
- Next time I (do this type of math problem, write a character analysis, complete a science experiment....) I will do this differently _____.
- My favourite character in (today's story, our novel, of all time....) is _____, because _____.
- My best mistake today was _____, because _____.
- A new strategy I will try in math (or other area) tomorrow is _____.
- Some tools I use every day are _____.
- I can take care of myself or a family member by _____.
- The animal I would choose to represent me is _____. I think others might chose _____ for me.
- Thinking about the difference between needs and wants, I know _____ is a need and _____ is a want.
- My favourite place in my neighbourhood is _____ because _____.
- Everyone has responsibilities. One of my responsibilities is _____.
- A magic power I would like to have is _____.
- I can make the world a better place by _____.
- One thing that influences my identity is _____.
- My favourite place to explore is _____.
- If I could go anywhere, I would like to explore _____.
- Introduce motions for landforms. Mountain – make a triangle with two arms overhead.
River – make a wavy motion with both hands. Plain – make a flat sweeping motion with one hand. My favourite landform is (demonstrate).
- If I were the mayor I would (put swimming pools with life guards in all the parks) so that (every kid could learn to swim).
- For a community or culture you are studying... One thing I am wondering about _____ is _____.
- Consider the climate of a place you are studying...One thing I would need to live in this climate is _____.

- Thinking of a country (city, continent..) you are studying...One thing this country has in common with Canada is _____
- Teach how to say goodbye in a variety of languages and have each student say goodbye to their classmates using one of the languages (May want to provide visual prompt)
- Share a piece of news from the day using a news anchor voice
- A natural resource I would like to learn more about is _____.
- A natural resource I am worried about is _____, because_____.
- Guide students to think about issues and concerns that they believe the federal government could help fix (environment, economy, education, health care, the treatment of animals....) A law that I believe should be passed is _____.
- I think the age to vote should be (lower, higher) than 18 because _____.
- If we only learned three subjects at school, the three most important would be _____.
- If my friend just got \$20.00. I would advise them to (spend it now on something they want or save it for something larger) because _____.
- Everyone is going to share a thought about Mayan civilization (or any other topic) and you are going to decide if it is fact or opinion.
- If I could travel back in time to ancient Egypt, I would take them _____to make their lives easier.
- Something I learned at school today that I can use at home is _____.

Appendix C

Phys. Ed Activities Menu

12 Days of Fitness (From LRSD OT's Movement Break of the week)





5 hula hoops (imaginary hula hoop)



And stand in **1** place!

NAME: _____ Home Room Teacher: _____		How many can you do in 100 seconds?
1. 	Jumping Jacks	
2. 	Sit-Ups	
3. 	Hops	
4. 	Toe Touches	
5. 	Push-Ups	
6. 	Step-Ups	
7. 	Jump Rope	



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

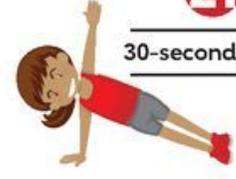
Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



ABC **18**

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities

52 Pickup

Each suit represents a different exercise.
Card value = number of reps to perform.
(J=11, Q=12, K=13, A=see below, Jokers=1 min rest)

Shuffle the deck and get moving!



