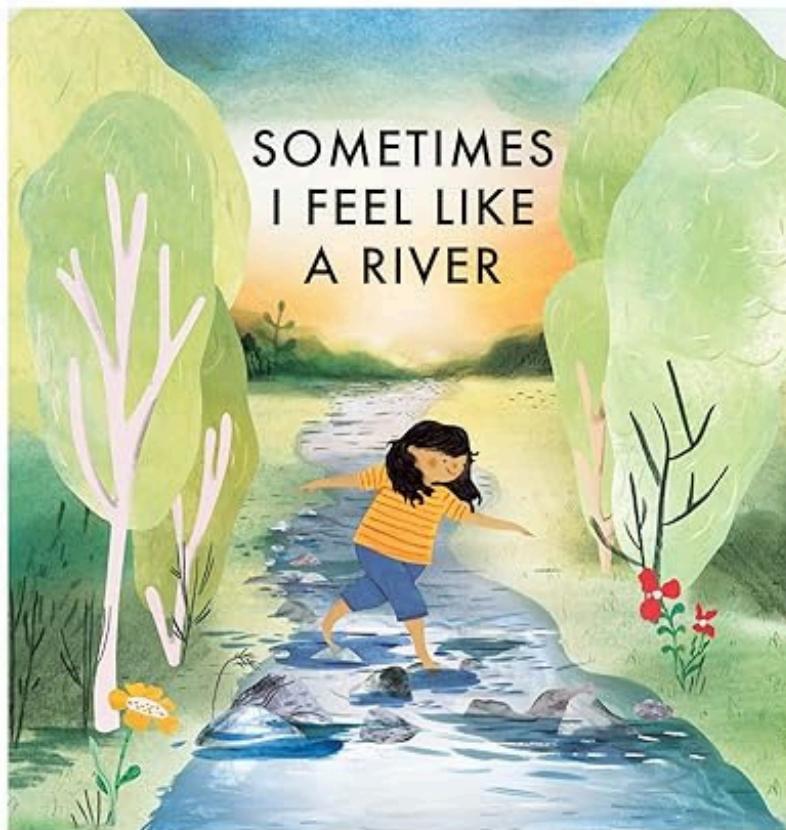


Educator Kit: Extension Activities Inspired by...



Danielle Daniel & Josée Bisaillon

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pebble
&pond

Educator Kit/Guide

The following kit/guide was created to provide you (educators) with **extension activities** to support the read aloud, ***Sometimes I feel Like A River***. The kit/guide provides a variety of activities with different entry points so that all children can participate. All templates are free and can be printed for classroom use. You may choose one or complete all the activities, we leave it up to you!

A Mindful Walk or Roll

A mindful walk or roll is when you **take your time** exploring the outdoors, whether you *walk or roll* (for educational settings rolling in the snow or grass). Instead of rushing we will focus on our surroundings, tuning into the sights, sounds, smells, and sensations around us. The sound of the wheels on a car or truck, the sound to the branches moving, or the sounds of the water dripping as snow/ice melts. Noticing the colours in nature or what is missing during the winter months. Thinking about well-being as we spend time in nature.



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Mindful Walk/Experience

After reading one or all the poems:

Let's think about what we want to notice in nature or what we want to feel as we go for our mindful walk/roll. Create a list of these 'intentions' or goals before going out.

Our goals for this mindful walk.

I want to feel calm

I want to see trees.

