



Special Squire Friday

May 22, 2020

An Exercise in Mindfulness with Ms. LoPiccolo

Have you ever been nervous, over excited, or scared and felt like you needed to take a break? I'm guessing the answer to that is YES - it happens to everyone! Today you are going to join Ms. LoPiccolo as she shares the story [A World of Pausabilities](#) by Frank J. Sileo. After listening to this story, take some time to practice pausing by following along with [From Mindless to Mindful](#) on GoNoodle. Parents if you are interested in learning more about mindfulness with children, check out [The Power of the Pause: Helping Your Child Learn About Mindfulness in This Stressful Time](#) by Frank J. Sileo.

Together We Can Do So Much - Kids for Character Art Activity with Ms. Clark

When times get tough, it is important that we all stick together! Today Ms. Clark is going to share the story [One by Kathryn Otoshi](#) with you. While you are listening to the story, think about how the main character – Blue – feels when he is with the other characters. How did the colors stick together? What were they able to accomplish by sticking together? After the story, Ms. Clark will teach you how to make a people paperchain to show the importance of sticking together! Now take a picture of your paperchain of people and share it with other TBD Squires on this [Padlet!](#)

Spreading Kindness with Mrs. Boyce – Live Read Aloud at 9:00 AM

Today you are invited to join Mrs. Boyce for a live read aloud at 9:00 AM! She will share [Be Kind](#) by Pat Zietlow Miller with you via a [Google Meet Live Stream](#). For those of you who have not participated in a Google Meet live stream, you will be able to see and hear Mrs. Boyce; however, you will not be able to interact with her or with any other TBD Squires who join. After listening to this read aloud, please help spread kindness by writing a letter to either a resident or healthcare worker at Sunrise Assisted Living in Old Tappan. You may write your letter on your own paper or print and use one of these [writing papers](#). Click [here](#) to see example letters for different grade levels. You may either drop you completed letter off in the box in front of TBD or mail your letter to:

Sunrise Senior Living
195 Old Tappan Road
Old Tappan, NJ 07675

- * Please email Mrs. Boyce (boycek@nvnet.org) if you have any questions!
- * All blue links above are active hyperlinks.