push-ups

30 second
mountain climbers



hip raises

30 second
bridge hold



squat jumps

30 second
deep squat hold



burpees

30 second
plank hold



JANUARY

DEAM Calendar DROP EVERYTHING AND MOVE

Name _____

Teacher _____

aSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ Do as many push-ups as you can.	2 _____ Grab two canned food items and perform 30 arm curls.	3 _____ Read a book while doing a wall sit.	4 _____ Take a walk.	5 _____ Check how many calories are in a can of soda. Flap your arms that # of times.	6 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	7 _____ Play outside with a sibling; no sibling... play with a neighbor.
8 _____ Do as many sit-ups as you can.	9 _____ Touch your elbow to the opposite knee 15 times on each side.	10 _____ Say your math facts while doing reverse lunges.	11 _____ Take a walk.	12 _____ Check how much salt is in one hot dog. Side-slide in place that # of times.	13 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	14 _____ Help out around the house.
15 _____ Do as many trunk-lifts as you can.	16 _____ Perform 25 squats.	17 _____ Do push-up shoulder taps while reciting your spelling words.	18 _____ Take a walk.	19 _____ Check how much fat is in ice cream. Do that # of crunches.	20 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	21 _____ Help with the dishes.
22 _____ Do as many squat-thrusts as you can.	23 _____ Balance on each foot for a count to 50.	24 _____ Perform squat-jumps while naming the continents.	25 _____ Take a walk.	26 _____ Check the Total Carbs on any food label you want. Do that # of ski-jumps.	27 _____ Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.	28 _____ Help fold the laundry.
29 _____ You pick the exercise and do as many as you can!	30 _____ Do 30 mountain climbers.	31 _____ Name as many healthy habits as you can while holding a side plank.	<p><i>"Do what you can, with what you have, where you are."</i></p> <p><i>-Theodore Roosevelt</i></p>			

DEAM Days:

"Super Sunday"
"Move More Monday"
"Two-on Tuesday"
"Walking Wednesday"
"Think-It Thursday"
"Flexibility Friday"
"Sit-less Saturday"

Please Remember

> Always get adult permission before doing any activity.

> Return calendar to your teacher after the month.

Directions:

The purpose of this calendar is to encourage families to become more physically active and to take steps toward a healthier lifestyle. Each day, there is an activity that each student is asked to complete with a family member (or with adult supervision). After a child completes a day's activity, the adult should initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" across that day (do not initial).

Created by: Nick Kline, @PETop5, www.PETop5.com

DAILY WORKOUT

THE DAILY 10

10 JUMPING JACKS
10 BURPEES
10 CRUNCHES
10 FRONT LUNGES
10 PUSHUPS
10 SQUATS
10 CALF RAISES
10 KNEE LIFTS
10 SEC PLANK
10 MOUNTAIN CLIMBERS

REPEAT 1X

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WWW.THEYDRELL.COM

Flip A Coin Workout

Heads

Burpees

Crunches

Squats

Plank knee tucks

In & out jump squats

Russian twists

Skater lunges

Tails

Mountain climbers

Toe Touches

Lunges

Forearm plank

Scissor jumps

Leg lifts

Calf raises

Flip a coin.

Do the assigned exercise for one minute.

Complete 3-4x through.

www.theleangreenbean.com

SPELL YOUR NAME

..... *workout*

SPELL YOUR FULL NAME & BIRTHDAY

JENNMCMAHON.COM

- A - 30 SQUATS
- B - 1 MINUTE PLANK
- C - 15 TRICEP DIPS
- D - 15 JUMP SQUATS
- C - 30 JUMPING JACKS
- E - 25 CRUNCHES
- F - 20 BURPEES
- G - 15 PUSH UPS
- H - 30 SECOND HIGH KNEES
- I - 40 BICYCLE CRUNCHES
- J - 1 MINUTE WALL SIT
- K - 30 SUMO SQUATS
- L - 30 SHOULDER TAPS
- M - 30 SECONDS JUMP SQUATS
- N - 1 MINUTE PLANK
- O - 10 TRICEP PUSH UPS
- P - 15 PUSH UPS
- Q - 10 REVERSE LUNGES (EACH LEG)
- R - 1 MINUTE INCH WORM
- S - 15 JUMP SQUATS
- T - 15 FULL SIT UPS
- U - 20 BURPEES
- V - 20 CURTSY LUNGES
- W - 25 BICYCLE CRUNCHES
- X - 20 X JUMPS
- Y - 15 TRICEP DIPS ON A STURDY CHAIR
- Z - 20 BURPEES
- 0 - 1 MINUTE WALL SIT
- 1 - 1 MINUTE PLANK
- 2 - 15 TRICEP DIPS
- 3 - 10 FULL SIT UPS
- 4 - 30 JUMPING JACKS
- 5 - 25 CRUNCHES
- 6 - 20 BURPEES
- 7 - 15 PUSH UPS
- 8 - 20 WALKING LUNGES
- 9 - 30 SUMO SQUATS

REPEAT 2X

* MODIFY AS NEEDED.
IF YOU NEED TO SEE
WHAT THE MOVE LOOKS
LIKE, TYPE IT IN THE
GOOGLE SEARCH BAR.