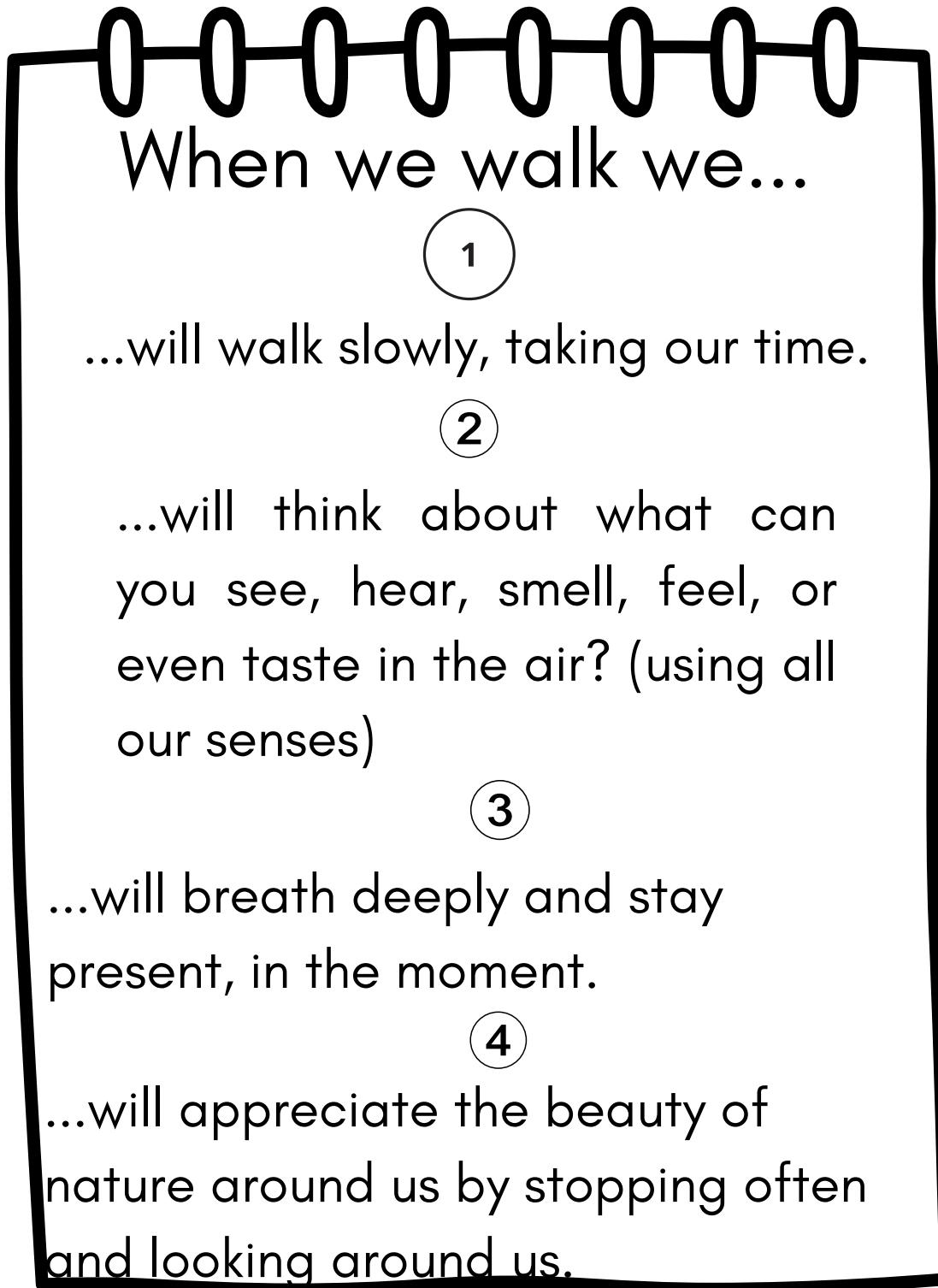
I want to hear the wind.

I want to smell the air.

I want to feel the snow.

from grade 1 FJM-2025

Next **create a second chart** with how the mindful walk could look and sound like. Similar to this sample.

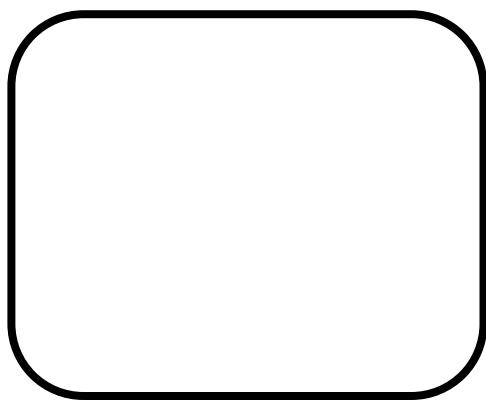


When we walk we...

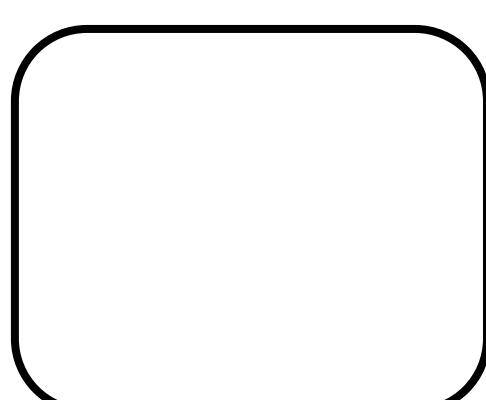
- 1 ...will walk slowly, taking our time.
- 2 ...will think about what can you see, hear, smell, feel, or even taste in the air? (using all our senses)
- 3 ...will breath deeply and stay present, in the moment.
- 4 ...will appreciate the beauty of nature around us by stopping often and looking around us.

