

## ***Heart Felt and Sew Kind:*** Circle weavings

### **Objectives**

- Students will connect the practice of mindfulness with the process of weaving
- Students will create a circular weaving for part of an installation

### **Grade Levels:**

2<sup>nd</sup>-5<sup>th</sup>

### **Vocabulary and Terms**

Installation, weaving, warp, weft, mindfulness

### **Resources**

This Cassie Stephens [video](#) is a great start for warping the loom

### **Materials**

Various sizes of pizza circles, yarns, string, etc., *optional*- pom poms to add to the weaving

### **Procedures**

1. Define mindfulness through breathing techniques, demonstrate several ways to practice mindfulness breathing
2. Introduce weaving as a way to practice mindfulness because the repetitive nature of the process allows our minds to center
3. Demonstrate creating the warp with string and a pre-notched cardboard circle
4. Allow students to warp the circular loom
5. Demonstrate using various yarn to go over-under-over the warp strings
6. Connect the process of weaving to breathing as a mindfulness technique