GROSS MOTOR

B	I	N	G	O
Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Frog Jumps	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

get up, get moving
www.theinspiredtreehouse.com

At-Home Workout

50 Jumping Jacks

15 Push Ups

25 Jump Squats

25 Crunches

15 Triceps Dips

1 Minute High Knees

30 Russian Twists

20 Lunges

1 Minute Plank

>>>Repeat 3 times<<<

apumpkinandaprincess.com

Appendix D

Music/Movement Activities Menu – all ages

1. Have a Dance Party! Put on some music and get your entire family to dance around the room! Make up some actions and teach them to someone else.
2. Can you find these things in your house? Write down as many as you hear:
 - a. Things that make LOUD sounds
 - b. Things that make QUIET sounds
 - c. Things that make HIGH sounds
 - d. Things that make LOW sounds
 - e. Things that make LONG sounds
 - f. Things that make SHORT sounds
3. Put on some music – move the way the music makes you feel. If the music is jerky and fast – move jerky and fast. If it slow and smooth, you move slowly and smoothly. Change the music – move again and change your body movements to match the music.
4. Sit outside silently for 5 minutes while writing down every sound you hear. Listen very carefully! Categorize your list into natural sounds and human-made sounds. Repeat this exercise while sitting inside. Compare your inside and outside lists!
5. Sing along to your favourite song!! Sing like there is nobody listening!
6. Make your own instruments! Pick a song and play along to it with your instruments.
 - a. Drum: You can find many things around the house to turn into a drum. As long as it makes a sound you like you have a drum. Use garbage cans, buckets, Tupperware etc. You can drum with your hands or find something to use as sticks ex. Wooden spoons, pens, paintbrushes etc.
 - b. Rhythm Sticks
 - i. Find any 2 wooden sticks and tap them along to the music

c. Shaker

- i. Fill a small container with beads, beans, popcorn etc.



- iii. You will need some glue or tape and scissors.

Appendix E Movement & Drama Menu

Animal Charades

An active classroom game geared toward younger children is animal charades, also known as "What kind of animal are you?" at the PE Central website. This activity encourages students to use their imaginations as well as their bodies by trying to move like certain animals. This game can be played several different ways. You may enjoy putting on music and moving like different animals as a group or selecting one student to act out an animal while the rest of the students try to guess.

Simon Says

A classic game that works well in gymnasiums and also classrooms, Simon Says can be played without any props or equipment. In this game, one person -- usually the teacher -- is in charge of giving movement commands that the students follow. You are supposed to move only when the teacher says "Simon says" before the instruction. If you move when the teacher does not say it, you are out and must return to your seat. Dick Moss, the editor of PhysicalEducationUpdate.com, recommends making this activity into a fitness game. To do this, give commands such as "Simon says do 10 jumping jacks," or "Simon says give me five pushups."

1. Find one of your favourite books. Pick your favourite character and walk around the room like they would. What would their voice sound like? If you had to pick background music for the story what would it be?
2. Gather your family together to see who can do the best animal impressions. Try to make the sounds of the animals and imitate their movements:
 - a. Dog
 - b. Monkey
 - c. Elephant
 - d. Lion

e. Snake

3. Scavenger Hunt – challenge other family members to see who can find the entire list the fastest!

- a. Something that floats
- b. Something with a flower on it
- c. Something red
- d. Something soft
- e. Something scratchy
- f. Something that jingles
- g. Something that needs batteries
- h. Something that starts with the letter “L”
- i. Something that has wheels
- j. Something that is smaller than a penny

4. Make up a cheer for your name!

- a. Ex. SALLY
 - i. S is for super
 - ii. A is for awesome
 - iii. L is for loving
 - iv. L is for learning
 - v. Y is for yahoo

5. Toss a Ball up in the air BUT you don't actually have a ball. Pretend you are throwing a baseball up in the air and catching it. How does it feel in your hand. How heavy is it? Try it with the following:

- a. Basketball
- b. Ping pong ball
- c. Balloon
- d. Beach ball

6. Mirror Mirror – you'll need another family member for this one. Sit facing each other and one person starts as the leader. The other person must follow every move the leader makes as if they were looking in a mirror. This exercise works best with slow, controlled movements. Switch leaders after a few minutes.

