



Enrichment Ideas

Grades K-2 and 3-5

Grades K-2

A Story about Kindness

What exactly is kindness? What is it to be kind? Is it being helpful? Being polite? Does it have to be a big act to be more kind? Well maybe the smallest act is the most powerful. Let's have a look at this meaningful book *BE KIND* by author Pat Zietlow Miller and illustrator Jen Hill.

<https://youtu.be/kAo4-2UzgPo>

Grades 3-5

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels. Enjoy trying this Mindfulness activity:

Heartbeat Exercise: As you monitor your heartbeat and breathing after exercise, you will learn to become mindful of how your body feels.

How to: Start in a standing position, run in place, or jump up and down, or do jumping jacks, for 1 minute. At the end of that minute, place your hand over your heart and pay attention to how your heartbeat and breathing feels.

Grades K-2

Storytime: The Empty Pot

The Chinese Emperor announces an unusual test to choose an heir—the child who raises the best flowers from a seed given by the Emperor will be his successor. Ping, unaccountably, is unable to get his seed to sprout—but Ping's empty pot is best of all. Enjoy this story about being honest and doing your best!

<https://www.storylineonline.net/books/the-empty-pot/>

Grades 3-5

Boston vs Bullies Educational Video: This 33-minute video features all-star athletes from Boston's professional sports teams sharing their stories and providing kids with ways to stand strong against bullying.

https://www.youtube.com/watch?time_continue=1&v=dPPaHx8YoMc&feature=emb_title

Grades K-2

Kids in Motion Activity: "Marvin K. Mooney Will You Please Go Now" by Dr. Seuss

In this interactive Health and Wellness activity, the world of fitness and literacy unite! As the teacher reads the book "Marvin K. Mooney Will You Please Go Now" by Dr. Seuss, you listen carefully and safely jump up out of their chairs with their hands over their heads every time they hear the word "go." Enjoy this great story and the healthy activity that goes along with it!

<https://www.pbslearningmedia.org/resource/c4bda703-868f-4f2d-8c2b-a11e581e7ee3/marvin-k-mooney/>

Grades 3-5

Yoga: Squish the Fish / Cosmic Kids Yoga. Check out this video of a group mindfulness exercises that will help elementary students practice yoga through age-appropriate and imaginative games.

How to:

<https://m.youtube.com/watch?v=LhYtcadR9nw>

Grades K-2

KidVision / Fire Station Field Trip: Miss Penny and the KidVision class visit the fire station, where they learn about the parts of the fire truck, tour the station house, learn the importance of a fire drill and exit signs and demonstrate how to "Stop, Drop, and Roll." Enjoy learning about this important job. (Grades K-2)

<https://www.pbslearningmedia.org/resource/B9d8204a-c024-4d33-938a-a0bb60789d9c/fire-station-field-trip/>

Grade 3-5

Kinesiologist: Take a look at this health and exercise science career that studies the human body and teaches people about exercise and other therapies to keep their bodies strong and healthy. Enjoy learning about this important job. (Grades 4-5)

<https://www.pbslearningmedia.org/resource/a-z-career-lab-kinesiologist/kinesiologist/>

Grades K-2

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Grades 3-5

Animal Fitness, Kids in Motion.

Wellness and Mindfulness are activated in this activity that combines motor and listening skills. Using commonly known animals such as a fox, dog and an inchworm, students enjoy learning about the

movements of various animals. The teacher in the video demonstrates how to move and be like that animal using various exercises and students follow along. Students are able to showcase their psychomotor skills in this lesson.

<https://www.pbslearningmedia.org/resource/867dd832-b2d9-437f-8105-dbf689644851/animal-fitness/>

Storytime: When a Dragon Moves In. Written by: Jodi Moore. Read by: Mark Duplass

In this story, If you build a perfect sandcastle, a dragon will move in. That's exactly what happens to one very lucky boy at the beach. Is there truly a mischievous dragon running around on the beach or is someone's imagination running wild? Decide for yourself When a Dragon Moves In.

