

4Cs Weekly Activities

4Cs Weekly Activities - January 9-13 2023 Theme: Healthy and Wellness

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mindfulness helps focus our thoughts and calms our bodies. This week we will learn activities that help us have a calm, peaceful body and mind.</p> <p>Lemonade Hurricane By Licia Morelli https://www.youtube.com/watch?v=Olqt-Ghi-zo</p> <p>Did you feel your body calming down as you listened to the story? How did your breathing change? How did you feel at the end of the story?</p> <p>Materials: paper and pens</p> <p>Henry chose an elephant to sit on when he was ready to sit, and breathe, Emma was on a tall mountain. Draw a picture of yourself, sit and breathe. What are you sitting on? Where are you?</p> <p>Now try it: Imagine your place as you sit, bow, breathe.</p>	<p>Bunny breathing. Practice taking 3 short fast breaths through your nose, hold the breath and then slowly blow our through your mouth and repeat.</p> <p>Materials: paper pen, dice, bingo markers</p> <p>Bunny Breath Math Game</p> <p>Children first learn how to do a bunny breath.</p> <p>Each child has a bingo card with numbers 1-6 and fun markers. Take a turn to roll the dice and count and do a bunny breath. For example if they roll 5, do 5 short breaths, or 3 do 3 short breaths, 6, 6 short breaths, hold and slowly blow out. After each roll they place a marker on that number on their bingo card. Children can try to cover all their numbers and have fun breathing and counting.</p> <p>Extension exercise: Hold one hand up with two fingers standing tall like a peace sign to represent the bunny. The tall fingers are the ears, and the balled hand is the bunny body. Scrunch up your nose and take three short breaths. As you do this, have the bunny's ears go up and down with the breathing. Hold your breath for three seconds and then exhale slowly, moving (hopping) your hand across your body as If the bunny were hopping away. Try to exhale as long as the bunny is hopping.</p>	<p>Listening and Feeling Walk</p> <p>Take a walk to practicing mindfulness, help children look, listen, feel, breathe and notice sounds and feelings on the outside and on the inside.</p> <p>Notice feelings on the inside. How fast is our heart beating now? How do you feel as you are calmly walking? Did you know emotions on the inside show on the outside?</p> <p>What did you notice on the outside? What do you see around you, happy, calm friends, sky, trees, animals, birds?</p> <p>Five Senses Mindfulness Exercise</p> <p>The children will reflect about their favorite things to see, touch, hear, smell and taste.</p> <ul style="list-style-type: none"> • Take deep breaths • Touch the tip of your thumb and think of something you love to see • Slide your finger up to the tip of your index finger and think of something you love to touch • Slide your finger down and up to the tip of your middle finger and think of a sound you love to hear • Slide to the tip of your ring finger and think of something you love to smell. • Slide to the tip of your pinky finger and think of something you love to taste. <p>Finish by tracing over your hand again and say or think "I am calm, I am safe, I am present".</p> <p>With practice, this technique can be added to a child's toolkit to help them stay calm, stay safe and stay present to prevent their emotions from escalating further.</p>	<p>Worry Monster Art</p> <p>Materials: Cardboard box, scissors, paint, pens, paper</p> <p>Ruby's Worry, by Tom Percival https://www.youtube.com/watch?v=NajPK4wgl8I</p> <p>Use the box to create a worry monster with a big open mouth to eat worries! Children can decide what a worry monster looks like and paint the box, teacher cuts out a big mouth. As you work on the worry monster talk about the things we worry about. We all have worries.</p> <p>Now children have their own paper to draw and talk about their worry. Teacher can write the words if children want. When they are finished they can let the worry monster eat it up. Now the worry is gone!</p> <p>How did you feel when you had the worry?</p> <p>How do you feel now that the worry is gone?</p>	<p>First listen to this story at circle time.</p> <p>I Am Peace, By Susan Verde https://www.youtube.com/watch?v=vnR5HDfR3JI</p> <p>When we practice all the mindfulness activities we learned this week we can let our worries go, our minds are focused. We can look, listen, feel, and breathe. We feel peaceful.</p> <p>Teddy Bear Breathing</p> <p>Lay flat and put a teddy bear on your belly. Now practice taking a deep belly breath and see the bear rise. Hold the breath for a moment and slowly blow out through your mouth. Watch your teddy bear lower back down and repeat. Try to do 5 slow teddy bear breaths.</p> <p>Notice feelings inside and outside.</p> <p>Yoga</p> <p>While still laying down children can do Yoga with their teddy bears.</p>

Stay Calm • Stay Safe • Stay Present

