



# IN THE LOOP

SOCIAL EMOTIONAL AND ANTI-BIAS ACTIVE LEARNING ACTIVITIES

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## ACTIVITY FOR SONG BREATHE IT IN:

**BREATHE IT IN - BEAUTIFUL CHORUS / MANTRAS IN LOVE**



- Children can find a quiet space in the room
- Invite children to sit still – children can choose to sit on a chair or on the floor
- Encourage children to get comfortable.
- Instruct children to close their eyes so they can focus on their breathing when the music starts
- **PLAY, LISTEN and BREATHE**

### Have a conversation with children:

- How was the experience?
- Describe your experience. What kind of feelings did you have?
- Were you able to focus on your breathing?
- Repeat the exercise

**KARPUR GAURAM - MAATI BAANI FT MUSICIANS IN LOCKDOWN**



We want your feedback! **[Click here to send feedback](#)**. Please be specific – what went well, what modifications (if any) you made, what you might change for next time.

We value and thank you for all the work that you do.

# Take a mindful walk

Please enjoy this excerpt from National Afterschool Association (NAA) about mindful walking.

At the core of social-emotional learning, aka SEL, for kids and adults is self-awareness. One way to practice self-awareness is through mindful walking.

StopBreatheThink.com recommends the following steps:

1. As you walk, notice how your body feels.
2. Pay attention to how your legs, feet and arms feel with each step you take.
3. Feel the contact of your foot as it touches the ground and the movement of your body as you move into your next step.
4. If you become lost in thought as you continue to walk, use the next step as an opportunity to start over.
5. Now, using your sense of sight, look around and try to notice every detail.
6. Using your sense of smell, notice any aromas or scents.
7. Are you able to notice any tastes as you walk? Can you taste the air?
8. Now using your sense of touch, notice the solidity of the earth beneath your feet.
9. With openness and curiosity, notice any sensations, thoughts, or feelings that arise, without lingering on anything.

To read more click [here for the full article](#).

## Take a Selfie Walk



Photo courtesy of Fanny Yang



## TEACHER APPRECIATION VIDEO

Educators need to know what happens in the world of the children with whom they work. They need to know the universe of their dreams, the language with which they skillfully defend themselves from the aggressiveness of their world, what they know independently of the school, and how they know it. – Paulo Freire

# HOPE THIS BOOK IS ON YOUR SHELF

**BOOK: BETTY BUNNY LOVES CHOCOLATE CAKE**  
BY MICHAEL B. KAPLAN

This book talks about having patience and the ability to wait to do something special, like eating your favorite cake for dessert after you've finished all your dinner. This book shares a story about how Betty Bunny learns to be patient with herself, and the love she has for chocolate cake.

## Conversation Prompts with children:

Reference the picture on the book cover:

1. The reader can ask children what they think the story will be about.
2. Children share thoughts/ideas for discussion.
3. The reader shares, "This book is about how Betty Bunny learns how to have patience and to wait to do something special with her mother's help." The reader reads the book to the children.
4. The reader can use some of these follow-up questions to solicit thoughts/ideas from children, post reading:
  - a. "What do you think the word patience means?"
  - b. "Can you think of a time when you had to be patient?" "How did it make you feel?"
  - c. "How can you help someone be patient?"
5. Children share thoughts/ideas for discussion.



## Additional adaptation to the story:

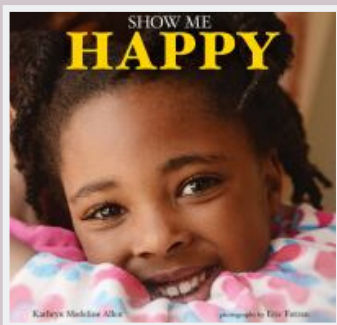
- Art/creative movement- Have the children create Betty's ears out of construction paper, cut, and decorate. Attach them to a band (strip of construction paper) that can be worn around the head (fitting for size). These ears can stimulate creative movement as well as dramatic play.
- Cooking project: Make Bunny's favorite cake by having the children decorate chocolate cupcakes
- Create bunny trails
- Fingerplay
  - "My Betty Bunny," My Betty Bunny has two big ears (hold up the index and middle finger for ears)
  - a funny little nose (your other three fingers for a nose)
  - she likes chocolate cake to eat (move thumbs away from the other two fingers), and she hops where ever she goes (move the whole hand jerkily)

**Building Language Vocabularies:** *patience, waiting, healthy, handful, protest, practice, love*

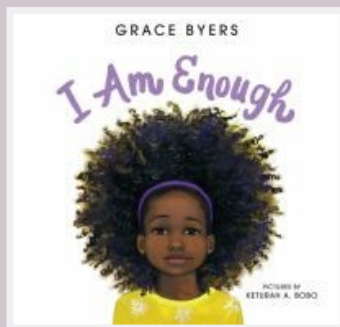
Stand aside for a while and leave room for learning, observe carefully what children do.

Loris Malaguzzi

## Anti-bias & SEL books for children of all ages



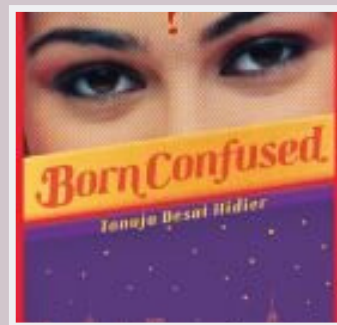
birth - 3 years



3 - 8 years



10 years and up



13 years and up