<https://www.storylineonline.net/books/when-a-dragon-moves-in/>

Grades K-2

Kids in Motion: School Day Fitness

This Health and Wellness Kids in Motion activity is an exciting and relatable fitness activity about the school day! In this activity, you will focus on bending, exercising and stretching as you act out your morning from waking up, eating, brushing their teeth, meeting up with friends and getting to school!

<https://www.pbslearningmedia.org/resource/cc34628d-d30c-4e34-a116-f07e040c2e0c/school-day-fitness/>

Grades 3-5

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels. Enjoy trying this Mindfulness activity:

Breathing Buddy: Paying "attention to the breath" is at the core of most meditation practices, but it can be a tough idea to understand. A breathing buddy can simplify the concept.

How to: Lie down and place a stuffed animal, pillow, or even your cell phone on your belly (this will be your breathing buddy). Now breathe in and out and watch your "breathing buddy" go up as you inhale and down as you exhale.

In this way you are able to tune in to your own breath. You're training yourself to pay attention to your breathing and becoming familiar with one of the fundamental lessons of mindfulness.

Grades K-2

Kids in Motion: Sight Word Spelling (With Your Body!)

In this interactive Health and Wellness activity, literacy and exercise unite! Using sight word flashcards, you will use your body to spell out simple sight words. Use your creativity and imagination and enjoy this activity!

<https://www.pbslearningmedia.org/resource/c1980c3e-74ab-4220-b683-549ad66544aa/sight-word-spelling/>

Grades 3-5

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Muscle Relaxation Squeeze and Release: This is an attention-building exercise that will show you how to tune into your body and be present.

How to: Lie down on a towel, blanket or your favorite spot on the floor/rug. First, squeeze every muscle in your body tightly, and then release. Second, start at your feet, tighten your feet and toes and then...relax. Then your legs, then on to your hips and buttocks, stomach, arms, face. Lastly, squeeze every muscle in your body tightly, and then release/relax.

This exercise will help you to recognize when you are holding stress in your body versus letting it go.

Grades K-2

The Benefits of Sharing:

Bear in the Big Blue House, Share Bear: Whether it's sharing toys, books or a snack, Bear and his friends learn that it is more fun to share. Learn about the importance of sharing with Bear and his friends.

<https://youtu.be/WUIZOKHvxiE>

Grades 3-5

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels. Enjoy trying this Mindfulness activity:

Mindful Walking | Cosmic Kids Zen Den - Mindful walking is a way of noticing what's going on around you while you take a walk. Instead of racing to where you're going, you take your time and really notice what you see, hear and feel.

<https://youtu.be/DP3Deuv8tbc>

Try your own Mindful walk:

Walk Mindfully: It can be as easy as going for a walk. This simple mindfulness activity has the added bonus of providing some physical activity and fresh air!

How to: Next time you take a walk through your yard or neighborhood, make it a "notice walk". As you walk, be very quiet and pay attention to all the sounds you can hear. Notice the smells, then the colors. As you walk, stop to pick up at least five items from nature: a rock, a flower, a stick, a leaf, a blade of grass, and note how it feels, what shape it is, etc. After a few seconds of quiet observation, think about how you feel and what you are thinking about. You will start paying more attention to the world around you and notice the beauty in your own surroundings.

Grades K-2

KidVision / Grocery Store Field Trip: Learn about the USDA Food Plate! Miss Penny and the KidVision class go to Whole Foods, where they shop for the five food groups and learn that eating a rainbow of colors every day leads to a pot of gold - a strong and healthy body! Enjoy learning about this important job. (Grades K-2)

<https://www.pbslearningmedia.org/resource/7e5fe770-6721-4371-81e4-57605d89d287/grocery-store-field-trip/>

Grades 3-5

Getting an X-Ray (Video): X-rays let doctors see what's going on inside a person's body — like if a bone is broken and how badly. These tests are quick and painless. You'll just need to sit still for a minute or two as the image is taken. Enjoy learning about this important procedure. (Grades 4-5)

<https://kidshealth.org/en/kids/video-xray.html?WT.ac=ctg#catmovies>

Grades K-2

Story/Activity: The Little Old Lady Who Was Not Afraid of Anything.

