





















RIVER EDGE SCHOOL'S 2016-2017 CHARACTER EDUCATION PROGRAM

Our character education program this year will focus on mindfulness: being aware of our thoughts, feelings, bodies and environment. Students will learn to be mindful through guided breathing and movement, which is scientifically proven to improve cognitive abilities, social-emotional skills and overall well being.

<http://www.mindfulschools.org/about-mindfulness/research/>

Month	Pose	Character Trait	Mantra	
September	Breathing	Mindful	"I am calm"	
October	Extended Mountain Standing forward bend	Respect	"Namaste"	 
November	Tabletop Child's Pose	Gratitude	"I am thankful"	 
December	Cat Pose Cow Pose	Empathy	"I care about others"	 
January	Plank Upward Dog	Acceptance	"I see the good in myself & others"	 

February	Puppy Pose Downward Dog	Caring	"I am helpful"		
March	3 legged dog Low Lunge	Open minded	"Keep your head and heart open"		
April	Warrior 1 pose Warrior 2 pose	Courage	"I am brave"		
May the world"	Warrior 3 pose Tree Pose	Confident	"I'm on top of"		
June	Crescent Moon Hero Pose	Determination	"I can do this"		

Below are a few websites for ideas, lessons plans and activities:

<http://www.edutopia.org/blog/integrating-mindfulness-in-classroom-curriculum-giselle-shardlow>

<http://www.kidsyogastories.com/seasonal-kids-yoga-lesson-plans/>

<http://www.stopbreathethink.org/>