

## **Mindfulness Sessions per grade level – 2018**

Please take the time to ask your child about what they have learned during our mindfulness sessions. *Favor de preguntar a su hijo/a de lo que ha aprendido durante nuestras clases de 'mindfulness.'*

### **1<sup>st</sup> grade:**

Jan 26<sup>th</sup> = Maestras Cathy & Patricia / Feb 9<sup>th</sup> = Maestras Griselda & Pati

Feb 16<sup>th</sup> = Maestras Cathy & Patricia / March 9<sup>th</sup> = Maestras Cathy & Patricia

March 19<sup>th</sup> = Maestra Griselda / March 26<sup>th</sup> = Maestra Pati

April 20<sup>th</sup> = Maestras Pati & Griselda

May 4<sup>th</sup> = Maestra Cathy & Patricia / May 11<sup>th</sup> = Maestras Griselda & Pati

June 8<sup>th</sup> = Maestras Pati & Patricia

June 20<sup>th</sup> = Maestras Cathy & Griselda

### **2<sup>nd</sup> grade:**

Jan 24<sup>th</sup> = Maestras Karina & Ana-María / Jan 26<sup>th</sup> = Maestra Anita / Feb 8<sup>th</sup> = Maestra Doreen

Feb 7<sup>th</sup> = Maestra Karina & Ana-María / Feb 9<sup>th</sup> = Maestra Anita / Feb 26<sup>th</sup> = Maestra Doreen

March 5<sup>th</sup> = Maestras Doreen & Anita / March 7<sup>th</sup> = Maestras Karina & Ana-María

April 18<sup>th</sup> = Maestras Karina & Ana-María / April 30<sup>th</sup> = Maestras Doreen & Anita

May 9<sup>th</sup> = Maestras Karina & Ana-María / May 14<sup>th</sup> = Maestras Doreen & Anita

June 13<sup>th</sup> = Maestras Karina & Ana-María / June 4<sup>th</sup> = Maestras Doreen & Anita

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### **3rd grade:**

February 2<sup>nd</sup> = Limon, Alvarado, Ludlow, Gonzalez

March 2<sup>nd</sup> = Limon, Alvarado, Ludlow, Gonzalez

May 4<sup>th</sup> = Limon, Alvarado, Ludlow, Gonzalez

May 18<sup>th</sup> = Limon, Alvarado, Ludlow, Gonzalez

June 1<sup>st</sup> = Limon, Alvarado, Ludlow, Gonzalez

### **4<sup>th</sup> grade:**

January 25<sup>th</sup> = Navarro, Ortiz, Castellanos

February 22<sup>nd</sup> = Navarro, Ortiz, Castellanos

March 16<sup>th</sup> = Navarro, Ortiz, Castellanos

March 30<sup>th</sup> = Navarro, Ortiz, Castellanos

April 27<sup>th</sup> = Navarro, Ortiz, Castellanos

May 25<sup>th</sup> = Navarro, Ortiz, Castellanos

June 15<sup>th</sup> = Navarro, Ortiz, Castellanos

### **5<sup>th</sup> grade:**

Maestra Hernandez = February 1<sup>st</sup> / March 16<sup>th</sup> / April 20<sup>th</sup> / May 24<sup>th</sup> / June 13<sup>th</sup>

Maestra Canfield = May 9<sup>th</sup> / May 16<sup>th</sup> / May 23<sup>rd</sup> / June 8<sup>th</sup>

Maestra Gutierrez = March 9<sup>th</sup> / April 27<sup>th</sup> / May 15<sup>th</sup> / June 5<sup>th</sup>

