

ESY 2017 “Healthy Habits” Theme

Week 1, July 10-13: **Healthy Habits:** Review all types of healthy habits. **Social Skills:** Increase awareness of yourself, each other, and the world around you and how we are all inter-connected. Date to remember: Poster Contest, July 13th- Healthy Habits Poster.

Week 2, July 17-20: **Bucket Fillers:** Fill your bucket with good deeds. **Recycle:** Set up recycling bins, for paper, aluminum, glass, plastic, within your classroom. Emphasize importance of recycling. **Social Skills: Importance of working together (offering help to a classmate, problem solving).** Dates to remember, July 20th, Sculpture Contest- Create a Healthy Habits Sculpture out of recycled materials. Bowling , grades 5-12.

Week 3, July 24-27: **Nutrition:** Review the food pyramid, healthy eating, healthy cooking, gardening etc. **Social Skills: Contributing to Discussions, Asking a Question, and Setting a Goal.** Date to remember: Dance: Elms 7/26, 10:00am-to 12:00pm and Goetz 7/27,9:00am to 11:00am.

Week 4, July 31- August 3: **Exercise:** Yoga, hiking, dance, aerobics etc. Create a field day event for FIELD Day. **Social Skills: Beginning a Conversation, Ending a Conversation, and Joining In.** Dates to remember: Field Day/Carnival, August 3, 2017

Week 5, August 7-10: **Expressing your Feelings:** A healthy mind. Mindfulness - Living in the moment and awakening to experience. **Social Skills: Getting Along With Others, Asking for Help, Suggesting an Activity.** Dates to remember : August 8, Bowling grades K-2 and August 10, Bowling grades 3-4.

Week 6, August 14-17: **EMOJI's:** Make up your own feeling EMOJI!!! **Wrap up ESY 16 and 17th.** Ice Cream day, Tuesday, August 15!