




Paradise Canyon
After School Program
2023-2024



| SEL Weekly Focus | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|--|---|---|---|---|
| Getting along with others | 29 STEM Club Project Learn | 30 SEL (P) - Positive Action: Superfriend: Kindness, Choosing not to Bully Project Learn | 31 Basketball Club Card Playing Club Project Learn | 1 SEL (B) - Positive Action: Superfriend: Kindness, Choosing not to Bully Project Learn | 2 Dance Club Sewing Club STEM Club SEL - Kid Grit |
| Mid-Surveys | 5 STEM Club Project Learn | 6 SEL (P) - Positive Action: Mid-Survey Project Learn | 7 Dance Club Sewing Club Project Learn | 8 SEL (B) - Positive Action: Mid-Survey Project Learn | 9  No Club |
| My Truest Self | 12 STEM Club Project Learn | 13 SEL (P) - Positive Action: (K-2) L 94, p.182 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 90, p.181 Telling Yourself the Truth-On Purpose Project Learn | 14 Dance Club Sewing Club Project Learn | 15 SEL (B) - Positive Action: (K-2) L 95, p.183 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 92, p.186 Your Bravest, Truest Self Project Learn | 16  No Club / No School |
| My Truest Self | 19  No Club / No School | 20 SEL (P) - Positive Action: (K-2) L 96, p.184 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 93, p.188 What Can You Do? Project Learn | 21 Dance Club Sewing Club Project Learn | 22 SEL (B) - Positive Action: (K-2) L 98, p.186 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 96 & 97, p.194 & 195 Where You Shine & Where You Need Help Project Learn | 23 Dance Club Sewing Club Project Learn |
| My Truest Self | 26 STEM Club Project Learn | 27 SEL (P) - Positive Action: (K-2) L 100, p.189 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 98, p.196 The Blame Game Project Learn | 28 Dance Club Sewing Club Project Learn | 29 SEL (B) - Positive Action: (K-2) L 102, p.192 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 100, p.201 Fessing Up Project Learn | 1 Physical Club Creativity Club STEM Club SEL - Kid Grit |

| Monday-Thursday Schedule | Friday Schedule |
|--|--|
| 2:35 - 2:40 pm - Welcome Check-in/Wash hands 2:40 - 2:55 pm - Super Snack/Feelings Check-in 2:55 - 3:20 pm - Recess/Wash hands 3:20 - 4:15 pm - SEL - Positive Action / Club Time 4:15 - 5:00 pm - Project Learn (Academic Support) 5:05 - 5:25 pm - PM Snack Time 5:25 - 5:30 pm - Clean up/Check-out | 1:00 - 1:05 pm - Welcome Check-in/Wash hands 1:05 - 2:05 pm - Art Station Rotation Activity Club Time 2:05 - 2:25 pm - Super Snack Time/Feelings Check-in 2:25 - 2:50 pm - Recess/Wash hands 2:50 - 3:30 pm - STEM Club (Club Rotation) 3:30 - 4:10 pm - Physical Club & Creative Club (Club Rotation) 4:10 - 4:30 pm - Recess/Wash hands 4:30 - 4:45 pm - PM Snack Time 4:45 - 5:25 pm - SEL - Kid Grit 5:25 - 5:30 pm - PM Snack & Clean up/Check-out |

| Contact Info |
|--|
| Heidi Taylor - Site Coordinator Email: paradisecanyon@bgcutah.org * Phone: (801) 372-2507 |
| Program Address: 1795 W 1230 N St George, UT 84770 |



Welcome to the BGC Club!

We are so excited to create an amazing club experience with our Legacy club members. Please make sure to save and add our email address to your contact list so you don't miss out on important information throughout the year. Each week we have club themes where most of our activities stem from that week's focus. We like to focus on collaboration, teamwork with lots of group work and individual projects that club members may be able to present to the group if time allows. If you ever have questions please reach out.

We are starting something new this year. All club members get to pick at the beginning of each month which club they would like to participate in for the whole month. Each club, physical club and creativity club are broken into two teams each. One team tends to be younger players (yellow team) and the other team is older players (blue team).

Physical Club - This month we are doing a dance club. We break up into two separate teams. Our goal in this club is to teach our youth basic different dance styles, feet & body coordination, physical fitness can be fun, and overall dance skills.

Creativity Club - This month we are doing a sewing club. We break up into two separate teams. Learning types of stitches and work on an assortment of projects. This will allow them to learn eye-hand coordination, patience, and working well with others.

January 29 - February 2

29th STEM - Designing bridges with popsicle sticks.

30th Positive Action Lesson - Prevention: Kindness, Choosing not to Bully. Creating yarn kindness hearts.

31st Basketball Club - They are putting their basketball skills to the test. They will play a game of basketball.
Card Playing Club - Blue team will learn how to play I Doubt It. The Yellow team will learn how to play Pig.

1st Positive Action Lesson - Behavior: Kindness, Choosing not to Bully.

