



FES Guidance Distance Learning Opportunity

May 18-22, 2020

Pre-K through 5th grades:

Continue to focus on the importance of mindfulness. Remember, it means paying full attention to something by slowing down and noticing what you're doing. Pay attention to your surroundings and use your five senses.

Refer to the PDF attachment for a list of mindfulness activities to practice at home. Encourage your family members to participate and discuss your favorite activities with them. See how many of the activities you can complete in one week!