

HEALTHY MINDS: SELF AWARENESS AND EMOTIONAL REGULATION - MARTIN AND MUIR

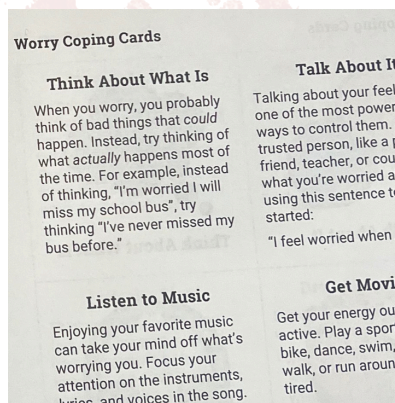
This week, our enrichment focus was on self-awareness. We're excited to share a video of our students reading aloud about this important topic. A big thank you to Martin and Muir for their exceptional work as our enrichment providers—they've been doing a fantastic job!

In addition to exploring self-awareness, the children also engaged in activities that promoted healthy coping skills for problem-solving. We're proud of their progress and look forward to more enriching experiences in the weeks to come!

RISE CURRICULUM - 6TH-8TH GRADE

This week, our middle school students continued their journey with the RISE curriculum, focusing on their individual learning styles and how these styles can influence their emotions and those around them. The students valued the opportunity to express themselves in a safe environment and engaged in meaningful discussions about their emotional experiences.

In Lesson #1, they built their own understanding of RISE while reflecting on new vocabulary. This enriching experience allowed them to explore the connection between their learning preferences and emotional well-being, fostering both self-awareness and interpersonal skills.



MINDFUL LITERACY - K-5TH GRADE

This week, our elementary school students focused on social awareness and the impact of emotions. They created worry coping cards to assist them in managing their emotions when they are not in the program.

Week 2: October 27 - October 31

LDG
Development