

Mrs. Oakley's Class - Brain Smart Starts

Week of: May 11th. 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://www.youtube.com/watch?v=Pwn4beja1QE Let's get moving this week with a little Pop See Ko, another of my favorite Go Noodles! Kids Bob Breathing: Put you fingers in a vee shape and draw them across your eyes on the right and inhale, to the left and exhale.</p>
Tuesday	<p>https://www.youtube.com/watch?v=Pwn4beja1QE Go outside or open the window and be mindful of the sounds and sights you see. Do you feel calmer when you do this? High Low Breathing: Reach to the sky as you breathe in and touch the ground as you breathe out. Repeat 3 X.</p>
Wednesday	<p>https://www.youtube.com/watch?v=Pwn4beja1QE Fresh Start Breathing. As you inhale, touch your left knee to your right elbow. As you exhale, touch your right knee to you left shoulder. Repeat 3 X.</p>
Thursday	<p>https://www.youtube.com/watch?v=Pwn4beja1QE Joanna Breathing: Do a slow jog as you inhale and exhale 3 x.</p>
Friday	<p>https://www.youtube.com/watch?v=Pwn4beja1QE Friday Free Choice Breathing: Make up a movement that we could do during the "Class" portion of Pop See Ko. Repeat 3 X.</p>



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