

THEMATIC COMMUNITY BUILDING ACTIVITIES

11/2-11/6

MINDFUL MONDAY

1. Take 2 deep breaths
2. Feeling faces check in

3. Yoga: Sun Salutation
4. Check out with 1-2 students sharing how their weekend was.

GRATI - TUESDAY

1. Take a Flower Breath
2. Do a thumb check-in (up = good, down = not so good)

3. Dance to the thankful song.
4. Check-out with air fives with students

WELLNESS WEDNESDAY

1. Take a Hand Breath
2. Do a color check-in

3. Healthy home practices during COVID-19
4. Ask students to share an activity that helps them feel better.

THOUGHTFUL THURSDAY

1. Take 2 deep breaths
2. Do a thumb check-in (up = good, down = not so good)

3. Read aloud: I Can do Hard Things
4. Ask students what is one hard thing they can do.

FUN FRIDAY

1. Sesame Street Monster Meditation
2. Feeling faces check in

3. Watch funny dog video
4. Check-out with air fives