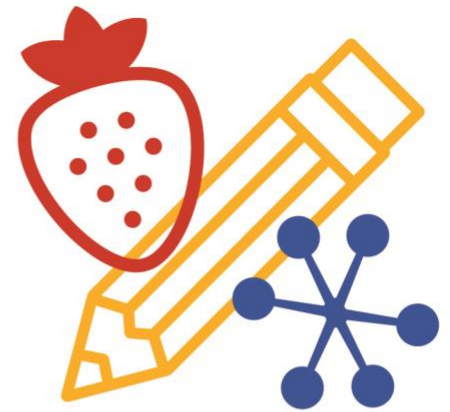


extended school enrichment

# AWARENESS



## Site Plan #1 August 13, 2019 – October 18, 2019

<b>Every Monday Matters: Mondays Gets Balanced</b>	<b>Topic Presentation &amp; Activity</b>	Students will discuss what it means to take a breath. Student will then practice some basic meditation and deep breathing to music.	Date: August 19th Time: 4:30-5:30pm
<b>Every Monday Matters: Mondays Gets Balanced</b>	<b>Video</b>	Students will make a video on minding your movement. Student can make basic safety videos, talk about how to play gym games safely, or how to respect personal space.	Date: August 26 Time: 4:30-5:30pm
<b>Every Monday Matters: Mondays Gets Balanced</b>	<b>Student Reflection</b>	Students will reflect on the different Every Monday Matters topics they have discussed during the month around the topic of being balance. They will practice meditation and show the videos if time allows.	Date: August 30th Time: 4:30-5:30
<b>Every Monday Matters: Monday Gets Empowered</b>	<b>Project &amp; Presentation</b>	Students will complete a project about tenacity. They will work in groups or pairs to research a famous person who shows tenacity and share their findings with the group	Date: September 9 <sup>th</sup> Time: 4:30-5:30pm
<b>Every Monday Matters: Monday Gets Empowered</b>	<b>Poster Making</b>	Students will discuss ways they can encourage others to get back up. They will make a poster in small groups or pairs that can be hung in ESE areas.	Date: September 16 Time: 4:30-5:30pm
<b>Every Monday Matters: Monday Gets Empowered</b>	<b>Student Reflection</b>	Students will reflect on the different Every Monday Matters topics they have discussed during the month around the topic of empowerment.	Date: September 30th Time: 4:30-5:30

