



## March Lunch Bunch!

Feb 27- Mar 2

### *Welcome, March!*

This month we will dive into mindfulness and yoga. Focusing on our gross motor skills. This month will be paper project free as we just focus on our physical skills. Maximizing our outdoor play and connectivity with nature.

Mar 6-16

### *54321 Method and Simple Stretches*

During these two weeks students will learn the 54321 Method. Typically used to control being overwhelmed in highly stimulating situations. Or just in general! We will name 5 things we can see, 4 things we can feel, 3 things we can hear, 2 things we can smell, and 1 thing we can taste. Stretches will include for this week: Tree pose, Chair pose, and Lord of the Dance pose.

Mar 20-23

### *Lucky Charms!*

This week we will be utilizing the new outdoor classroom and having picnics outside every day the weather provides! We will play pattern games and practice our yoga outside too!

Mar 27-30

### *Transition to Gardening!*

Lunch Bunchers will practice sowing seeds in our learning beds. Exercising control, patience, and multi-step direction following.

**Spring Break:** April 3-7