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| Name of Activity | Wonder walk/solo time meets mindful writing time |
| What grade level did you do it with? | 1 |
| What materials did you need to provide? | Clipboard |
| What materials did your students need to provide? | Journal and pencil |
| What materials did you use from the natural outdoor environment? | The surroundings |
| Describe your activity with as much detail as possible. This is a good place to put in the different steps or progressions that other teachers could use. The more detail and explanation about your activity including sample ideas, the better. | We went on a wonder walk and practiced our follow the leader and eliminating gaps in our walking skills. They had to be mindful of both the person in front of them and what was going on around them in the environment. We sat in the field football field and they separated and pulled out their journals. They could write about anything they saw or heard. Lots of them just laid down and mindful listened which gave them an idea to write/draw about. All of them were so successful whether it was a picture, writing, or even just communicating to me what they noticed. |
| Describe how the activity went with the students and how you would adjust it the next time you do it. | Great! Think I’ll do it every Wednesday “wonder walk Wednesday” orrr “mindful walking Monday’s”. Name tbd |
| Describe the location that you did the activity in including proximity to the school. | The green space around school |