Appendix E Movement and Brain Break Menu

ROLL SOME BRAIN BREAKS

(Borrowed from YourTherapySource Inc:)

Directions: Roll one die for each of the columns. (You will need 5 dice.)

Perform the quick brain break that matches the number you rolled on the die.

For example, if you roll a 1-2-4-3-6 you would perform the following brain breaks:

10 jumping jacks - 5 wall push ups - 10 twists at the waist -

10 jumps over a pencil on the floor - and 10 deep breaths.

5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the left	Make 10 large circles with your arms

Calming Movement Breaks

Take 5

'Take 5' is an expression meaning to take a break. Take 5 breath gives you a quick rest whenever you need it. If you get angry, tired, nervous or frustrated — just breathe. and Take 5. Before tests or while you're studying, Take 5 breath will help you focus and concentrate.



Instructions

This pose can be done anywhere, at any time. Breathe in for 5 seconds and breathe out for 5 seconds.

1. Make a fist and breathe in through your nose with an inhalation. Have someone count out loud for you or count it out in your mind 1,2,3,4,5. Good.
2. Next, put up your hand with 5 fingers spread wide.
3. Breathe out through your nose with an exhalation. Exhale 5,4,3,2,1. Put one finger at a time down with each count-- thumb 5, index finger 4, middle 3, ring 4, pinkie 1.

Repeat 1 to 3 times.

MOVEMENT BREAK OF THE WEEK

4-7-8 Breath

(Borrowed from: online video program, [Acupressure and Breathing Exercises for Anxiety](#))



- Benefit:** This activity can help relax the body and relieve anxiety, tension and stress.
Emotions and breathing have a reciprocal relationship:
- When you are anxious, nervous or upset, your breathing quickens and may even become erratic.
 - When you are relaxed and composed, your breathing is slow, calm and rhythmical.
- With practise, by controlling your breath, your mind and emotions can be stilled.
- To Begin:** Students may be seated, standing or lying down. (Instructions are for the seated position.) Dimming classroom lights and closing the door to outside sounds will help set a relaxed atmosphere. Soothing music may also be introduced once the technique has been taught.

Activity:

1. Sit forward in your chair, with back straight and hands resting comfortably in your lap or on your thighs. Close your eyes, or look ahead trying not to fix your gaze on anything in particular. (Some students will do better if they *do* fix their gaze on one particular picture or object.)
2. Try to focus inside, on your breathing. Inhale through your nose; exhale through your mouth, all the while keeping the tip of your tongue in contact with the roof of your mouth, just behind your top teeth.
3. Start inhaling slowly and deeply to a count of 4. Fill your lower lungs first (by pushing out your abdomen), then your middle and upper lungs.
4. Hold your breath for a count of 7.
5. Slowly and smoothly exhale for a count of 8. That's one round.
6. Pause briefly without inhaling, then start another round.
7. Do 10 rounds, or as many as you need to feel calm and relaxed.
8. Repeat as often as necessary.

Tips:

Can be done anywhere – on a bus, in a line, after recess, before a test
For younger students try: [Take 5 Breath.docx](#)





BELLY BREATHING

(From LRSD OT's Movement Break of the Week)

Benefit: Breathing techniques are very important for relaxation. Belly (or diaphragmatic) breathing accesses the deep parts of our lungs for better oxygen exchange, assists with cleansing, and triggers calming through our vagus nerve, which then helps us sleep better. It also stimulates the muscles around our hip region (vs our chest region) which makes us more flexible!

