



## YMCA CHILD CARE WEEK 2 LESSON PLAN

**WEEK OF: February 15, 2021**

**THEME: Mindfulness**

### MONDAY

#### **Whole Group (up to 45 mins)**

- Attendance/transition activity
- Go over Norms
- Watch Video: Mindfulness
- Discussions
  - How can we learn to focus only on what is happening in the moment?
  - How can Mindfulness make you feel better?
  - Why is it good for you?

#### **Physical Play/Outdoor Play**

- Activity Option 1: Mindful eating exercise

#### **Center Activities**

After implementing the 2 activities from above, pick 1 more activities below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

**NOTE: The categories can be used to filling in if needed after implementing the activities from above. Director's Choice**

**Parent Sentence Starters: Watch the parent and student video / ask your child about the video**

## **TUESDAY**

### **Whole Group (30 mins)**

- Attendance/transition activity
- Full group sharing circle- use the guided script 1-2 Sharing circle Script: Mindfulness

### **Reading & Writing (30 mins)**

- Activity Option 2: Lead children through the PowerPoint mindfulness

### **Arts & Crafts (30 mins)**

- Activity Option 8: Kids can mindfully draw, paint or sculpt

### **Center Activities**

After implementing the 3 activities from above, pick one more activity below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

### **Parent Sentence Starters:**

- Ask your child about the mindfully art activity they did today.

## **WEDNESDAY**

### **Whole Group (30 mins)**

- Attendance/transition activity
- Discussion
  - Ask kids to share the names of their favorite characters that need to practice mindfulness in order to access their powers. (1-2-1 pg. 2)

### **Reading & Writing (30 mins)**

- Activity Option 3: Group discussion follow up on the mindfulness powerpoint presentation

### **Physical Play/Outdoor Play**

- Activity Option 7: create a skit about this week's theme, practicing mindfulness

### **Center Activities**

After implementing the 3 activities from above, pick one activity below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

### **Parent Sentence Starters:**

- Ask your child to share some of the skit they did today with you.

## THURSDAY

### Whole Group (30 mins)

- Attendance/transition activity
- Discussion
  - How can practicing mindfulness help people grow stronger?
  - Use Mulan as an example- use bullet points (1-2-1 pg. 2)

### Reading & Writing (30 mins)

- Read aloud- Pick from the recommend list. Follow up discussion: How do they think the story relates to mindfulness.

### Arts & Crafts (30 mins)

- Activity Option 4: Brainstorm a list of mindfulness activities with children

### Center Activities

After implementing the 3 activities from above, pick one more activity below to fill in if needed. Director's Choice

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

### Parent Sentence Starters:

- Try the Option 1 activity at home- mindful eating

## FRIDAY

### Whole Group (30 mins)

- Attendance/transition activity
- Read Aloud- pick a book from the list.
- Follow up discussion- how does this story relate to mindfulness?

### Reading & Writing (30 mins)

- 1-2-6 Mindfulness Reflection activity

### Physical Play/Outdoor Play

- Activity 9 - mindfulness exercises for one minute. Choose 3-4

### Center Activities

After implementing the 3 activities from above, pick one more activity below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

### Parent Sentence Starters:

- Ask your child to explain what mindfulness means to them.