

Tinkergarten Circle Time

Wellness Season at a Glance

Lesson of the Week	Description	Mindful Movement	Materials	Read-Aloud
 <p>Kindness</p>	<p>We begin with collecting, filling and dumping the nature treasures kids love most. As we play, we'll introduce the concept of a bucket of good feelings we each have inside, giving young children a way to visualize and verbalize how happiness feels, how we can affect one another and how to act with kindness.</p>	<p>Nature Pose: <i>Butterfly</i></p> <p>Mindful Exercise: <i>Butterfly Body Scan</i></p>	<p>For Circle Time:</p> <ul style="list-style-type: none"> • A bucket or bowl • Nature treasures* your child loves <p>For the Week:</p> <ul style="list-style-type: none"> • A jar, paper and pen • Stones • Paint or markers 	<p><i>The Big Umbrella</i> by Amy June Bates</p>
 <p>Gratitude</p>	<p>Together, we reflect on all that we are thankful for. Then, we use the nature treasures and simple art supplies to create thank you cards to express our gratitude for our people, plants and animals in our lives.</p>	<p>Nature Pose: <i>Tree</i></p> <p>Mindful Exercise: <i>Gratitude Meditation</i></p>	<p>For Circle Time:</p> <ul style="list-style-type: none"> • Paper (folded) • Glue or tape • Nature Treasures <p>For the Week:</p> <ul style="list-style-type: none"> • A pumpkin or squash • Markers 	<p><i>Apple Cake: A Gratitude</i> by Dawn Casey</p>
 <p>Active Energy</p>	<p>This week, we'll use the objects and spaces around us and our imaginations to get our bodies and hearts moving to stay centered, healthy and warm, even when it's cold outside!</p>	<p>Nature Pose: <i>Lion</i></p> <p>Mindful Exercise: <i>Lion Breathing</i></p>	<p>For Circle Time:</p> <ul style="list-style-type: none"> • Chair or bench • Sheet or blanket • Rope, string or necktie <p>For the Week:</p> <ul style="list-style-type: none"> • Various household and outdoor items 	<p><i>You Are a Lion!</i> by Taeun Yoo</p>

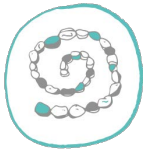
Lesson of the Week

Description

Mindful Movement

Materials

Read-Aloud



Focus

This week we work on slowing down, quieting our minds, moving our bodies and even arranging objects to help us calm and focus our minds. You'll have a series of fun focus activities to try at home, too!

Nature Pose:
Cobra

Mindful Exercise:
Snake Breathing

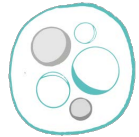
For Circle Time:

- A rope, string or sheet
- Bucket of pebbles, acorns or other small objects

For the Week:

- Sidewalk chalk
- Magnifying glass (optional)

Now
by Antoinette Portis



Joy!

Sources of joy are hiding all around us, and kids can become great at hunting for them. We'll explore one joyful object in particular this week—bubbles, then give you more to hunt for all week long!

Nature Pose:
Star Pose

Mindful Exercise:
Belly Breathing

For Circle Time:

- Bowl or bin
- Water
- Dish soap (glycerin optional)

For the Week:

- Balls of all kinds
- Art materials

Round
by Joyce Sidman
& Tae-eun Yoo



Wishes for Winter

Today we end our season and look forward to winter by making wishes for the winter to come. We'll share wish making traditions from our families and around the world, making boats to carry away our worries and our wishes forward.

Nature Pose:
Mountain Pose

Mindful Exercise:
Mountain Breathing

For Circle Time:

- Paper, sticks or oranges
- Bin of water

For the Week:

- Various household items that float

Wish
by Eliza Kleven

Materials

- *What are “nature treasures?” Objects from nature kids can gather and use for play (eg acorns, pebbles, fruits, sticks, etc.).
- Want books or other materials? Visit our Tinkergarten Amazon Affiliate [Wellness Season Store](#).

ABOUT TINKERGARTEN Tinkergarten® is your guide to purposeful outdoor play—the kind of play that helps kids become healthy, capable and confident learners.