To Begin: 1) In the first video, students can practice belly breathing while standing or sitting.

2) In the second video, students can practice belly breathing while lying on the floor and placing their favorite small stuffed animal on their belly.



Activity:

1. This video can be a nice way to introduce belly breathing to your students. It is a very cute video that uses the singing of Colbie Caillat and the Sesame Street character Elmo, to talk about how "Sometimes the monster that is inside you, is the monster who is mad, is the monster who is angry, is the monster who feels bad. When your monster wants to throw things and your monster wants to shout, there is a way to calm your monster and chill your inner monster out..."

<http://www.youtube.com/watch?v=mZbzD0pylA>



2. This next video can take the lesson a little further and is taken from www.yogainmyschool.com. This video is narrated by an adult while a child demonstrates belly breathing. A stuffie is placed on her belly, providing concrete feedback of the breath moving in and out of her belly.

<http://www.youtube.com/watch?v=PSShnozaz-8A>

Tips:

1. As with many other stress management techniques, this one gets even better with practice. The more you practice your deep breathing, the more automatic it becomes - even in the face of stress.
2. Keep practice sessions short and fun. You can start with just one or two minutes of practice per day and work your way up to longer sessions.
3. The best time to start is when your child is feeling relatively calm. If you try deep breathing for the first time in the throes of a tantrum, for example, you may not see success.

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Alerting/Energizing Movement Breaks

Ear and Nose Switch

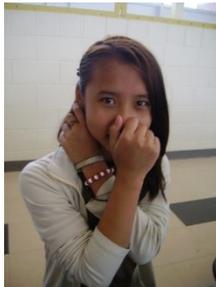
(Borrowed from *Energizing Brain Breaks* by D. Sladkev)

Benefit: To wake up students' bodies and brains when they are feeling low or disengaged. This activity also activates the switching from the right to the left sides of the brain.

To Begin: Students should stand, although they may sit if needed.

Activity:

- Have students take their right hand and grab their left ear, keeping their right arm close to their body.
- Now have them take their left hand and touch their nose.



- Switch.
- Switch back and forth as fast as they can.

Heavy muscle work Ideas

Hiking, stair climbing, tobogganing or sliding

* Crawling (tunnels)

* Playing tug of war

* Roughhousing (play wrestling)

* Pulling or pushing (wagon, wheelbarrow, carts, medicine balls)

* Catching or throwing (heavier balls, beanbags)

* Carrying heavy items (groceries, books, boxes)

* Swimming

* Big ball activities

* Scooter board activities

* Pulling apart resistant toys (Lego, stretchy toys, snap beads)

* Pounding, rolling (playdoh, plasticene, clay)

* Hitting (baseball, tetherball)

* Stretching (yoga)

* Exercises (sit-ups, push-ups, wall sits, jumping, squats, climbing wall, etc.) including activities that work on core strength

* Swinging at the playground

* Hanging from a play structure

* Stirring (making cakes, pudding, etc.)

* Biting, chewing and crunching resistive foods

* Holding arms up against gravity such as playing balloon games or cleaning the whiteboard

Taken from: "Building Bridges Through Sensory Integration" by E. Yack, P. Aquilla and S. Sutton, 2002

CHAIR PUSH-UPS

(Borrowed from: Brain Breaks for the Classroom, Michelle Gay, 2009)

Benefit:

This activity may help your students to wake up, get energized, tune in, and be ready to work. Desk-side chair push-ups are another way of providing "heavy muscle work" which is great for both calming and energizing! It can be very useful for settling the class after active, random movement, or prior to seat work. This is a great activity for transitions for any grade level.

To Begin:

No materials or preparation required. The students can stand beside their desk to begin. These exercises can be done individually or as a series.

Activity:

These steps are arranged in increasing order of difficulty.

Part One:

1. As you sit in a chair, grasp the front of your seat, curling your fingers under to grip the edge.



With your feet flat on the floor and your knees bent, slide your body off your chair. Hold yourself up with your arms.

