

FALL 2023

# Body, Mind & Heart SERIES MAP

Color in a new segment each time you complete part of the program to track your progress!

**Start!**

Fall for Autumn

PRE Stone Soup

**End!**

POST 11th Annual Lantern Walk

Reflect & Celebrate



**Unit 1: Feeling Grounded**

Lesson 1 Hello, Earth!

Lesson 2 Cache Treasure

**Unit 2: Taking Leaps**

Lesson 3 Wonder Walk

Lesson 4 Take Flight

**Unit 3: Strong Connections**

Lesson 5 Marvelous Mistakes

Lesson 6 Stick Around

Lesson 7 Thankful Tree

Lesson 8 Lantern Making

Lesson 9 Fall Feast

**WEEKLY GOAL**

A Week Full of Purposeful Play!  
One Live Session PLUS Three Home Play Sessions