



"Mindfulness Day" 2021

Theme: Mindfulness

"Our life is shaped by our mind, for we become what we think" - Buddha

Overview

Inspired by Aveyron Canarside, Aveyron Soleil will embark on a day filled with activities with the purpose of bringing awareness to self and those around us. Students will engage in multi-modal activities throughout the day as we breathe, create and rejuvenate our minds.

Vocabulary

Mindful, Breathe, Meditate

Essential Questions

1. **Importance:** Why is it important to be mindful? How can breathing and meditation help us stay calm? How can calming techniques help us self-regulate our emotions?
2. **Safety:** How can we use breathing techniques to safely express how we feel?

Performance Tasks

1. **Safety**
Students will develop techniques to self-regulate their emotions when they feel stressed, frustrated, angry, or upset.
6.1.1 students will create sensory activities that they will be able to utilize as needed to mediate their emotions.
8.1.1 & 12.1.1 students will identify appropriate behaviors and ways to express themselves when they need a break.
2. **Share**
Students will share all creations and projects with the school community through photographs and videos.

Mindfulness Project Culminating Activity:

Teachers will share their virtual collage using pictures and videos of all activities the students enjoyed while participating in all mindfulness activities.





TEACHING TIMELINE

Period	Time	Activity
0	8:30am-8:45am	Breakfast
1	8:45am-9:30am	8:5am-9:05am -- Yoga (Get Ready to Learn) 9:05m-9:30am -- Instruction
2	9:30am-10:15am	Sensory Time: 6:1:1 How to Make Kinetic Sand Origami: Hand creations 8:1:1 12:1:1 Mindfulness Jar of Positive Affirmations
3	10:15am-11:00am	Instruction
4	11:00am-11:45am	Arts & Crafts: Station Work <ul style="list-style-type: none"> ● Coloring ● Drawing ● Building /Creating
5	11:45am-12:30pm	LUNCH
6	12:30pm-1:15pm	Deep Breathing and Meditation
7	1:15pm-1:40pm	Closing Activity 6:1:1 Freeze Dance 8:1:1 12:1:1 Mindfulness Jeopardy

TEACHER RUBRIC

Activities must be rigorously aligned to the History Project. All activities need to be differentiated and creative.

<u>Activity Rubric</u>	4 Highly Effective	3 Effective	2 Developing	1 Ineffective
Rigorous	Plans almost all activities with big ideas, essential questions, knowledge, skill, transfer, and non-cognitive goals covering all levels.	Plans most activities with big ideas, essential questions, knowledge, skill, and noncognitive goals.	Plans activities with some thought to larger goals and objectives and higher-order thinking skills.	Presents activity with little or no consideration for long-range curriculum goals.
Engagement	Designs highly relevant activities that will motivate virtually all students and engage them in active learning.	Designs activities that are relevant, motivating, and likely to engage most students.	Plans activities that will catch some students' interest and perhaps get a discussion going.	Plans activities with very little likelihood of motivating or involving students.
Differentiation	Designs activities that break down complex	Designs activities that target several learning	Plans activities with some thought as to	Plans activities with no differentiation



	tasks and address students' learning needs, styles, and interests.	needs, styles, and interests.	how to accommodate special needs students.	
Creativity	Exceptionally clever and unique in showing deep understanding	Thoughtfully and uniquely presented; clever at times in showing understanding of the material	A few original touches enhance the project/activity to show some understanding of the material	Shows little creativity, originality and/or effort in understanding the material