3. Bend your elbows and lower your body in front of the chair.
4. Straighten your elbows and raise your body back up.
5. Repeat 5 to 25 times.



1. Place a hand on each side of your chair seat.
2. Straighten and raise both legs in the air.
3. Bend and lower your legs.
4. Repeat 10-20 times.

Part Three:



Place a hand on each side of your chair seat.

2. Push down on your hands and tilt your body forward a little bit.
3. Lift yourself up off the chair.
4. Lower yourself back down.
5. Repeat 10-20 times.

Variations:

As a challenge, children can keep their elbows close to their body during part one. Also students can keep track of their progress in a journal to see how many of each part they can do.

From *Refocus and Recharge! 50 Brain Breaks for Middle Schoolers Responsive Classroom*® 2016

- **Air Writing** – use for new vocabulary. Student sits or stands comfortably. Adult says a word and student thoughtfully and slowly writes it in the air with the pointer of their dominant hand.

- **Imagine This** – Student stands up and performs a few simple movements – they might do a few stretches to get focused.

Student sits back down and closes their eyes. The adult begins by saying “Imagine this” and names an object or setting, such as “evergreen forest.” Student visualizes this image, keeping eyes closed and remaining silent.

After 10 seconds or so, the adult asks student to add a detail. The student add something such as “a blue jay on a pine branch.”

The adult and student take a few seconds to visualize this detail and then the adult adds another detail, such as “gently falling snow.” the adult and student take another few seconds to visualize and then the student might add something like, “the sound of people skating” ... Continue as time allows.

Appendix F

Mindfulness and Gratitude activity Menu

Mindfulness Activities and Exercises for Children

Let’s start with these simple ways to attune children with their bodies. At a young age, humans naturally curious about the strength and flexibility of their bodies. It’s a great age to introduce body-mind awareness as a valuable way to take care of themselves.

Mindful Posing

One easy way for children to dip their toes into mindfulness is through body poses. To get your kids excited, tell them that doing fun poses can help them feel strong, brave, and happy.

Have the kids go somewhere quiet and familiar, a place they feel safe. Next, tell them to try one of the following poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips (Karen Young, 2017).

Ask the kids how they feel after a few rounds of trying either of these poses. You may be surprised.

Spidey-Senses

While on the subject of superheroes, this can be a related “next step” to teach kids how to stay present.

Instruct your kids to turn-on their “Spidey senses,” or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him. This will encourage them to pause and focus their attention on the present, opening their awareness to the information their senses bring in (Karen Young, 2017). This is a classic mindfulness exercise and encourages observation and curiosity—great skills for any human to practice.

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

- First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.
- Finally, use the following script or take inspiration from it to form your own mini-lesson:

“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions” (Karen Young, 2017).

Safari

The Safari exercise is a great way to help kids learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they’ll need to focus all of their senses to find them, especially the little ones (Karen Young, 2017).

A similar exercise for adults is the mindfulness walk. This exercise provokes the same response in children that a mindful walk elicits in adults: a state of **awareness** and grounding in the present.

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Simple Mindfulness Activities for Kids

*Practice kind thoughts by prompting your child to think of 5 people they’d like to send kind wishes to

