

Mrs. Carlson's CLASS NEWS



A NOTE FROM THE TEACHER

We have been practicing mindful minute exercises throughout our day to increase our awareness of what it feels like to be mindful and why it is important.

HOME PRACTICE REMINDER

Mindful Minute Activities:

- Think of a smell that reminds you of something happy.
- Take 3 big belly breaths and notice how your body feels before and after.
 - I Spy... 3 new things in the room
 - Listen for 5 different sounds

Pick 2 or 3 of these to practice at home with your child.

DATES TO REMEMBER

March 28th PTSA Art Walk

April 3rd Spirit Day: Wear your Favorite color

April 8th-12th Spring Break

THANK YOU, *Mrs. Carlson*

WHAT'S HAPPENING IN...

Word of the Week: Mindfulness

Social Studies: Our World

Math: Place Value & Addition and Subtraction to 40

Reading: Non-fiction Text Features and finding important information

Writing: Opinion Writing

Phonics: consonant blends: *ch, wh, sh, th*

Scholastic Class Code: RLJBX

