

SAMPLE DAY PLAN for 'Rainbow of Awareness'

TIME/DATE	<p>Monday September 14th, 2020</p> <p>**prep: Guided Meditation #1 for tmr and breathing exercises for Health</p>
9:00 - 9:10	O Canada, Prayers, Announcements, Attendance
9:10 – 10:10	<p style="text-align: center;">Welcome Back Students!</p> <p style="text-align: center;">Greet students with a warm welcome, give them a tour of the classroom, go over safety rules and routines</p> <p style="text-align: center;">Begin discussion with students to set intentions for our year together ROA page 8-9 'Creating Our Sacred Space'</p> <p style="text-align: center;">Co create with students our Core Value Chart ROA pg 10</p> <p style="text-align: center;">Read Aloud: Strength of Tree page 39 in ROA (Using Detective poetry strategies)</p>
10:10 - 10:40	<p>SEL Reading Comprehension task page 40 ROA Making A Tree page 40 ROA</p> <p style="text-align: center;">Take students outside for snack and recess</p> <p style="text-align: center;">10:40 RECESS</p>
11:00 - 11:45	<p>Gym: 'Nature Walk': ROA pg11 Choosing Intention Objects bring clipboards/pencils outside and complete BLM 'Walk with Intention Activity'pg12</p>
Lunch 11:45-12:45**	
12:45- 1:20	Novel Study: Inside Out and Back Again Chapter 1
1:20 – 2:05	<p style="text-align: center;">Math:</p> <p style="text-align: center;">Introductory Math Games, review lesson on Patterns we see all around us Math Patterning 1.1 sheet</p>
2:05-2:25 Recess **	
2:25 - 3:00	Reflection moment: Using supportive language: ROA page 13
3:00 - 3:30	Non-verbal bingo game: students find out about the interest of others without talking. Discuss benefits to non-verbal communication skills