- *Bang on a pot/pan and invite your child to signal to you when they no longer hear the sound 'hanging' the air
- *Blow bubbles 'slo-mo' style, emphasizing a big deep breath in through the nose to fill the bubble... and out through the mouth as slow as possible
- *Squeeze and let go, tensing different muscles in the body for 5 seconds and then slowly releasing
- *Tune into the body by getting down on your child's level and feeling each other's heartbeats
- *Focus on breathing by building 'Elsa' ice sculptures' by taking in a deep breath (don't forget to smell the 'chocolate fountain on coronation day!') and then slowly blowing out to create amazing ice creations
- *Have a 'mindful' snack by describing the smell, texture and taste of the food
- *Explore textures in nature, take a walk to collect several different objects and observe/describe how each feels
- *Have your child give you the 'weather report' on how they're feeling, "I'm dark and cloudy with some raindrop tears coming out"
- *Find shapes in the sky by laying down together and choosing different objects to search for in the clouds
- *Practice noticing with art. Choose several different utensils and describe how they all feel different on the paper
- *Take a mindful walk pointing out sights and sounds along the way.
- *Explore touch by choosing several objects, then comparing the difference in how they feel dry vs. wet
- *Slow down by having a snack in 'slow motion' and taking notice of the taste throughout
- *Explore smell by inviting your child to help you cook a meal while taking notice of each smell present
- *Try 'buddy breathing' and invite your child to grab a toy/stuffed animal to place on their tummy while they lay down and take slow breaths, in through the nose and out through the mouth
- *Explore emotion by prompting your child to scan their body when experiencing a feeling, and describe where they feel it the most.
- *Use a happy moment to 'soak in the good' by pausing with your child to observe the pleasant physical and emotional feelings present
- *Sit down with your child and 'color your feelings' together depicting each emotion with a new color

- *"Press the pause button' together during a tense moment (but not too tense) and check in with how each of you is feeling at that moment
- *Listen to some music and see how many different instruments you can each hear
- *Explore gratitude by going back and forth with your child (for as long as you can!) to name as many things possible that you are grateful for

<https://parentswithconfidence.com/25-mindfulness-practices-for-kids-who-cant-sit-still/>

Mindful activities for learners

1. Mindful breathing

This activity is great for bringing the mind back to the importance of our breath. As it turns out when we're stressed we take shallow breaths. On the other hand, deeper "belly breaths" focus our attention and calm us. Sitting or standing, ask your students to breathe deeply and slowly for around five minutes. Ask them to count to three on the inhale and three again on the exhale. You may like to suggest they put their hands on their stomachs to feel the air as it moves in and out.

2. Color breathing

Ask your students to think of a relaxing color and another color that represents anger, frustration, or sadness. Now, have your students close their eyes and imagine they are breathing in the relaxing color and letting it fill their entire bodies. On the exhale, ask them to picture the “negative” color leaving their body and dissipating throughout the room.

3. The five senses

This next activity is a great little exercise to do when experiencing a moment of stress, or as a way to reconnect. Relax and ask yourself:

- What are five things I can see?
- Four things I can touch?
- Three things I can hear?
- Two things I can smell?
- One thing I can taste?

Younger students may name a single thing for each category.

4. Body scan

You know the feeling when you suddenly realize your neck, shoulders, or back is full of tension, right? Enter the body scan. While sitting or lying down, ask students to stop and check-in with how they are physically feeling, without judging themselves or asking “why”. Check-in questions include:

- “How is my breath? Shallow or deep?”
- “Where do I feel sore or tense?”
- “How does my (back/shoulders/face muscles/feet/neck) feel?”

As they go through these cues, they respond by relaxing that part of their body.

5. Breaktime bell

After being exposed to the practice of mindfulness for some time, older students may enjoy the chance to increase autonomy over the class’s mindfulness practice. In this activity, assign a bell to a student at the start of class. During the lesson, they are able to ring the bell whenever they everyone needs a break (deciding on a limit of times they can ring the bell works to ensure you still achieve your lesson’s goals!).

When the bell is rung, the class carries out a short mindful activity (breathing, stretching, check-in with their thoughts, etc). Following this, the lesson resumes.

Note: If you don’t think giving the bell to students would work for your class you can always ring it yourself.

6. Daily gratitude

Humans are great at remembering the negative. Not so much, however, when it comes to recalling the positive. Being grateful helps us keep this balance in check. There’s no “right” way to practice gratitude, however, you may like to set aside the last five minutes of class for students to write down what they are thankful for, briefly share them with a partner, or silently think them to themselves.

While it does take practice, setting aside time to cultivate mindfulness will reap benefits for your students and for yourself as a teacher. As with any new skill (though perhaps particularly in this case!), slow and steady is the best way forward.

