

## SONATA PLANNER

<b>TOPIC</b> Welcome! The first Circle of “Totally Girlz” for grades 4 & 5.				
<b>RATIONAL AIM(S)</b> Meet each other and house/yard. Safe, kind, inclusive. Tuning into and thanking plants. Visual journaling task.		<b>EXPERIENTIAL AIM</b> Welcome, elated, can’t wait to return		
<b>PRELUDE</b>	<b>MOVEMENT I</b>	<b>MOVEMENT II</b>	<b>MOVEMENT III</b>	<b>POSTLUDE</b>
<b>START: 9:00</b> <b>E.TIME: 30</b>	<b>START: 9:30</b> <b>E.TIME: 30</b>	<b>START: 10:00</b> <b>E.TIME: 45 - 60</b>	<b>START: 11:00</b> <b>E.TIME: 60-75</b>	<b>START: 12:15</b> <b>E.TIME: 15-30</b>
RA: Meeting! EA: Ease	RA: Grounding EA: Awe/Clarity	RA: Intro to Circle, each other, Safe Place, Totally Girlz EA: Engagement. Connection. Understanding.	RA: Harvest, cook, eat EA: Move, laugh	RA: Purpose EA: Joy
<p><b>Outside:</b> Scissors.</p> <p><b>On altar:</b> Vase with water, four elements, talking piece</p> <p><b>On DR table:</b> Thick paper, crayons</p> <p><b>In LR:</b> drawing tablets, colored pencil</p> <p>Place <b>personal object from home</b> (about something they like to do) on altar</p> <p><b>Make name placards.</b> Decorate with your favorite colors and favorite hobbies or activities</p>	<p><b>Walk around outside</b> 3x – to meet, to learn rules, to find a flower, ask its permission, cut, thank.</p> <p><b>Inside:</b> Place flower in vase</p> <p><b>Meet the public rooms and show the family areas.</b> Kitchen - tap, soap, glasses, silverware, stepstool, place for washing after art, rinse sink, floor cloth and counter cloth, towels for hands and dishes Basement – family Dining Room – art and writing Bathroom – soap, towels, big and small flush, rinse out sink, Bedrooms – family Living room – sacred space, no bouncing, wipe up spills</p>	<p><b>Introduction to the Circle:</b> A place where we take care of ourselves. A place where we take care of each other. A place where we can be ourselves. A place where we allow everyone else to be themselves. We Call the Circle to create a special/sacred time/place, energy/connection.</p> <p><b>Call the Circle:</b> To the East, we give thanks for the air we breathe, for imagination, for new ideas, and for fresh eyes. To the South, we give thanks for the sun that gives us warmth and life, and for the fire within: love, courage and compassion. To the West, we give thanks for the waters of the earth, for the blood running through our veins, for emotions running through our body-mind. To the North, we give thanks for the earth that holds us, for the bones that carry us, for the flesh that gives us form, for all plants, animals, and minerals To Center, to Spirit, we give thanks for the Goodness, Truth and Beauty that radiating from all, connecting us, and for the wonder &amp; mystery of the universe.</p> <p><b>Explain talking piece, then 1 round::</b></p> <ul style="list-style-type: none"> <li>• Say name, show your placard &amp; object, and tell about what you like to do</li> </ul> <p><b>Introduce Totally Girlz –</b></p> <ul style="list-style-type: none"> <li>• <b>Safe place:</b> We are kind, inclusive, supportive. No teasing, cliques, etc.</li> <li>• <b>Learn</b> (skills and knowledge – being a girl, becoming an older girl on her way to becoming a woman, being a friend, taking care of yourself),</li> <li>• <b>Tune In</b> to body/senses/breath, feelings, intuition, others and the world</li> <li>• <b>Enjoyment.</b> Making friends. Being you, Having a voice in what happens.</li> </ul> <p><b>Prone meditation</b> <b>B4 you talk, draw your experience (tablets/pencils ready).</b> <b>Share drawings (if you *want* to)</b> <b>Close Circle: Thank Directions.</b></p>	<p><b>Harvest food:</b> Learn to pick, then pick with gratitude: Tarragon, oregano, cukes, raspberries</p> <p><b>Prepare food:</b> Make Tarragon Pesto. Slice cuke. Set out raspberries, hummus, crackers, cukes, pesto, napkins, plates</p> <p><b>Sing:</b> Blessings on the blossom, Blessings on the root, Blessings on the leaf and stem, Blessings on the fruit</p> <p><b>Eat:</b> 1. Free talking 2. Explain Visual Journaling Task</p>	<p><b>Reflection:</b> What would you tell a friend who asked what you did here today?</p> <p><b>Hand out journals.</b> Recap visual journaling task</p> <p><b>Ask them to bring a cooking stick for next time: We’re going to make a fire and roast cinnamon apples!</b></p> <p><b>Sing “Dear Friends”</b></p> <p><b>Choose to take or leave their flower.</b></p>