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| Name of Activity  | MindUp lesson |
| What grade level did you do it with? | 2/3 |
| What materials did you need to provide? | Book for read aloud and response page |
| What materials did your students need to provide? | duotang for response page, pencil case, pencil crayons |
| What materials did you use from the natural outdoor environment? | The lawn and fresh air! The book was about connecting to nature when feeling upset. |
| Describe your activity with as much detail as possible. | I followed the MindUp lesson (see the MindUp curriculum). I read aloud the book, we discussed the book, and the students completed their responses using pictures, colours, or words.  |
| Describe how the activity went with the students and how you would adjust it the next time you do it. | The lesson went well. A student who struggles in the classroom is able to focus more when outside. |
| Describe the location that you did the activity in including proximity to the school. | We are within close proximity just in case we need to go back for something or for the washroom.  |
| Describe any challenges that you or your students experienced in planning or doing the activity and how they were dealt with. | The wind was the only challenge this lesson. They are learning to put their pages into their duotangs right away.  |