



EXAMPLE

# HALF DAY SCHEDULE

- 9:00 am**      **Opening Circle:** Feeling Words Brainstorm Game
- 9:30 am**      **Connection to Self Heart Bloom Meditation,**  
followed by a **Multi-Media Art Project**
- 10:00 am**      **Free Play** at the playground
- 10:30 am**      **Appreciation of Others** - Expression Little Jar  
of Awesome Art Gallery
- 11:00 am**      **Collaborative Creation Story Building:**  
Alternative Actions
- 11:30 am**      **Closing Circle:** What is Your Heart Grateful For?