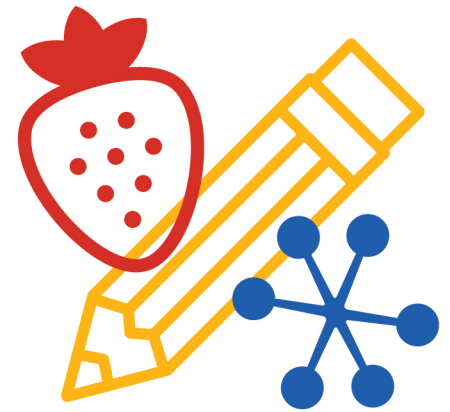


extended school enrichment

AWARENESS



Cherry Tree Site Plan #2 (Oct. 21 – Dec. 20)

<p>Monday Gets Balanced</p>	<p>Activity</p>	<p>Discuss “Fuel your Passions” with guided questions from website. Give students the checklist and have them circle items on the sheet that they are interested in or would like to pursue in their free time to become their passions.</p>	<p>Oct. 25 3:45-4:30</p>
<p>Monday Gets Balanced</p>	<p>Activity</p>	<p>Take a Breath. Using discussion questions from website, discuss situation that make the students feel stressed, nervous, anxious or afraid. Discuss how to press pause. Using the activity guidelines from website, do the “Press Pause” activity.</p>	<p>Nov. 1 3:45–4:30</p>
<p>Monday Gets Balanced</p>	<p>Activity</p>	<p>Move Me. Using the guided questions from website to discuss exercise and the importance of moving the body. Divide the students into 5 groups. Have the groups move around the room to 5 different stations. At each station, the groups will list as many different exercises that fit into that category (Yoga, Aerobics, Stretching, Dancing and Sports).</p>	<p>Nov. 8 3:45-4:30</p>
<p>Monday Gets Balanced</p>	<p>Student Reflection</p>	<p>Using the guided questions from the website, discuss the importance of keeping a balanced mind and body. How did learning about their passions, pressing pause and body movement help them the last 3 weeks? What did they learn about themselves?</p>	<p>Nov. 15 3:45-4:30</p>

<p>Monday Gets Empowered</p>	<p>Take Home Assignment</p>	<p>Meet Up. Using guided questions from website, the discussion will focus on purpose and empowering students to help others. Students will write down ideas of how they can make a positive difference in their community and ways that their families can get involved as well. They will take these home and discuss with their families on ways to implement their ideas.</p>	<p>Nov. 22 3:45-4:30</p>
<p>Monday Gets Empowered</p>	<p>Student Reflection</p>	<p>Use guided questions to discuss why making a positive change in our community is beneficial to everyone. Students will also share what their families discussed from the previous week's take home assignment and if they plan on doing those activities.</p>	<p>Dec. 6 3:45-4:30</p>