

	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>		<u>Other Activities</u>			
9:00 AM	Journal	Journal	Journal		Color Scavenger Hunt			
9:30 AM	Breathing Tracing Gratitude Plant	Mindfulness Game	5 Senses Exercise (talk about)		Cootie Catcher			
10:00 AM	Gratitude Scavenger Hunt		(sensory explore)		Guided Meditation			
10:30 AM	Paint Horses	Yoga	Sensory Jars		Rainstick			
11:00 AM					Jeopardy			
11:30 AM	Lunch	Lunch	Lunch				Shape Printouts	
12:00 AM							Scavenger list	
							Jeopardy Questions	
		<u>Materials Needed</u>						
WEDNESDAY	Journals - 9 Pencils / pens	Breathing Tracing: Shape printouts	Gratitude Plants: Plants - 9 Smooth stones / tags (if tree) Paints (acrylic) Paintbrushes (small)	Scavenger Hunt: List printouts	Painting Horses: Have materials		<u>Shopping List:</u> Journals - 9 Plants - 9 Smooth stones Small paintbrushes Bandanas - 9	
FRIDAY	Jeopardy: Poster Board Post-it Notes Trivia Questions Jeopardy music (on phone?) Paper Pens/pencils	Mindfulness Game: Game Bandanas - 9 Small objects (as listed) Aromatic Objects (as listed)					Dish Soap (clear...small) Balloons Super glue Glow paint Glow sticks/beads/stars/etc. Glitter (colorful)	
THURSDAY	5 Senses Exercise: Visuals - bright pictures, ear plugs Smells - blindfold, strong smells Tastes - blindfold, tasty snacks Textures - blindfold, different textures Noises - blindfold, sounds (on phone?), bell	Sensory Jars: Bottles / jars (Voss?) Glitter Jars: Glitter Glycerin Food coloring Dish Soap (clear)	Rainbow Jars: Jelly beadz Balloons (if not bottle) Funnel Super glue	Glow Jar: Glycerin Food coloring (not necessarily) Glitter Glow paint Glow beads, stars, sticks, etc. Paintbrush Dish Soap??				