

Grade 6

Distance Learning Module 1: Week of: March 30-April 3

## Grade 6 Healthy Living: Mindfulness & Yoga

### Targeted Goals from Stage 1: Desired Results

**Content Knowledge:** While some temporary stress can actually be motivating, continuous stress can have a negative effect on our health. We can develop practices that can reduce the effect that stress can have, and mindfulness is a practice that is a tool that we can use. Mindfulness is when we pay attention to what is happening in the moment without any judgement. It can help our brains and our bodies handle the stress we have in our daily lives. Yoga can help to keep our bodies and our minds healthy and can help reduce stress.

**Vocabulary:** Mindfulness, yoga, stress, mandala

**Skills:** Practice stress reduction tools learned in class by practicing mindfulness, yoga, coloring mandalas, and being mindful.

**Expectation:**

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Geeting mindfulness	<a href="#">Hello from Ms. Quinn video</a>  <a href="#">Beginning Mindfulness</a>  <a href="#">Mindfulness Practice</a>  <a href="#">Mindfulness Apps &amp; Podcasts</a>	Watch my Greeting video Watch the mindfulness video refresher Read mindfulness handout Check out some of the apps or podcasts on the list Check in on Classroom question
Tuesday:		
Wednesday: Stress reduction	<a href="#">Mandala Coloring Book</a>	Color if it helps you relax

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Thursday:		
Friday: Practice some of the yoga series that we learned. Relax your nervous system with alternate nostril breathing.	Yoga: <u>Sun Salutation</u>  Yoga: <u>Warrior Postures</u>  <u>Alternate nostril breathing</u>  <u>Yoga with Animals</u>	Practice these postures to stay healthy and calm. Share them with your family!  Let's get pictures of ourselves doing yoga with our pets! If you don't have pets, how about a sibling, or a parent, or a stuffed animal?

**Week criteria for success:** Watch videos, read handouts, check in on Classroom question

**Supportive resources and tutorials for the week:** Videos, handouts, website, and office hours