Kaleidoscope me™
Awaken to your greatness!

ActiveLife™ Curriculum

14 Modules that support teachers in integrating embodied wellness into every day, and every class.

Each module has 4 lessons, one for each week of the calendar month, that explore health-based themes. The activities listed below are also included and meant to be practiced daily through the week as needed at transition times and for mind-body breaks.

- A flash card with a character and a chant
- Coloring page for kids to create their own version of the card to take home
- A diary log where children can track and/or observe their own progress
- A dance move with song to dance along to
- A yoga practice
- A meditation exercise
- A classroom tracker
- A classroom poster
- Individual trackers for each lesson

In her book, *Building Emotional Intelligence*, Linda Lantieri summarizes the research upon which the ActiveLife™ is based:

"If children learn to eat well, express emotions constructively and engage in caring and respectful relationships before and while they are in elementary grades, they are more likely to avoid depression, violence, and other serious mental health problems as they grow older." (p. 16)

We call this embodiment of **physical**, **mental**, and **emotional** health: **inner sustainability.** The ActiveLife™ Curriculum develops inner sustainability by supporting **the whole child.**