In this Kindergarten through 2nd grade video, students listen carefully as the teacher in the video reads the story “The Little Old Lady Who Was Not Afraid of Anything” by Linda Williams. Students listen for key verbs such as clomp and wiggle throughout the story and as they hear them, they will perform a specific physical movement such as stomping their feet or wiggling their fingers. This is great for focusing on psychomotor and cognitive skills.

<https://www.pbslearningmedia.org/resource/f54e19b3-c544-4783-8cb5-daf1e7973585/the-little-old-lady-who-wasnt-afraid-of-anything/>

Storytime: Howard B. Wigglebottom Listens to His Heart.

In this story, Howard stopped doing what he loved the most because kids made fun of him. He wanted to belong and fit in so desperately that he tried, unsuccessfully, all kinds of other activities. One day, with the help of his grandfather, he learned to be true to himself. (Scroll down to: “Animations” to play, see and hear the story)

<https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Listens+to+His+Heart>

Grades 3-5

Activity: Meet My Muscles – Upper Body.

Following along with the teacher in the video, students learn about the various upper body muscles we have such as the bicep and pectoral muscles and learn how to give them a good stretch and exercise. This lesson engages students in 3rd-5th grade and focuses on psychomotor and cognitive skills.

<https://www.pbslearningmedia.org/resource/980ff42e-930b-4afa-b184-20f3a3c33488/meet-my-muscles-upper-body/>

Storytime: Here Comes the Garbage Barge. Written by: Jonah Winter. Read by: Justin Theroux

In this story, Before everyone recycled...there was a town that had 3,168 tons of garbage and nowhere to put it. What did they do? Enter the Garbage Barge! This mostly true and completely stinky story is sure to make you say "Pee-yew!"

<https://www.storylineonline.net/books/garbage-barge/>

Grades K-2

Thought Bubbles | Cosmic Kids Zen Den - Mindfulness for kids. Your instructor Jaime explains how thoughts work. They're a bit like bubbles - they come and go! POP! Have fun understanding how your thinking works - and learn that every thought just passes by, like a bubble.

<https://youtube.com/xUuq0HsLS0>

Grades 3-5

Mindfulness has something to offer everyone. This mindfulness activity is designed to help you recognize your thoughts and emotions, react to them in positive ways, and become more mindful of how your body feels. Enjoy trying this Mindfulness activity:

Mindfulness STOP Skill: STOP is primarily used to introduce Mindful experience throughout your day, when you need it most. It's easy to get caught up in all of the stresses and activities of daily life. By applying mindfulness to these experiences during your day, you will be able to check in with how you are feeling, what you are thinking, and what behavior you're engaging in. By occasionally reminding yourself to stop during your day, you can increase your awareness of what is going on around you and inside you.

How to: STOP is an acronym that stands for:

S: Stop. Whatever you're doing, just pause momentarily.

T: Take a breath. Re-connect with your breath. The breath is an anchor to the present moment.

O: Observe. Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?

P: Proceed. Continue doing what you were doing. Or don't: Use the information gained during this check-in to change course. Whatever you do, do it mindfully.

Grades K-2

The Listening Game | Cosmic Kids Zen Den - Mindfulness for kids. Your instructor Jaime introduces a fun game - about listening. How well can you listen to the sounds of the bells? REALLY listen! If you listen carefully, it's amazing how long they go on for. Enjoy this mindfulness activity!

https://youtu.be/uUIGKhG_Vq8

Grades 3-5

Vacation Fitness

This activity makes fitness fun! Students use their bodies to move through the motions of going on a vacation. Starting with picking a destination, students act out packing, boarding a plane, and finally getting to their destination- the beach. Enjoy this fun fitness activity.

<https://mass.pbslearningmedia.org/resource/b8b2f775-d3d0-4a8e-9d31-bb987224c945/vacation-fitness/>

Grades K-2

Breathing Buddy: Mindful Ozzy

Follow along with Mindful Ozzy. Paying attention to your breathing can help you to be calm and relaxed.

