

# Curriculum

# Mindfulness Tools for Pre-K - 2nd Grade Classrooms

### Focused Classrooms - Mindful Learning -Emotionally Regulated Children









### Fall Semester

### Objectives

Independence in emotional regulation of feelings such as anger, sadness, anxiousness

Mindful listening skills to help communicate more successfully

Academic achievement

More confidence in the classroom

Children feel safe to show up as their authentic selves!

### Materials Provided

Kid-friendly visual cards for yoga poses and breath techniques

Child yoga mats

Meddy Teddy

Sound bowl

Steel drum

Rattle instrument

September SAFETY & TRUST	October CREATIVITY	November SELF-ESTEEM	December SELF-LOVE & RELATIONSHIPS
COLORS & EMOTIONS	ECSTATIC DANCING & EMBODIED MOVEMENT	GRATITUDE PRACTICES	SAME VS DIFFERENT EXERCISES
BREATHWORK BASICS	ART THERAPY EXERCISES (DRAWING & PAINTING)	STORY-TELLING VISUALIZATIONS & GUIDED IMAGERY	PRACTICING KINDNESS TO EACH OTHER & THE WORLD (EX: FRIENDSHIP BRACELETS)
YOGA & GROUNDING PRACTICES	PLAYING WITH INSTRUMENTS	"ALL ABOUT ME" CLASS ART PROJECT	EFT TAPPING

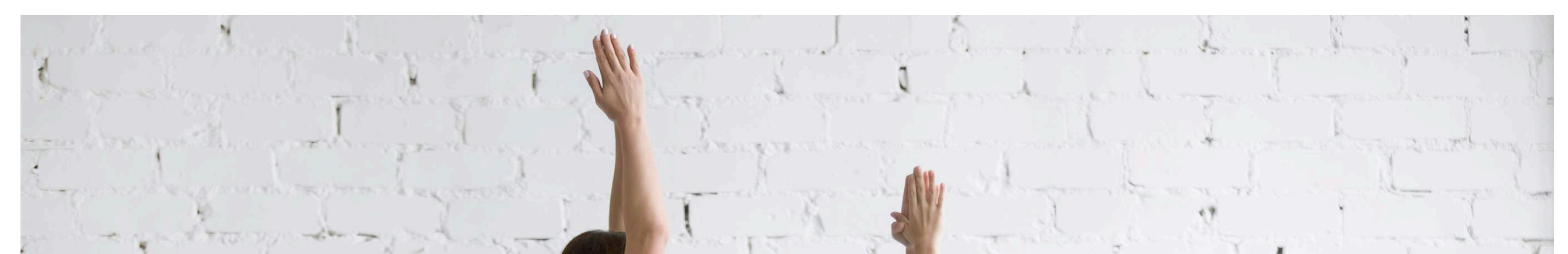
#### Rain maker

Art materials & journals

Mindful stories, meditations and games & more!

MINDFUL WALKING	MINDFULNESS GAMES	CIRCLE TIME SHARES	A REVIEW OF OUR TOOLKIT & CELEBRATING OURSELVES!
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#### Objectives

More calm, connected and resilient students who make better choices

Build welcoming, joyful and effective learning environments

More time for teachers to teach lessons Improve schools social-emotional wellbeing



Learn coping strategies

Children build self-esteem, create positive relationships & love themselves for exactly as they are!

**Materials Provided** 

Animal Spirit Guides Oracle Deck for Children

Animal sound cards

Crystals

Meddy Teddy

Musical instruments

January COMMUNICATION	February INTUITION	March SELF-KNOWLEDGE	April / May INTEGRATION & CONTINUED PRACTICE	
ANIMALS & SOUNDS	EXPLORING THE 5 SENSES	REIKI TECHNIQUES	EXPLORING THE CHAKRAS	
SINGING & CHANTING	"GUESS THE FEELING" GAME	LEARNING ABOUT CRYSTALS, THEIR PROPERTIES & GAMES	EXPANDED MINDFULNESS EXERCISES	
SPEAKING AFFIRMATIONS & MANTRAS	DEEPENING UNDERSTANDING OF ENERGY	DRAWING A PICTURE OF YOUR BEST SELF	INTENTION SETTING FOR THE SUMMER/ NEXT SCHOOL YEAR	
BREATHWORK TECHNIQUES	FREE DRAWING/ WRITING	CREATING VISION BOARDS	END OF THE YEAR MINDFULNESS CELEBRATION!	

Art materials	s & journals	

Mindful stories, meditations and games & more!







### Colors & Emotions

### Objectives

Students will gain an understanding of how much of a role emotion plays in art making as they create paintings based on feelings.

### Materials Provided

### Engage

Initiate a discussion on emotions and colors.

What do you think the word emotion means?

What kind of emotions are you feeling right now? How did you feel yesterday?

Show the class a variety of colors. How does the color red make you feel? Blue? Etc.



Explain to the class that they will



#### Pencils

Tempera paint/crayons

Paintbrushes

Water

Containers & mixing trays

### Explore

1. Warm up by having students draw lines based on feelings using their pencils on a piece of paper. Ex: Draw a happy line, draw a sad line, draw angry lines etc.

2. Once everyone is warmed up, begin using the paint or crayons. Make sure each student has access to at least three primary colors (blue, red, yellow).

create a piece of art that will help them express their emotions using different colors.

