



5.4.2026 Mind, Well, Pos

April 2026

Sunday

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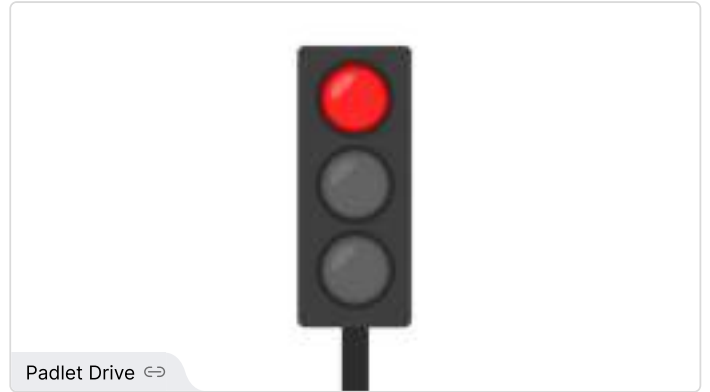


20260405_STPM_WELCOME_5_APR.pdf

Kat's Running power point

This is a nice simple activity to practice any kind of vocabulary with movement.

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Running_vocab_PPT_Iceland_3_.pptx

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IMG_9165_2.MOV

Monday

↩ Growth mindset

🗨 0



Growth_mindset.pdf

↩ The STPM book list

🗨 0



The_STPM_book_list_2025.pdf

↩ Session 1

🗨 0



↩ Session 2

🗨 0



Session_2Mind__well_and_pos_.pdf

Tuesday

↩ 🗨 0



2026_The_Icelandic_school_system.pdf

↩ This is a basic anchor meditation.

🗨 0



copy_D27D3673_AF52_4E19_AEDF_D3F2C55566C3.M



2025_Calming_classroom.pdf

↩ **Calming Classroom**



Session_3_Calming_classroom___Feb_senda.pdf

Wednesday

↩ This is the Icelandic curriculum.

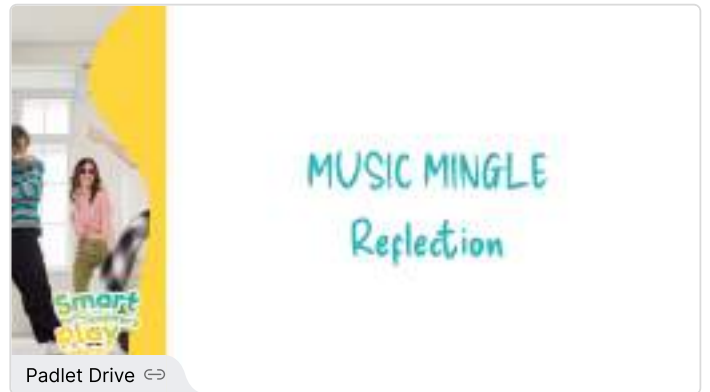


adalnrsk_greinask_ens_2014.pdf

Thursday



Strengths_2026



School_visit_reflection_slides__3.pdf

↔ **Body scan - Jon Kabat Zinn**



Jon Kabat Zinn Body Scan Meditation GUIDED MEDITATION



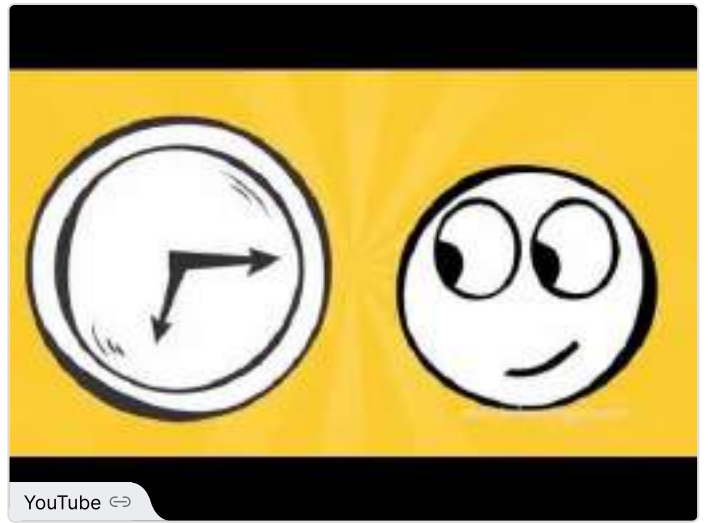
Padlet Drive ↔

IMG_1327.MOV



Padlet Drive ↔

2026_The_positive_teacher_Values.pdf



Values vs Goals - By Dr. Russ Harris



Value_Star.docx



Classroom_Yoga__2026_padlet.pdf



YouTube ↔
Moving worksheets - word search

↔ **Move to the middle with 7th grade. Geography.**



YouTube ↔
Jàkvæð inngrip í skólastarfi

Video

↩ **Breath of joy**

🗨 0



Padlet Drive ↩

f5ec4d97_0541_4362_8cf5_4bf728d7df5a.mp4

↩ **Crazy 8**

🗨 0



Padlet Drive ↩

copy_893BF908_23C6_4316_AAE4_2B17B6A3C1F9.mov

↩ **Brain gym**

🗨 0



Padlet Drive ↩

6f2e10ecbac549dfab834755093d13f2.mov

↩ **Half Sun Salutation**

🗨 0



Padlet Drive ↩

Half_sun.mov

↩ Chair Yoga 1

🗨 0



Chair_yoga_1.mov

↩ Chair Yoga 2

🗨 0



Chair_yoga_2.mov

