



## **L.A.C.E.R. Afterschool SAMPLE SCHEDULE**

### **Check-In**

- Mindful journaling
- Sharing how you're feeling,
  - Mentally
  - Physically
  - Emotionally

### **Yoga or Mindful Movement (e.g. mindful walking)**

#### **Theme of the day (e.g., compassion, equanimity, kindness)**

- Reading
- Journaling
- Discussion

### **Meditation**

- Guided meditation on the theme of the day  
(e.g. mindful breathing, compassion, equanimity, kindness)

### **Compassion In Action Outreach Project**

- Gardening
- School mural
- Community outreach field trips
  - Volunteer at an animal shelter
  - Throw a party at a senior center
  - Litter pick up