

# Mrs. Pratt's Class - Brain Smart Starts

May 11th - 15th

Commitment for the week: I commit to sharing one thing I learned this week, one thing that made me laugh this week, and one success I had this week, with Mrs. Pratt by this Friday 😊

UNITE



DISENGAGE STRESS



CONNECT



COMMIT



Day	Brain Smart Start Activities
<b>Monday</b>	Hawks Creed Breathing: Balance Breathing- stand straight, bend one leg at the knee, find your balance, and breathe 3 times. Wish your school family well Activity: Mirror Commitment - look in the mirror and make eye contact with yourself. Say the commit for the week aloud. 😊
<b>Tuesday</b>	Hawks Creed Breathing: Hawks Breathing Wish your school family well Activity: I'm an Hip Hop Astronaut <a href="https://app.gonoodle.com/activities/hip-hop-astronaut?s=category&amp;t=Science&amp;sid=11">https://app.gonoodle.com/activities/hip-hop-astronaut?s=category&amp;t=Science&amp;sid=11</a>
<b>Wednesday</b>	Hawks Creed Breathing: Hawks Breathing Wish your school family well Activity: Lines and Angles <a href="https://app.gonoodle.com/activities/lines-and-angles?s=Discover&amp;t=Wo5/11/20-FP-4GA-All%20Grades%20&amp;sid=1773&amp;x=2&amp;y=3&amp;mft=simple%20row">https://app.gonoodle.com/activities/lines-and-angles?s=Discover&amp;t=Wo5/11/20-FP-4GA-All%20Grades%20&amp;sid=1773&amp;x=2&amp;y=3&amp;mft=simple%20row</a>
<b>Thursday</b>	Hawks Creed Breathing: Hawks Breathing Wish your school family well Activity: Peanut Butter in a Cup Distance Go Noodle <a href="https://app.gonoodle.com/activities/peanut-butter-in-a-cup-gonoodle-hang?s=category&amp;t=Call%20&amp;%20Repeat&amp;sid=41">https://app.gonoodle.com/activities/peanut-butter-in-a-cup-gonoodle-hang?s=category&amp;t=Call%20&amp;%20Repeat&amp;sid=41</a>
<b>Friday</b>	Hawks Creed Breathing: Hawks Breathing Wish your school family well Activity: It's FRI-YAY! TAKE A BREATH <a href="https://app.gonoodle.com/activities/take-a-breath?s=category&amp;t=Manage%20Stress&amp;sid=22">https://app.gonoodle.com/activities/take-a-breath?s=category&amp;t=Manage%20Stress&amp;sid=22</a>