

February 4 – March 1, 2019



West Oakview YMCA B/A School Program

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Wolverine Family YMCA
 6555 Jupiter Ave NE, Belmont, MI 49306
 (616) 363- 3000

This Month:
 February's theme will center on emotions. Throughout the month, we will discuss the importance of recognizing and coping with one's own emotions, in addition to how students can help others through their emotions. We will begin by defining emotions, and continue into stress relief, coping with emotions, and understanding other's emotions.

DAILY SCHEDULE:
Monday
 3:15-3:45 - Sign In/Centers/Physical Activity
 3:40-3:50- Transition/Wash Hands
 3:50- 4:20- Dinner/Y-Chats/Transitions
 4:30- 4:50- Homework Time
 4:50- 5:20- Directed Activities
 5:20- 5:30- Transition
 5:30- 6:00- Outdoor/Large Group Physical Activity

Program Staff
Program Director: Wardell Frazier
Multi-Site Coordinator: Hannah Thomas
Site Coordinator: Jesse Medaugh
Staff: Jared, Lauren, Erin, Elena, Stacy

Please call Hannah Thomas (616- 855- 1458) by 2:00 p.m. to verify your child's absence. If we are unavailable to answer, please leave a voicemail. Feel free to call anytime for any questions, comments or concerns.

February 4 th -8 th Defining & Expressing Emotions				
Monday	Tuesday	Wednesday	Thursday	Friday
Egg Emotions Activity Simon Says Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball	Emotion Mania Ball Fitness Leader Centers: Crosswords, Tinker Toys, Color by Number, UNO, Basketball	"Wacky Science" Wednesday: Salt Water Density Fruit Salad Game Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball	Emotions Iceberg Activity Sit Down Volleyball Centers: Crosswords, Tinker Toys, Color by Number, UNO, Basketball	"Fun Friday" Challenge: Scoop It Up! Quick Line Up Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball

5:30- 6:00- Outdoor/Large Group Physical Activity

• **Tuesday**
 3:15-3:45 - Sign In/Centers/Physical Activity
 3:40-3:50- Transition/Wash Hands
 3:50- 4:20- Dinner/Y-Chats/Transitions
 4:30- 4:50- Homework Time
 4:50- 5:20- Directed Activities
 5:20- 5:30- Transition
 5:30- 6:00- Outdoor/Large Group Physical Activity

Monthly Calendar
Feb 8: Half Day
Feb 15: Half Day
Feb 18: No Program

February 11 th -15 th Stress Relief Week				
Monday	Tuesday	Wednesday	Thursday	Friday
Stress Relief Yoga What's in a Name Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball	Stress Balls Activity Balance Train Centers: Crosswords, Tinker Toys, Color by Number, UNO, Basketball	"Wacky Science" Wednesday: Heart Candies Experiment Go Fish Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball	Sensory Bottles Activity Mingle Mingle Centers: Crosswords, Tinker Toys, Color by Number, UNO, Basketball	"Fun Friday" Challenge: Cereal Scrambler Leaping Lizards Centers: Apples to Apples, Uno, Word Searches, Crosswords, Basketball

Wednesday
 3:15-3:45 - Sign In/Centers/Physical Activity
 3:40-3:50- Transition/Wash Hands
 3:50- 4:20- Dinner/Y-Chats/Transitions
 4:30- 4:50- Homework Time
 4:50- 5:20- Directed Activities
 5:20- 5:30- Transition
 5:30- 6:00- Outdoor/Large Group Physical Activity

Theme of the Month
Emotions

February 18 th -22 nd Coping with Emotions				
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• **Thursday**
 3:15-3:45 - Sign In/Centers/Physical Activity
 3:40-3:50- Transition/Wash Hands
 3:50- 4:20- Dinner/Y-Chats/Transitions
 4:30- 4:50- Homework Time

<p>Monday</p> <p>NO PROGRAM</p>	<p>Tuesday</p> <p>Emotions Dream Catcher Veins and Arteries</p> <p>Centers: Word Searches, Reading, Card Games, LEGOS</p>	<p>Wednesday</p> <p>"Wacky Science" Wednesday: Penguin Experiment Me and My Shadow</p> <p>Centers: Basketball, LEGOS, UNO, Color by Number, Reading</p>	<p>Thursday</p> <p>Anger Thermometer Activity</p> <p>Hospital Tag</p> <p>Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball</p>	<p>Friday</p> <p>"Fun Friday" Challenge: Straw Travel Challenge</p> <p>Elbow Tag</p> <p>Centers: Basketball, LEGOS, UNO, Color by Number, Apples to Apples</p>	<p>4:50- 5:20- Directed Activities</p> <p>5:20- 5:30- Transition</p> <p>5:30- 6:00- Outdoor/Large Group Physical Activity</p> <p>• Friday</p> <p>3:15-3:45 - Sign In/Centers/Physical Activity</p> <p>3:40-3:50- Transition/Wash Hands</p> <p>3:50- 4:20- Dinner/Y-Chats/Transitions</p> <p>4:30- 4:50- Homework Time</p> <p>4:50- 5:20- Directed Activities</p>	<p><u>Donations</u></p> <p>Please feel free to donate to the West Oakview Site! Here is a list of items that would help develop our program:</p> <p>-Books (Math, Science, Technology, Arts)</p> <p>-Art Supplies</p> <p>-Card Games</p>
<p>February 25th-March 1st Understanding Other's Emotions</p>						
<p>Monday</p> <p>Emotions Around the World Quick Line Up</p> <p>Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball</p>	<p>Tuesday</p> <p>Flashcard Story Fruit Salad Game</p> <p>Centers: Basketball, LEGOS, UNO, Color by Number, Reading</p>	<p>Wednesday</p> <p>"Wacky Science" Wednesday: Floating Ms Fitness Leader</p> <p>Centers: Watercolors, LEGOS, Coloring Pages, Apples to Apples, Basketball</p>	<p>Thursday</p> <p>Mind Map Activity Simon Says</p> <p>Centers: Basketball, LEGOS, UNO, Color by Number, Reading</p>	<p>Friday</p> <p>"Fun Friday" Challenge: Relay Race</p> <p>Sit Down Volleyball</p> <p>Centers: Apples to Apples, Uno, Word Searches, Crosswords, Basketball</p>	<p>5:20- 5:30- Transition</p> <p>5:30- 6:00- Outdoor/Large Group Physical Activity</p>	