Activity #2

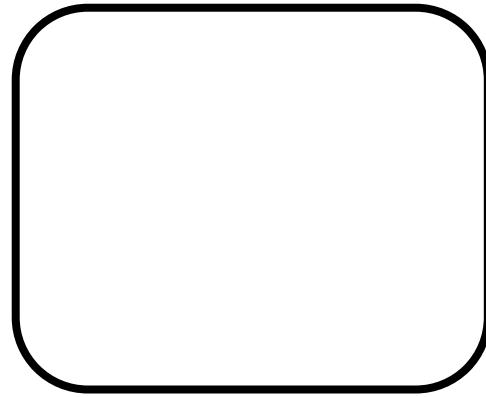
After the walk, invite the children to create a page for a class mindful journal, by drawing/writing about the mindful walk. This is a sample of the activity. Children can draw and write, or draw and adult transcribes. **Printable template included in kit.**



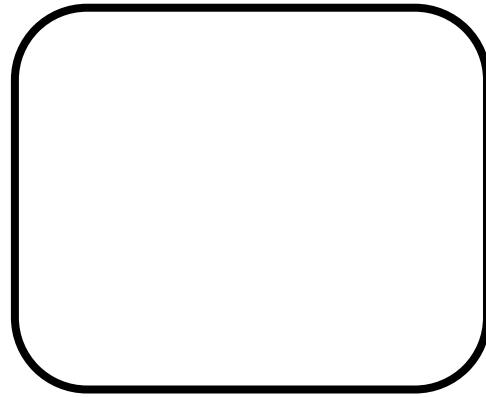
What did you smell?



What did you hear?



What did you see?



What did you touch?

What else do you want to share?

With my senses...



