

Mrs. Oakley's Class - Brain Smart Starts

Week of: May 4th. We'll participate in the same Brain Smart Start for the entire week. We switch up every Monday.

Day	Brain Smart Start Activities
Monday	<p>https://jr.brainpop.com/health/feelings/mindfulness/ This week's focus is mindfulness. You can watch the video as many times this week as you need to.</p> <p>Breathe the way Annie taught you.</p>
Tuesday	<p>https://jr.brainpop.com/health/feelings/mindfulness/ Go outside or open the window and be mindful of the sounds and sights you see. Do you feel calmer when you do this?</p>
Wednesday	<p>https://jr.brainpop.com/health/feelings/mindfulness/ Try being mindful while you are doing I-Ready. By doing so, you focus your attention and will be more open to learning.</p>
Thursday	<p>https://jr.brainpop.com/health/feelings/mindfulness/ Since this is Thankful Thursday, practice the skill of gratitude today. What are some things that you are grateful for. I am grateful for each and every one of you!</p>
Friday	<p>https://jr.brainpop.com/health/feelings/mindfulness/ Today, you can be the teacher. Find someone you can teach Annie's breathing to and talk about what all you learned about mindfulness.</p>



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