

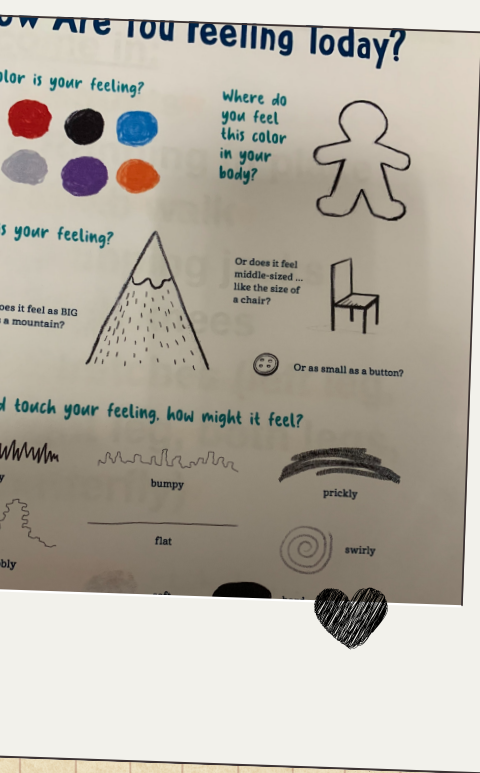
# January Overview

Even though we only had a few times we met with the kids in the month of January we did some fun activities with them! We also started off the year of 2023 with three more kids, having 11 kids total. We introduced three new ideas for the program and we have been using them ever since. We have since a growth in behavior and also seeing a growth in the kids mental health since we have introduced these ideas.



## Activities

We did a game day where we had different stations of games. Each of the games were enriching activities that had the kids work together as a team. We did an art challenge and let the kids choose their supplies and be creative. We were amazed by what creative minds they have. We also did wind chimes where we let them paint wind chimes and pieces of wood.

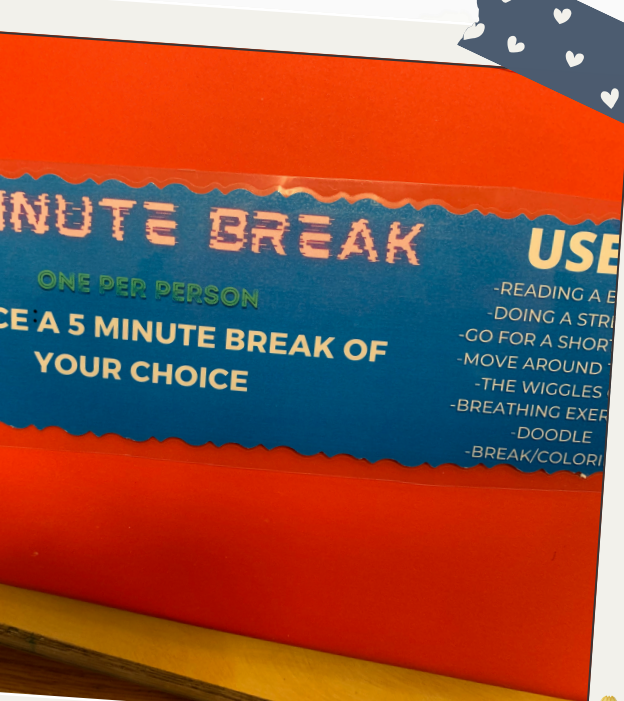


## "How Are you Feeling"

Once we started off the new year we started off an activity we have the kids do at the beginning of the program. It has 5 questions that ask about their feelings. It has visual aid to help the kids understand what it means. We have noticed a positive change in the kids mental health. Each color on the sheet means something. For example yellow means happy and having energy.

## INSPIRE ticket

We also started a thing called an INSPIRE ticket. We put the letters INSPIRE on the board and judge the class a whole on their behavior. If their behavior gets out of hand we take a letter off. If they get all the letters off they have to put their heads down for 5 minutes. If they don't lose any letters they get an INSPIRE ticket and get a party of their choice.



## 5 minute ticket

When the kids came back to the program after winter break we started giving them "5 minute breaks". We know that kids get antsy and want to take a break from what they are doing. We give them a 5 minute break ticket at the start of each day of the program. With this ticket they can choose an activity to do for five minutes and then be ready to get back to the activity. If they don't use their five minute ticket for that day they can save it for future days.