



SEL Focus	Monday	Tuesday	Wednesday	Thursday	Friday
					1 SMART Moves Fitness Club Gratitude Club STEM Club
Positively Me	4 No Program	5 Creativity Club Fitness Club Project Learn	6 SEL (P) Positive Action: A positive way to do everything. Thoughts/Actions/Feelings Circle Kindness Club Project Learn	7 SEL- (B) Positive Action: A positive way to do everything. Thoughts/Actions/Feelings/ Circle Kindness Club Project Learn	8 SMART Moves Fitness Club Friendship Club STEM Club
Positively Me	11 SEL (P) - Positive Action: Our strongest motivation, good self-concept and happiness. Fitness Club Project Learn	12 Self Care Club Creativity Club Project Learn	13 SEL (B) - Positive Action: Our strongest motivation, good self-concept and happiness. Fitness Club Project Learn	14 Self-Care Club Creativity Club Project Learn	15 SMART Moves Fitness Club Gratitude Club STEM Club
Strong Body & Mind	18 SEL (P) - Positive Action: Healthy Body and Mind. Fitness Club Health Club Project Learn	19 Self Care Club Health Club Project Learn	20 SEL (B) - Positive Action: Healthy Body and Mind. Health Club Project Learn	21 Self Care Club Fitness Club Project Learn	22 SMART Moves Fitness Club Gratitude Club STEM Club
Strong Body & Mind	25 SEL- (P) Positive Action: Eating for Health, Avoiding Harmful Substances. Health Club Project Learn	26 Self Care Club Be Kind To Others Club Project Learn	27 SEL- (B) Positive Action: Eating for Health, Avoiding Harmful Substances. Fitness Club Project Learn	28 Health Club Gratitude Club Project Learn	29 SMART Moves Fitness Club Gratitude Club STEM Club



Daily Schedule	Friday Schedule
2:35-3:05: Check in & Super Snack 3:05-3:15: Recess 3:15-4:10: SEL Positive Action 4:10-4:30: Power Hour 4:30-5:25: Daily Club time 5:25: PM Snack & Check Out	1:00-1:20: Check In & Recess 1:20-1:50: Computers 2:00-2:30: SEL Positive Action 2:30-2:50: Super Snack & Feelings Check in 3:00-5:25: STEM, Rotations, Daily Club time 5:25: PM Snack & Check Out



Contact Info

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Parents, we are an active club that works to enable today's youth to feel good about themselves and their environment. We do this through a variety of club activities. Here is an overview of some of the things our club members will be doing in each of these clubs:

Creativity Club - We feel it is imperative to activate the amazing imagination of children. Therefore we will be doing scientific experiments that will highlight using their imagination and creativity. This month we are making foam dough (**coming home on Tuesday, September 5th**), a fireworks painting (for Grandparents Day - Sept 10), slime (**coming home Tuesday, September 12th**) and possibly a couple more "surprises" that you will find out about. (Anytime I have something messy coming home, you will be notified ahead of time so that it doesn't create its own lifeform in their backpack, or in the back of your car!)

Fitness Club - We will be doing a series of athletic challenges and events to help the kids understand where their health is currently. We will be taking measurements (ie: how far they can jump, how high they can jump, how quick they run short distances, etc). We will do this periodically throughout the year to show them how they can improve by practicing.

Kindness Club -We are identifying ways that we can become better neighbors and show our kindness through various acts such as cleaning up the playground, giving compliments, talking respectfully, etc.

Friendship Club - We are identifying what we would like to have in a friend and how we can become that person. We will do this through gathering ideas and giving suggestions to ways to be a friend.

Self Care Club - Taking care of our health is essential to becoming our best selves. We are working on all avenues of health by adopting healthy habits such as being mindful, taking time to meditate, resolve our frustrations by talking things through, etc. We will also be doing some yoga and stretching to help get those muscles loosened up.

Health Care Club - This is where we will talk about healthy diets, healthy habits such as brushing teeth, hair, keeping ourselves clean, washing our hands often, etc. We will discuss the difference between healthy foods and not-so-healthy foods, such as candy and sugary items.

Gratitude Club - Expressing gratitude is a great way to become thankful for what we have and for those that are in our lives. We are asking our club members to spend some time each week to express gratitude in their gratitude journals. They can volunteer to share some of what they are grateful for, or they can keep it private. Our goal is to have them express gratitude out loud so that not only do they hear it, but other people can hear it and build gratitude from this experience.