<https://youtu.be/OkRFR1gIdA>

Try Your Own Breathing Buddy Mindful Breathing:

How to: Lie down and place a stuffed animal, pillow, or even your cell phone on your belly (this will be your breathing buddy). Now breathe in and out and watch your “breathing buddy” go up as you inhale and down as you exhale.

In this way you can tune in to your own breath. You’re training yourself to pay attention to your breathing and becoming familiar with one of the fundamental lessons of mindfulness.

Grades 3-5

How Effective is Your Sunscreen: In this video from *Dragon-fly TV*, Aaron and Justin, who spend lots of time outdoors surfing and bike riding, test which level of sunscreen best protects their skin from the harmful effects of the Sun’s rays. Enjoy learning about sunscreen, SPF, and learn how to protect yourself from the sun.

<https://mass.pbslearningmedia.org/resource/envh10.sci.ess.eiu.sunscreen/how-effective-is-your-sunscreen/>

Grades K-2

KidVision / Basketball Coach: Miss Penny and the KidVision class go to Nova Southeastern University’s Athletic Center to learn how to play basketball. First, they learn what equipment basketball players need to play. Then, the men’s team demonstrate skills and the kids practice basic basketball skills. Next, the women’s team explain how the court is laid out and game rules. They end with a lively game of Basketball! Enjoy learning about this important job. (Grades K-2)

<https://www.pbslearningmedia.org/resource/basketball-video/wpbt2-kidvision/>

Grades 3-5

Dental Hygienist: Brush up on this career path and learn what it takes to help people maintain healthy and happy smiles. Enjoy learning about this important job. (Grades 4-5)

<https://www.pbslearningmedia.org/resource/a-z-career-lab-dental-hygienist/dental-hygienist/>

Grades K-2

Story/Activity: The Little Old Lady Who Was Not Afraid of Anything.

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Storytime: Howard B. Wigglebottom Learns We Can All Get Along.

In this story, Howard learns to live in harmony and respect his friends. (Scroll down to: "Animations" to play, see and hear the story)

<https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+We+Can+All+Get+Along>

Grades 3-5

Sports Fitness

In this Health and Wellness Kids in Motion video, you will learn about fitness and sports as you follow along with the teacher to perform exercises that can be found in all different sports. Using the entire body to learn about all muscle groups, you will get fit acting out commonly known sports such as basketball, tennis, and swimming. Enjoy learning about the muscles in your body during this fun activity!

<https://www.pbslearningmedia.org/resource/a447cf56-a61a-4539-93dc-f6a559363836/sports-fitness/>

Grades K-2

Just for Fun Activity - Season Fitness:

In this Health and Wellness video, you will have fun with fitness as you follow along with the teacher to perform various exercises and stretches found in the different seasons. Doing activities like playing baseball and cross-country skiing, you will learn about the seasons, the muscles in your body, and a variety of seasonal physical activities. Enjoy this fun activity!

<https://www.pbslearningmedia.org/resource/4ac87bd5-78e8-4eca-9eba-412b0326abfa/season-fitness/>

Grades 3-5

From Mindless to Mindful:

Enjoy practicing being “in the moment” with this Mindfulness activity.

<https://family.gonoodle.com/activities/from-mindless-to-mindful>

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Storytime: Howard B. Wigglebottom Learns to Listen.

In this story, Howard gets into a lot of trouble for not listening. When he becomes a better listener, his life improves dramatically. (Scroll down to: “Animations” to play, see and hear the story)

<https://wedolisten.org/books-and-lessons/book/Howard+B.+Wigglebottom+Learns+to+Listen>

Grades 3-5

Activity: Meet My Muscles – Upper Body.

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<https://www.pbslearningmedia.org/resource/980ff42e-930b-4afa-b184-20f3a3c33488/meet-my-muscles-upper-body/>

Storytime: *The Hula-Hoopin' Queen*. Written by: Thelma Godin. Read by: Oprah Winfrey

In this story, Kameeka is confident that today she will finally become the Hula-Hoopin' Queen of 139th street. Enjoy this celebration of family and community ties.

<https://www.storylineonline.net/books/hula-hoopin-queen/>