2nd STEM - Testing rising water.

Dance Club - Introduction to the different kinds of dance styles.

Sewing Club - They are going to learn two different stitches. Cross stitch and a straight stitch.

SEL - Kid Girt - Module 1: Mind | Lesson 1

February 5 - February 9

5th STEM - Making Snow.

6th Positive Action Lesson - Prevention: Mid-Surveys

7th Dance Club - They are going to learn a country line dance to "Boot Scootin' Boogie" by Brooks & Dunn.
Sewing Club - They are going to learn how to stitch a pattern.

8th Positive Action Lesson - Behavior: Mid-Surveys

9th **NO CLUB / NO PROGRAM**

February 12 - February 16

- 12th STEM - We are learning about how the heart works.
- 13th Positive Action Lesson - Prevention: (K-2) L 94, p.182 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 90, p.181 Telling Yourself the Truth--On Purpose
- 14th Dance Club - They are going to learn hip-hop to "Jump" by Kriss Kross.
Sewing Club - They are going to learn how to stitch a heart pattern in Burlap.
- 15th Positive Action Lesson - Behavior: (K-2) L 95, p.183 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 92, p.186 Your Bravest, Truest Self
- 16th **NO SCHOOL / NO CLUB**

February 19 - February 23

- 19th **NO SCHOOL / NO CLUB**
- 20th Positive Action Lesson - Prevention: (K-2) L 96, p.184 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 93, p.188 What Can You Do?
- 21st Dance Club - They are going to learn Mexicano line dance to "Payaso del rodeo" by Caballo Dorado
Sewing Club - They are going to learn how to stitch a pattern in Burlap.
- 22nd Positive Action Lesson - Behavior: (K-2) L 98, p.186 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 96 & 97, p.194 & 195 Where You Shine & Where You Need Help
- 23rd STEM - Paper cup grabber
Dance Club - Back to the 80's style of dance.
Sewing Club - They are going to make a stuffed animal keychain.
SEL - Kid Girt - Module 1: Mind | Lesson 2

February 26 - March 1

- 26th STEM - Designing bridges with popsicle sticks
- 27th Positive Action Lesson - Prevention: (K-2) L 100, p.189 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 98, p.196 The Blame Game
- 28th Dance Club - They are going to learn a jazz to "Steal the Show" by Lauv
Sewing Club - They are going to learn how to sew two different style buttons.
- 29th Positive Action Lesson - Behavior: (K-2) L 102, p.192 Telling Yourself the Truth Using Soc/Em Positive Action (3-6) L 100, p.201 'Fessing Up
- 1st STEM - Testing rising water.
Physical Club - TBA
Creativity Club - TBA
SEL - Kid Girt - Module 1: Mind | Lesson 3: What is mindset? Growth vs fixed.

*** All activities, lessons, and crafts are tentatively scheduled. May be subject to change at the discretion of BGC with the best interests of club members in mind.*

FEBRUARY 2024

Paradise Canyon

1795 W 1230 N St George, UT 84780 | (801) 372-2507 | paradisecanyon@bgcutah.org



BOYS & GIRLS CLUBS
OF UTAH COUNTY

The mission of the Boys & Girls Clubs of Utah County is to inspire and enable all young people, especially those who need us most, to realize their full potential as productive and responsible citizens and leaders.



Our SEL focus this month is Feeling Good with Positive Actions

Jules Todesco

*BGC Southern Utah
Paradise Canyon's
Youth Development Professional*



We are so excited to welcome Jules, our newest YDP here at Paradise Canyon. Jules moved to St George about 6 months ago from San Francisco, CA. She loves art, music, makeup, and fashion.



Happy Birthday!

To all our amazing birthday Club Members

We will **not** have program on the following days:



**No Program/No Club
February 9th**

16th & 19th No School / No Club

😊 *Please mark your calendar*

CONTACT INFORMATION

Heidi Taylor - Site Coordinator
Email: paradisecanyon@bgcutah.org
Phone: (801) 372-2507



STEM Activity

Mondays & Fridays 4:10p-4:50p

Each week we will have an integrated science club. The STEM lessons will correspond to our clubs every week!

SEL (Prevention & Behavior)

Tuesdays & Thursdays 4:10p-4:40p

Positive Action and Kid Grit Empowers greatness with the direct moment by moment practice of thinking, acting, and feeling.

Physical Club & Creativity Club

Wednesday & Fridays 4:10p-4:50p

Each month we will have a month-long focus in the physical club and creativity club. Our young learn new skills, techniques and are introduced to new experiences.

Project Learn

Monday - Thursday 5:00p-5:30p

We work with the teacher's to focus on academic support that is needed for all club members. Focus is on all subjects taught in school.

KID GRIT

Fridays 2:55p-3:25p

SMART Moves is a suite of Targeted Programs and other resources designed to help young people develop healthy decision-making attitudes and skills.

 www.instagram.com/bgcutah

 www.facebook.com/BGCUtah

