



## **Bonus Snow Day Teacher Tips**

### **1. Snow Globe Settling**

In this activity, students will practice “settling their snow globe” or calming their mind and body. Have the students draw a snow globe, or print one from the computer with the snow settled on the ground. Inside the snow globe students can write or draw some activities that calm them down. For example, students might enjoy reading, sleeping, listening to music or watching a video to calm down. Other examples might include, being with mom, walking in nature, or playing with their pet.

### **2. Snow Day Sensations**

Take your students out for a walk in the snow and have your students use their senses for the present moment. Students should notice 5 things they can see, 4 things they can hear, 3 things they can smell, 2 things they can touch, and 1 thing they can taste. Have the students share their findings with the class, list these things in a journal or on a piece of paper when they return, and allow them to illustrate their sensations.

### **3. Slow Motion Snowball Fight**

Your students are sure to love this imaginary slow motion snowball fight. Have students sit in a circle around the room and give each student a handful of pompoms or cotton balls to create this imaginary snowball fight. Tell your students that they must stay seated and in their space while gently and slowly tossing the snowballs to each other. Play soft music and freeze when the music stops.

Then use the pompoms or cotton balls to create snowflake shapes to practice breathing or a snowy day picture to practice mindful seeing. It might even be fun to have your students make up their own mindful games and test them out using the pompoms or cotton balls. Younger students might practice counting, adding/subtracting with them, or use them to create multiplication arrays.