**EDITS TO CARDS:**

1. **Return from Recess Card**

After Positive Adult Response section add the following

Activity:

Affirmation Weaver – Play Indigo Ocean Dreams CD #2 Affirmation Weaver recording. On completion of the story discuss what a positive affirmation is and how it impacts one’s performance. Let the students choose to either draw a picture or make a bookmark using their own personal positive affirmation. (Appendix E, Reference 34)

Add to Return From Recess under Thinking Strategies:

A OK – Use the name of this movement pose as a thinking strategy. Have your students repeat the phrase “I am ok.” to themselves as they hold the pose. Practice your deep breathing during this time.

1. **Playing at Recess**

Move: Bubble Shield to Thinking Strategies under Activities

Move: Melt Aways to Focusing and Calming Strategies, Add before (Appendix E, Reference 12)

Encourage students to imagine how their bodies would feel if they were cold (shivering, tight muscles, frozen). Then, have them imagine how it would feel as their bodies warm, soften and loosen as they melt to the ground.

Move: Zentangle Words to Thinking Strategies under Activities

EDIT: Play at Recess under Focusing and Calming Strategies Play Palette, first line, change in to from activities handouts. Then in same paragraph line 7 change the word use to add

Change **Introduction to Calm Moments Throughout the Day Cards** document to font to match all other completed cards. Change the Title to Program Overview and remove Throughout the Day

1. **Start of the Day**

Move: Student Shout Out Box to Thinking Strategies under Activities on another Card

Change Student Positive Affirmation I have all the information that I need to solve any challenges that come up today to I can solve any challenges that come up today.

Add to Start of Day, Focusing and Calming Strategies:

This Progressive Muscle Relaxation for kids and adults You Tube video provides visuals for relaxing one’s muscles. The video can be shortened into single sections for use throughout the day. <https://www.youtube.com/watch?v=aaTDNYjk-Gw>

Move Student Shout Out Box paragraph from Start of Day to Participating in Assemblies under Thinking Strategies Activities

1. **Transitioning Between Classrooms**

Delete: Every exit is an entry somewhere else

Add: Good things come to those who wait.

1. **Test Taking**

Add to Thinking Strategies: Student Positive Affirmations;

My efforts matter.

1. **Writing/Completing Work**

Delete: Zentangle Words from the Focusing and Calming Strategies

Writing/Completing Work under Thinking Strategies, Positive Adult Praise, 3rd bullet add t to though

1. **Transitioning Between Subjects**

Add to Thinking Strategies under Activities let It Go Art Project after the sentence Student lists his/her worry inside the balloon. Have the students close their eyes and begin deep breathing. Ask them to imagine their worries floating away as they see their balloon drift further and further away in the sky. While student’s eyes remain closed the teacher collects their papers and states “Let your worries go.” When the students open their eyes their worries are gone.

Add to Transitioning Between Subjects, Thinking Strategies:

Believers Bridge - Use the name of this movement pose as a thinking strategy. Encourage students to believe in themselves. Have them repeat “I believe in myself” or “I believe I can do anything” silently while holding this pose.

1. **Completing Homework**

Delete sit on an exercise ball………. Replace with the following.

Allow your child to choose different seating options such as lying on the floor on their stomach with a clip board or standing.

1. **Add to Test Taking, Focusing and Calming Strategies:**

4-7-8 Breathing teaches student how to deep breath. This video uses

visuals and simple instructions for diaphragmatic breathing. It is a great

resource for learning how to breath for anyone! Check it out! <https://www.youtube.com/watch?v=Uxbdx-SeOOo>

Test Taking under Thinking strategies 3rd bullet add s sometime

1. **Add to Participation in Music, Thinking Strategies at the end of Clear Minds paragraph:**

You will be amazed at how well the student’s respond to the tone. You might even find that you feel less stressed. It’s a nice way to start any activity.

 Participation in Music under Thinking Strategies, Student Positive Affirmations, 2nd bullet change at to of

1. **Add to Transitioning Between Classes, Thinking Strategies:**

Shine Bright – Use the name of this movement pose as a thinking strategy. Encourage your students to “shine bright” in all they do (i.e. taking a test, creating a masterpiece in art or music).

1. **Add to Assembly Thinking strategy:**

Move Student Shout Out Box paragraph from **Start of Day** to Participating in Assemblies under Thinking Strategies Activities

Hang Loose – Use the name of this movement pose as a thinking strategy prior to attending an assembly. “Hang loose and let it all go.”

**EDIT**

Participating in Assemblies under Triggers 5th bullet add un to predictability

1. Add to **Restroom,** Thinking Strategies:

Refresher - Use the name of this movement pose as a thinking strategy. Prior to lining up to use the restroom, encourage students to take the time to relax, restore and revive themselves.

1. Add **to End of Day Routine**, Focusing and Calming Strategies:

Rhythm of the Heart – Have your students run, jump, do jumping jacks in place for several minutes. Then, talk about how the heart feels. Is it beating fast or slow? Do they notice the pressure from the beating heart? Have them lie on the floor (refresher pose) and place their hand on their heart.  Guide them to feel how it slows as they breathe deeply and slowly through their nose.

Remove Mystery Sounds paragraph from End of Day Routines and place in Participating in Parties or School Events under Focusing and Calming Strategies

Edits: End of Day Routine under Thinking Strategies, Activities Brag Bracelet, 3rd line down add paper with a positive

1. **Participating in Art**

Add Movement Poses and Breathing (See Appendix C) before Paint Brush Dipping

1. **Participation in Physical Education** under Triggers, 5th bullet join be come, under focusing and calming strategies 4th bullet change breathe deeply in through the nose to their nose, change Rock/Roll under Sensory Strategies to While lying on their back with arms wrapped around their knees, ask students to rock forward and back.

Emergency Situations under Sensory Strategies 2nd bullet add students a hand fidget

**REVISIONS --- APPENDICES**

**Appendix E References Card**

After the word References in the title add

 /Resources

Prior to title Books/Articles add

References

Add

34. Indigo Ocean Dreams CD, 4 children’s stories designed to decrease stress, anger and anxiety while increasing self-esteem and self-awareness, #2 Affirmation Weaver, (2005) Lori Lite, www.StressFreeKids.com

After the References add title:

Resources:

Following Resources add:

Books

* Hawn, Goldie with Wendy Holden, 10 Mindful Minutes, (2011) Penguin Group (USA) Inc.
* Burdick, Debra, LCSWR, BCN, *Mindfulness Skills For Kids and Teens, A Workbook for Clinicians and Clients with 154 Tools, Techniques, Activities and Worksheets*, (2014) PESI Publishing and Media.

**Appendix D. Teaching Moments** 7th asterisk remove (( at end of line.

**Appendix A: ADDITIONS**

**ADD: At “Affirmation Weaver and blurb” the end of the POSITIVE AFFRIMATION category**

Affirmation Weaver – Play Indigo Ocean Dreams CD #2 Affirmation Weaver recording. On completion of the story discuss what a positive affirmation is and how it impacts one’s performance. Let the students choose to either draw a picture or make a bookmark using their own personal positive affirmation. (Appendix E, Reference 34)

**ADD - At the end of the ‘Focusing and Calming Activities’ Add**

4-7-8 Breathing teaches student how to deep breath. This video uses

visuals and simple instructions for diaphragmatic breathing. It is a great

resource for learning how to breath for anyone! Check it out! <https://www.youtube.com/watch?v=Uxbdx-SeOOo>