I saw 5

I touched 4

I heard 3

I smelled 2

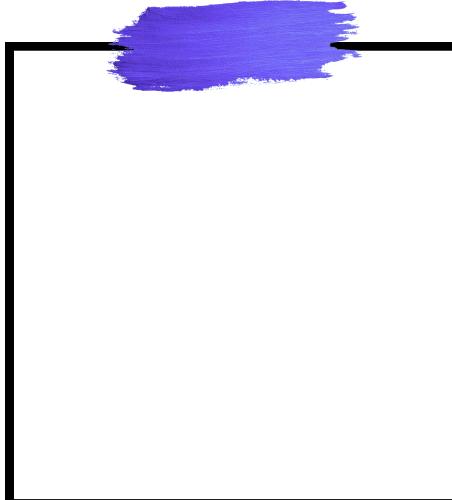
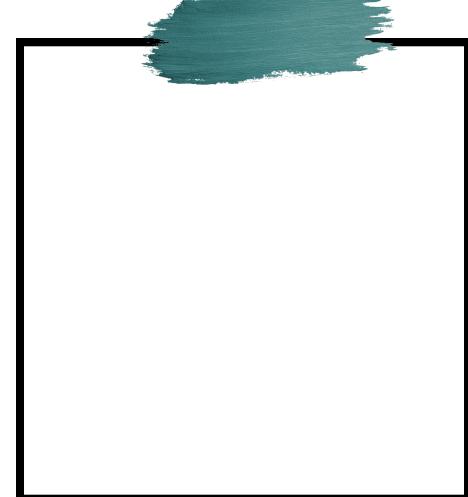
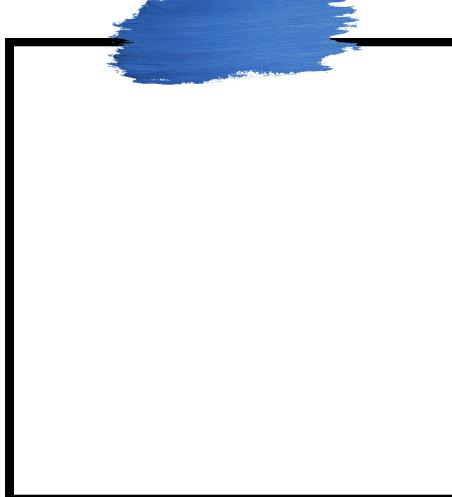
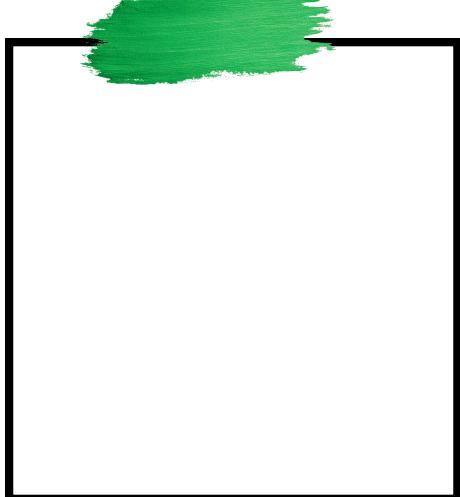
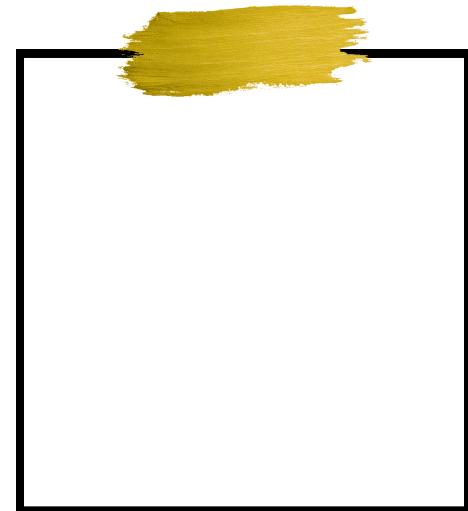
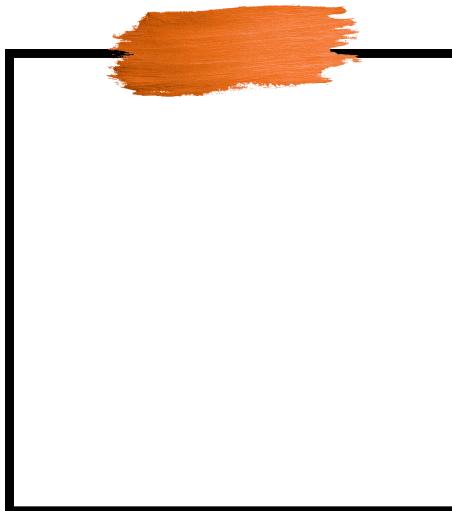
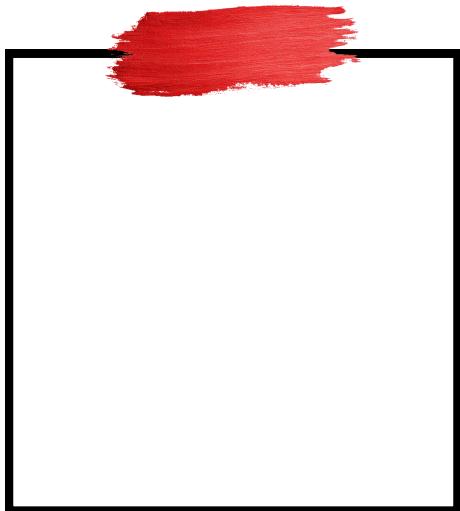
I touched 1

Written by (or transcribed by)

Date:

Activity #4

Find the rainbow! Draw items we saw that are like the colours of the rainbow.



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What helps me to feel calm.



Written by (or transcribed by:)

Date:

Poetry Activities

Poem # __



When I hear this poem I see/visualize...

This poem is about

Name: _____ and Transcribed by _____

Poetry Activities

Poem # __



This poem is about



This poem makes me feel or reminds me of...

Name:

Socio-Dramatic Play

Guided Play in Small Group Opportunity:

Educator and children collaborate to select which poem the group would like to act out.

What props will you need/What can we make? (invite children to brainstorm).

Create the props using construction paper, recyclable materials, or materials found in the classroom, etc. (As appropriate)

Practice the play.

Invite some children who are not in the group to be the audience. *Perform the play!

*Create stage crew cards and audience reaction cards as a way to include all children. Especially for those who want to participate but are not comfortable with the acting parts. See next slide for printable templates.



Templates

Activity 7

Stage Crew



audience reaction cards

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Mindful Journal Page Contribution by:



What did you smell?

What did you hear?

What did you see?

What did you touch?

What else do you want to share?

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