

Paradise Canyon
After School Program
2023-2024



SEL Weekly Focus	Monday	Tuesday	Wednesday	Thursday	Friday
Improving Me	29 STEM Club Project Learn	30 SEL - How do I feel today? Project Learn	1 Kickball Club Sign Language Club Project Learn	2 SEL - Thoughts or Feelings Project Learn	3 Kickball Club Sign Language Club STEM Club
Improving Me	6 STEM Club Project Learn	7 SEL - Coping with Stress Project Learn	8 Kickball Club Sign Language Club Project Learn	9 SEL - Coping with Anxiety Project Learn	10 Kickball Club Sign Language Club STEM Club
Improving Me	13 STEM Club Project Learn	14 SEL - Building a Safe Place Project Learn	15 Kickball Club Sign Language Club Project Learn	16 SEL - Worry Roll Project Learn	17 Kickball Club Sign Language Club PARENT EVENT LAST DAY OF PROGRAM
Improving Me	20	21	22	23 	24
Improving Me	27	28	29	30	31

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
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Welcome to the BGC Club!

We are so excited to create an amazing club experience with our Paradise Canyon 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 Kickball club. We break up into two separate teams. Our goal in this club is to teach our youth the rules of the game, basic styles of kicks, physical fitness can be fun, and overall kickball skills.

Creativity Club - This month we are doing a Sign Language club. We break up into two separate teams. Learning an assortment of signs. This will allow them to learn eye-hand coordination, patience, and how to talk in another language

April 29 - May 3

29th STEM - Hot vs Cold crushing cans

30th SEL - How do you feel today?

1st Kickball Club - They are to learn the rules and how to play kickball
Sign Language Club - We are going to learn the alphabet and how to count to 20

2nd SEL - Thoughts or Feelings

3rd Kickball Club - They are going to practice kicking the ball and how to direct the ball
Sign Language Club - We are going to learn different family members signs
STEM - Design a Maze

May 6 - 10

6th STEM - Light Color Dance

7th SEL - Coping with Stress

8th Kickball Club - They are going to learn how to run the bases and practice their running skills.
Sign Language Club - We are going to learn how you feel. Sign a few different emotions.

9th SEL - Coping with Anxiety

10th Kickball Club - They are going to learn how to catch the ball and practice their catching skills.
Sign Language Club - We are going to learn different greetings and popular phrases
STEM - Lemon Volcanoes

May 13 - 17

13th STEM - Penny Spinners

14th SEL - Building a Safe Place

15th Kickball Club - They are going to learn how to pitcher and catcher position with the ball. They are going to take turns in these positions and practice.

Sign Language Club - We are going to learn more popular phases and practice signing to each other

16th SEL - Worry Roll

17th Kickball Club - Play a full game of kickball

Sign Language Club - We are going to learn more popular phases and practice signing to each other

Parent Event - We are going to have a dance party, play some games and have lots of fun! Starting at 4:00pm

*** 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.*

MAY 2024

Paradise Canyon

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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

Our Team

*BGC Southern Utah
Paradise Canyon*



We had many fun experiences this year and look forward to creating many more! Save the Date for our parent event on the last day of program. We are going to have a dance party, play some games and have lots of fun! Starting at 4:00pm



Happy Birthday!

To all are amazing birthday
Club Members

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



Last of of BGC Program May 17th

😊 Please mark your calendar

CONTACT INFORMATION

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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.paradisecanyon.com/BGCUTAH

www.instagram.com/bgcutah