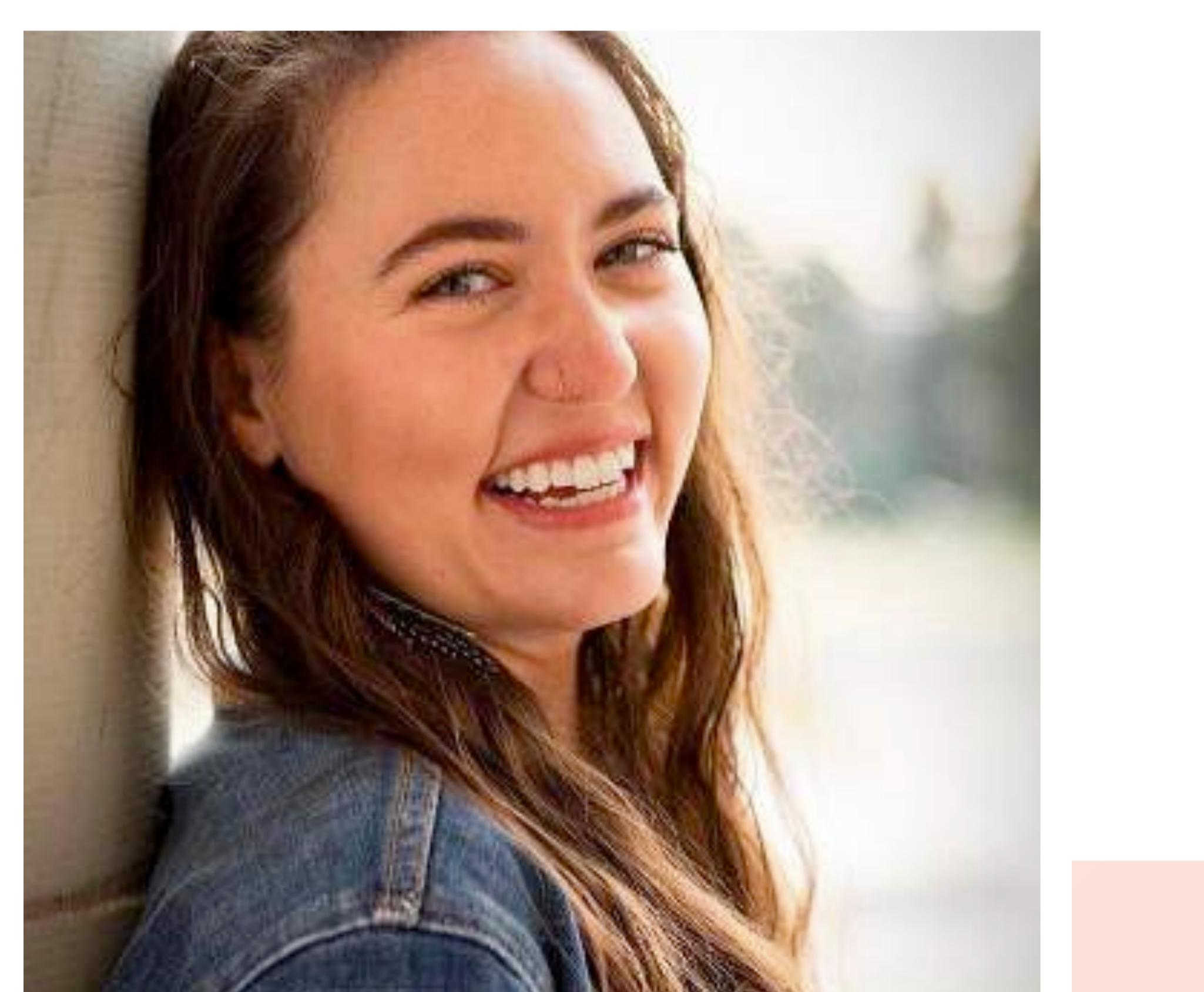
3. Demonstrate how to hold the crayon/paintbrush before beginning. You can also review color mixing here.

4. Students can decide on an emotion they want to express using paint colors/ crayons, lines and shapes.

5. Encourage students to take their time. Set a timer if needed so no one rushes to finish. This is an intuitive exercise and student-led.

6. Students can share their creations and what emotions came up for them.





## A Message from the Founder



Our children are our future, plain and simple. They deserve all the tools we can give them to thrive, succeed and live their happiest, most abundant lives in this very challenging world. With endless mindfulness resources on tap for adults, I have been shocked by the limited supply of tools available for the youth. I knew deep within my heart this needed to change, and fast.

I will always remember the last day in my classroom before our world changed forever in 2020. I had gathered my Kindergarten students into a circle and we talked about our feelings. Many of them were scared, confused and sad. I decided to lead the class into a sound healing journey, by playing my sound bowl and guiding the

children into taking some deep breaths. Some children fell asleep, others were in complete presence and were swept away by the tones of my sound bowl. Once I stopped playing, I looked at all of my students. They were all in a peaceful, happy, meditative state. It was in that moment that I saw how mindfulness practices change how we think, feel and interact with the world.

Once the pandemic was in full swing, I had a call to action to create a program that would help kids learn how to self regulate their emotions, become more confident in their bodies, and shift into a more positive mindset. After receiving my Master's in Early Childhood education, my certification in Reiki, my license in trauma-therapy yoga, and hours of self-study in meditation and embodiment, my dream for serving the community in this way came true with the creation of Soul Family Wellness.

When I hear my families tell me their children are practicing breath work or meditation in their homes truly lights my soul up. Sharing what we are grateful for is one of my lessons in the Soul Family Wellness curriculum, so I would like to share my gratitude for the schools and families who support this vision in helping our youth grow to be happy, healthy and authentic adults.

Love and Joy,

Candice Silva