



KINDERGARTEN/SCHOOL AGE AT-A-GLANCE WEEKS 1-4

I AM CHANGING	Get Going	Get Messy	Get Focused	Get Outside	Get Relaxed	Get Creative
Week 1 INSPIRE	<i>All Are Welcome</i> Read-Aloud*	Inspired by... Clay!	Artifact from Home	Musical Dance Party*	Yoga Moving Together*	Painting
	Inspiration is...	Wonderful Water	Artifact Journaling	Beanbag Games	Guided Meditation - My Inner Kingdom	Seeing My Energy
	My Journal	Finger Painting to Music	Kindness Mailbox*	Nature Scavenger Hunt	Rest Pouches	Collage Shapes
Week 2 INVESTIGATE	<i>I Am Enough</i> * Read-Aloud	The Beautiful Skin I'm In	Tools for Investigation	A Closer Look	Animal Breathing	Self-Portrait with Paint
	I Like Me Ball*	Bubble Creation	Our Many Feelings	Balls Are For Bouncing	Guided Meditation: Bubble-Blower Magic	Cardboard Construction*
	What Are You Wearing? Song	It's Me In The Mirror	Investigating our Features*	Footprints	Felt Boards	Unlikely Self-Portrait
Week 3 IMAGINE	<i>My 2 Moms and Me</i> * Read-Aloud	Symmetrical Paint Splotches	I Imagine I Will...	Run Like An Animal	Water Animal Yoga	Story Acting
	In This Hat, I Can Pretend...	Hidden Treasure	Telling A Story	Follow the Map	Guided Meditation: Beach Meditation	Fabric for Pretend
	The Numbers Rumba	Fingerprint*	Imagining Our Park*	Toy Store	Small Worlds	Mask Making
Week 4 INVENT	<i>The Dot</i> * Read-Aloud	Fruit Kabobs	The Home I Live In	Make-Your-Mark Collage (Splatter Painting)*	Settling Jar	The Dot Song*
	Invent A Dance Move	Making Face Paint	Secret Language	Partner Game Creation	Guided Meditation: Inner Listening	Shadow Play
	I Want To Make...	Torn Paper Self-Portrait	So Many Dots*	Nature Self-Portrait	Pillow Sewing	The Sculpture of Me!

*Life Lesson Library Book