<https://www.ef.com/wwen/blog/teacherzone/daily-mindfulness-for-students-6-activities/>

Gratitude Exercises

Most Popular Gratitude Exercises and Activities

There are infinite ways to show our gratitude to others, to ourselves, and to a higher power or even “the universe” itself. However, it can be tough to get started without practical ideas. These gratitude exercises and activities are some of the most well-known and proven ways to practice and enhance your gratitude.

Journaling

Writing down a few things you are grateful for is one of the easiest and most popular exercises available.

The purpose of the exercise is to reflect on the past day, few days, or week, and remember 3-5 things you are especially grateful for. In this way, you are focusing on all the good things that happened to you in a given set of time.

Gratitude Jar

The gratitude jar is a stunningly simple exercise that can have profound effects on your well-being and outlook. It only requires a few ingredients: a jar (a box can also work); a ribbon, stickers, glitter, or whatever else you like to decorate the jar; paper and a pen or pencil for writing your gratitude notes; and gratitude!

Step 1: Find a jar or box.

Step 2: Decorate the jar however you wish. You can tie a ribbon around the jar’s neck, put stickers on the sides, use clear glue and glitter to make it sparkle, paint it, keep it simple, or do whatever else you can think of to make it a pleasing sight.

Step 3: Think of at least three things throughout your day that you are grateful for. Do this every day, write down what you are grateful for on little slips of paper and fill the jar.

Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. It also will cultivate a practice of expressing thanks.

If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of who, and what, is good in your life.

Gratitude Tree

The gratitude tree is a great activity for children, and it can also be effective for adults who are open to experiencing a childlike sense of fun and wonder. You will need several double-sided colored sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, a vase, and a sense of gratitude.

Step 1: Make one or more leaf cutouts to use as a template for your leaves. Trace your leaves on your colored paper using your template(s).

Step 2: Cut out the leaves, punch a hole at the top of each leaf, and loop your string or ribbon through each hole.

Step 3: Put the stones or marbles in a vase and stick the tree branch or twig in the middle.

Step 4: Have your (or your child) draw or write things that you (or your child) are grateful for on the leaves. You can also use photographs if you'd like.

Step 5: Hang the leaves from the branches and behold your gratitude tree!



Gratitude Box

The gratitude box is a thoughtful way to share your feelings with loved ones and cultivate your own sense of gratitude.

This is another easy activity that requires only a box, some paper, and a pen or pencil to write down gratitude messages. You can make the box yourself or buy one, the prettier the better! On the paper, write down a heartfelt message of gratitude to your loved one. If you're not sure how to start, here are some suggestions to begin your message:

- 1) "Thank you for..."
- 2) "What I love about you..."
- 3) "My holiday wish for you..."

You can also collect messages from others about your loved one, to pack the box with multiple messages of gratitude and love.

Place the message(s) into the box, wrap it up or put a bow on it, and give it to your loved one as a special gift, to both your loved one and yourself.

Gratitude Prompts

Gratitude prompts are a great way to get started, continue your practice, or kick-start a stalled gratitude practice. This is also a relatively simple exercise, with only one instruction: fill in the blank!

These prompts provide several ways to begin a gratitude statement, with infinite possibilities for completion. They cover multiple senses, colors, people, and things. The goal is to identify at least three things in each category that you are thankful for.

The prompts include:

- I'm grateful for three things I hear:
- I'm grateful for three things I see:
- I'm grateful for three things I smell:
- I'm grateful for three things I touch/feel:
- I'm grateful for these three things I taste:
- I'm grateful for these three blue things:
- I'm grateful for these three animals/birds:
- I'm grateful for these three friends:
- I'm grateful for these three teachers:
- I'm grateful for these three family members:
- I'm grateful for these three things in my home:

Collage

You are going to take pictures of all the things you are grateful for. This gives you the opportunity to visualize your gratitude.

Try taking a picture of one thing you are grateful for every day for a week. Notice how you feel. Take a look back at the pictures every week.

The more you do this the easier it will be for you to spot out the things you are grateful for. Perhaps you will document multiple pictures in a day. After a given time period put all your pictures together in a collage and simply be grateful for all that you have.

<https://positivepsychology.com/gratitude-exercises/>