

## Mindful Me Curriculum Kit

Included in each kit is: 7 lesson envelopes each containing:

- Laminated lesson plans (some lessons may include several lesson options)
- Lesson Focus Poster
- Book of children's literature to set the lesson focus
- Some additional resources needed for specific lessons

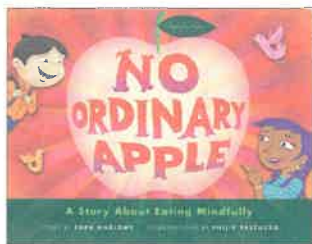
For a list of materials not included in the kit see pages below. **Please note that many of the materials listed may not be needed depending on which lesson activities you chose to do.**

# MATERIAL LIST

## ACTIVITY: IS THIS APPLE RED?

Book: *No Ordinary Apple*

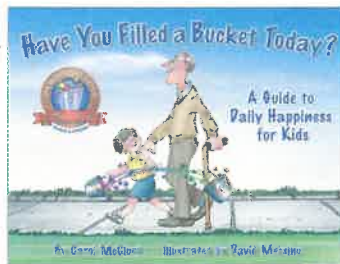
- Apples



## ACTIVITY: YOU ARE GREAT!

Book: *Have You Filled a Bucket Today?*

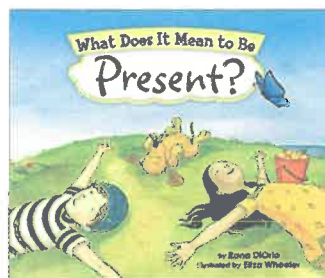
- Cardstock
- Scrapbooking paper
- Stamps
- Ink
- Envelopes
- Colored pens
- Double-sided tape
- Poster paper, flip chart paper, butcher paper



## ACTIVITY: GIVING PRESENCE

Book: *What Does It Mean to Be Present?*

- Pens
- All other supplies for this activity not included because they can be found around the home, and can vary based on what they have available



## ACTIVITY: WELCOME FEELINGS

Book: *Visiting Feelings*

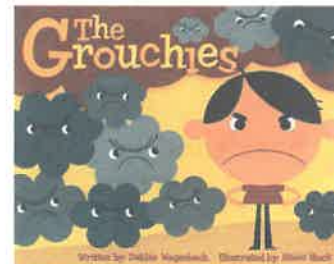
- Picture of the sun
- Picture of a rain drop or thunderstorm
- Stuffed grizzly bear
- Baby doll
- Rough stones
- Stuffed cat
- Stuffed mouse
- Paper
- Pens
- Magazines



## ACTIVITY: SMILE TAG

Book: *The Grouchies*

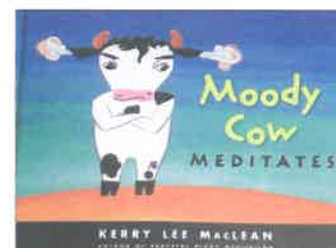
- Paper plates
- Popsicle sticks
- Tape



## ACTIVITY: PRACTICE FOCUS

Book: *Moody Cow Meditates*

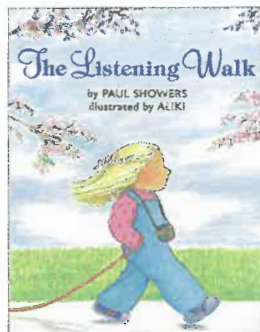
- Jars with lids
- Glitter
- Glycerin
- Liquid soap
- Eye droppers
- Glue



## ACTIVITY: FINDING THE QUIET

Book: *The Listening Walk*

- All other supplies for this activity not included because they can be found around the home, and can vary based on what they have available



## ACTIVITY B: CREATING THE QUIET

Book: *Charlotte and the Quiet Place*

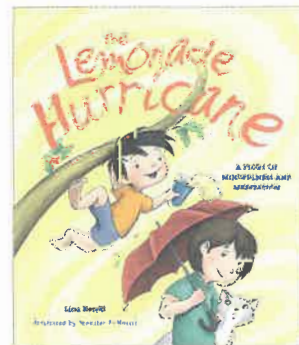
- Graph paper
- Pens
- Rulers
- Boxes
- Construction paper
- Paint and brushes
- Glue
- Scissors
- Modeling clay or paper mache
- Small objects such as: tree parts, rocks, fabric, sand, cotton balls



## ACTIVITY C:

Book: *The Lemonade Hurricane*:

- Yoga mats, pillows, or some soft cushion to sit on
- (2) Picture words
- Envelopes for each person
- List of affirmations
- Paper
- Pens
- Miscellaneous materials: tape, straws, assorted wheels, rocks, paper clips, rubber bands, graph paper, fabric
- Jump rope
- Exercise balls
- Exercise mats



## ACTIVITY: BALANCE. FLEXIBILITY. AND STRENGTH

*I Am Yoga*

- Yoga mats or a soft surface
- Blank index cards
- Crayons

