

Wings and Fire

Date: 8.31

Theme: Rise and Shine

MONDAY		WEDNESDAY	
9-9:30 Sprigs	Shalom Chaverim opening ritual Story: Sol the Pheonix Tries Again! Mindfulness Teaching: Lying down, Closing eyes, waking up with the sound of the chimes. Learning how to begin again. "Rise and Shine" movement exercise	9:15-9:30 Baby Buds	(I will check in with teachers in the morning and offer to bring instruments and puppets in for the babies, but likely we will not begin doing Wings and Fire with them until later in the school year)
9:30-10 Cedars	Shalom Chaverim opening ritual Story: Sol the Pheonix Tries Again! Mindfulness Teaching: Lying down, Closing eyes, waking up with the sound of the chimes. Learning how to begin again. "Rise and Shine" movement exercise		
10-10:30 Seedlings	Shalom Chaverim opening ritual Story: Sol the Pheonix Tries Again! Mindfulness Teaching: Lying down, Closing eyes, waking up with the sound of the chimes. Learning how to begin again. "Rise and Shine" movement exercise		
10:30-11 Saplings	Shalom Chaverim opening ritual Story: Sol the Pheonix Tries Again! Mindfulness Teaching: Lying down, Closing eyes, waking up with the sound of the chimes. Learning how to begin again. "Rise and Shine" movement exercise	10:30-11 Little Sprouts	Shalom Chaverim opening ritual Instrument: Hand Bells and Small Chimes Puppets: Boggy and Sol the Pheonix Practice waking up Boggy and then asking the kids to try lying down, closing eyes, hear the chimes and then open their eyes and jump up! "Rise and Shine" movement exercise with chimes.
11-11:30 Big Sprouts	Shalom Chaverim opening ritual Story: Sol the Pheonix Tries Again! Mindfulness Teaching: Lying down, Closing eyes, waking up with the sound of the chimes. Learning how to begin again. "Rise and Shine" movement exercise		