**Appendix A**

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| **Week** | **Date** | **Yoga Video at least 3x** | **Lesson** | **Lesson Feedback Due Date** |
| 1 | Sept. 2nd | Gardening and Nutrition Unit | What Do We Need to Grow? | Sept. 11th |
| 2 | Sept. 9th | Gardening and Nutrition Unit | How Do We Grow? | Sept. 18th |
| 3 | Sept. 16th | Gardening and Nutrition Unit | It Takes a Community for Everything to GROW! | Sept 25th |
| 4 | Sept. 23rd | Gardening and Nutrition Unit | Hard-Working Hands Happily Harvesting | Oct. 2nd |
| 5 | Sept. 30th | Social/Emotional Unit | What Makes Me Human? | Oct. 9th |
| 6 | Oct. 7th | Social/Emotional Unit | I Feel… Social Emotional Lesson | Oct. 16th |
| 7 | Oct. 14th | Social/Emotional Unit | When I Feel Angry… | Oct. 23rd |
| 8 | Oct. 21st | Social/Emotional Unit | I feel Peace, I Feel Calm | Oct. 30th |
| 9 | Oct. 28th | Anti-Bias/Anti-Bullying Unit | It’s Okay to Be Different | Nov. 6th |
| 10 | Nov. 4th | Anti-Bias/Anti-Bullying Unit | Shapesville | Nov. 13th |
| 11 | Nov. 11th | Anti-Bias/Anti-Bullying Unit | The Many Beautiful Shades of Us | Nov. 20th |
| 12 | Nov. 18th | Anti-Bias/Anti-Bullying Unit | Sharing Bread | Nov. 27th |