



Novak/Sancinito Learning Day from Home

Day 30: Mindfulness

We are two Mommas/educators trying to provide options and supports for universally designed remote learning. Join us!

Time	Task	Details
Before 9:00am	Wake Up	Eat breakfast, get dressed, brush your teeth! Once you complete all these tasks, you can have free time until 9.
9:00-9:30am	Get moving!	Options: <ul style="list-style-type: none">• Start your day with some square breathing.• Cosmic Kids Yoga has many options for meditation and mindfulness. Little ones will enjoy Be the Pond!• Head outside, lay down and close your eyes. Practice some deep breathing and connect with your body.• Take a quiet walk. Notice the trees, the sounds and the movements around you. Set some goals for the day and practice positive self-talk.
9:30-10:30am	Universal Design for Learning!	If your teacher shared any work for ELA or social studies, dive in now. Today is all about mindfulness. Before we start learning, take a minute to do a mindful body scan . This will help prepare your body for the learning ahead. Take some time this morning to try out a mindfulness option that could become part of your daily routine. Parents and educators can check out this article about the impact of mindful journaling . To prepare for the options below, find an empty notebook, some paper or create your own journal using other found items. Remember that journaling can take many forms! We encourage you to use words, pictures and art to complete the options. Options: <ul style="list-style-type: none">• Harvard Medical School agrees that giving thanks can make you healthier. Have you tried gratitude journaling? Use the following prompts to get started:<ul style="list-style-type: none">○ I'm thankful for, I'm grateful for, I appreciate, Thank you for• Start a visualization journal. This is a collection of your hopes, dreams and goals. Use the following prompts to get started:<ul style="list-style-type: none">○ What are your goals? How will you get there? What do you dream about?

If you have any questions:

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		<ul style="list-style-type: none"> • Spread joy! Take some time to write notes to people you love. Reflect on what you love about that person and what you are thankful for. • Mindfulness is all about being present. Start a “Capture the Moment” journal. Use it to write about or to draw moments in your day that make you feel happy and proud. Write about something you see outside that makes you smile or a happy moment at home. Use this journal to reflect on all the positives in your life.
10:30-12:00	Free Time/Recess	<p>Decide as a family if free time/recess is best before or after lunch. Free time is when the kids are in charge. All screen-free choices are honored here.</p> <p>Options:</p> <ul style="list-style-type: none"> • Go outside and collect spring flowers, rocks, or acorns. Pay attention to how they look, feel, and smell as you interact with them. • If it is raining, put your ear near a window. Close your eyes and be mindful of the sounds of the rain. What can you hear it land on? How do you describe the sounds? Do you find them soothing, annoying, exciting? • Running can feel exhilarating and many people experience what is known as a “runner’s high”. Run around inside or out. How does the experience of running feel on your legs, your lungs? After running, sit or lay down. How has your heartbeat changed? • Stretching can help you feel calm and relaxed. Do a full body stretch with Moovlee.
12:00-12:30pm	Lunch	<p>Everyone has to eat at least one fruit and one veggie! As you eat, be mindful of each bite. Close your eyes and really think about the flavors and textures of your food. Try chewing 20 times for each bite!</p>
12:30-1:00pm	Organizing Time!	<p>This week, we are going to go through the house and organize places we don’t normally organize. These are usually highly trafficked areas that we don’t stop and organize. The following are options - but be on the lookout for other places too:</p> <p>Options:</p> <ul style="list-style-type: none"> • Research has shown that clutter can make us feel tense and distracted. Try picking up your room. Avoid the temptation to create piles around the perimeter of your room that can look like clutter. • Organize your flower gardens. Go outside, weed the beds, plant seeds if you have them, or spread some mulch. • Silverware drawer. Kitchen utensils, forks, and eating utensils can get tangled in a jiffy. Take everything out of the drawer. Clean the bottom and any containers and organize as you put things back. Toss or donate unused or broken items. • Make your bed. Aim to make your bed hotel-style. How does getting into a made bed help you feel relaxed at night?

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1:00-1:30pm	Connect	Connect with friends or family members from a digital platform (like Facetime or Zoom) or make something to send in the mail to someone you miss. Maybe connect and make travel plans for this summer!
1:30-2:30pm	Creative Time	<p>Options:</p> <ul style="list-style-type: none"> • Spirals can be used in meditation. Take some time to draw your own spirals. Be mindful of how they look as your turn your paper and how they interact with one another. • Take a moment to breath deeply. Draw or paint your breath. What path does it take? Create a work of art to represent this idea.
2:30-3:30	Universal Design for Learning!	<p>If your teachers sent you any work for STEM (science or math), review that work and complete it at this time. When you are done, or if you don't have anything on your to-do list, check out the resources that follow.</p> <p>Relaxation is a science! In this activity, you are first going to read an article and then create your own experiment about mindfulness.</p> <ul style="list-style-type: none"> • Read first! There is science that proves how effective mindfulness can be. Newsela has a great article about how a school moved from punishment to mindfulness and behavior improved. After reading, answer the following question: <i>Explain the challenge faced by the school in the article and how school officials decided to meet the challenge.</i> <p>Now, think about challenges you face. What makes you feel annoyed, mad, or upset? When you have these feelings, you can practice mindfulness to help you too!!</p> <p>Options:</p> <ul style="list-style-type: none"> • Make a list of "triggers" or things that make you mad, scared or angry • Draw pictures of the things that make you mad, scared, or angry • Talk to someone at home about the things that make you feel a negative feeling. You may all have things in common. <p>Now, try out some mindfulness activities so you have tools to try the next time you have these feelings. Here are 51 options you can try for your experiment. Choose 3 things that you think may relax you. Try each of them for at least 10 minutes. Chart data and express how each one made you feel.</p> <p>Don't forget to write down your data and share your conclusions!</p>
3:30-4:00	Free Reading	Snuggle up with a good book! We love Thank You, Mr. Panda by Steve Antony about feeling grateful.
4:00 - 5:30pm	Outside/Indoor	This is kid time (i.e, Parents check email or chat on the phone time).

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	Playing	Time to run free! Start a game or join one your sibling wants to play.
5:30-6:00pm	Dinner	Devices not allowed during dinner! Eat together and share highs and lows from the day.
6:00-6:30pm	More fresh air	Options: Family walk, bike ride, family soccer game or lacrosse. Kids vote.
6:30-8:30pm	Free time	<ul style="list-style-type: none"> ● You can use technology if you were cooperative with everything else during the day. ● Everyone has to take a shower to clean off germs during this window. ● 8:30pm bedtime!

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