



GUIDED REFLECTIONS ON WELLNESS

Project GROW



Center for
Creative Education

THE POWER OF THE ARTS



Reinventing Education Through the Arts...





REINVENTING EDUCATION THROUGH THE ARTS



*Applying the process of
creating art to enhance the
learning experience.*





Center for Creative Education

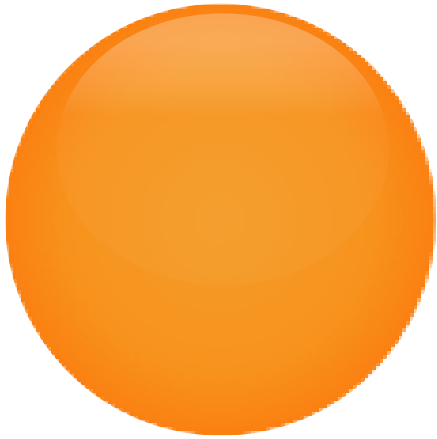


- ▶ **14 years of service to youth of Palm Beach County**
- ▶ **Over 150,000 youth served**
- ▶ **65 certified Teaching Artists**
- ▶ **5 Full-Time, 2-Part-Time Staff, 2 Consultants**
- ▶ **18 member Board of Directors**
- ▶ **Funded through grants and board events**

Project LEAP

IN SCHOOL PROGRAMMING

LEARNING ENRICHED THROUGH ARTS PARTNERSHIPS

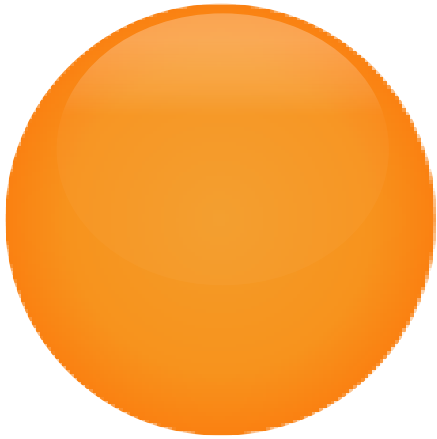


- ▶ Curriculum and Standards-based
- ▶ Multiple Intelligences at the core of planning
- ▶ 10 team-taught sessions / CCE Teaching Artists and Classroom Teacher
- ▶ 2 Planning sessions
- ▶ Basically...*replace the textbook with an artist!*

CADRE

AFTER SCHOOL PROGRAMMING

CREATIVE ARTS DESIGNED TO REINFORCE EDUCATION



- ▶ Curriculum and Standards-based
- ▶ Multiple Intelligences at the core of planning
- ▶ 10 – 1 hour session taught by CCE Teaching Artists
- ▶ Site staff participates in the project



CCE TEACHING ARTISTS

CERTIFICATION



*Professional Development is
the key to all successful
programming*

- ▶ A series of all-morning sessions throughout the year
- ▶ Mandatory attendance



CCE TEACHING ARTISTS

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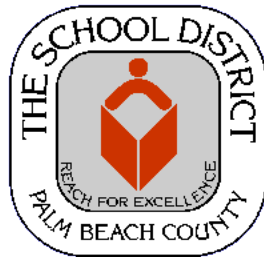
▶ Sessions include:

- LEVEL 1 – *Where Do I Start? , Writing Effective Lesson Plans and Instructional Units (3 sessions), Understanding Special needs Youth, Temperament and The Teaching Artist (A mini Myers-Briggs), How Does All of This Really Work ? (Classroom management issues, Staff interactions, CCE observation and evaluation process) Multiple Intelligences and Blooms Taxonomy.*
- LEVEL 2 – *Artist to Artist Mornings...Stories from the Trenches!, Interactive Observations*
- LEVEL 3 - *Getting Organized (special sessions!), Enrichment Mornings (varies year-to-year)*
- LEVEL 4 – *Enrichment workshops that change annually. Mindfulness, The All-Inclusive Classroom, How to Manage Group Activities, etc.*



PARTNERSHIPS

PLUS DOZENS MORE -



If we are together nothing is impossible. If we are divided all will fail.

PRIME TIME PALM BEACH COUNTY

*An independent 501-c3 organization
dedicated to After-School
programming in Palm Beach
County*

- ▶ Funded through Palm Beach County and other sources
- ▶ Dedicated to quality After-School programming
- ▶ Check out their website: www.primetimepbc.org





**The “HOW” of Project
GROW – *How PG was
created.***

Listening to the kids!

“Just Do It” (TP)



Endeavoring to change youth attitudes about healthy living and in particular, about obesity.





Project GROW is a comprehensive, curriculum-based healthy lifestyle Instructional Unit for Elementary and Middle School youth that will make them excited and informed about making healthy living choices for themselves and their families !

*EACH PROJECT GROW SESSION IS
DIVIDED INTO THREE PARTS:*



1. MINDFULNESS

2. HEALTHY MINDS AND BODIES

3. MINDFUL MOVEMENT



MINDFULNESS – Through the arts and other activities, youth become aware of the present moment, learn to appreciate a quiet moment and how to use these periods of reflection as a time to learn about themselves.

HEALTHY MINDS AND BODIES -

Through specific hands-on activities, youth learn how to make healthy eating choices through tasting fresh herbs and vegetables, planting and caring for edible plants and gain knowledge of the nutritional values of what they consume. The “take home” part of this is a remarkable tool for youth to stimulate healthy discussions in their homes.





MINDFUL MOVEMENT – Through movement, dance and other artistic activities, youth learn fun yet strategic ways to “get into shape” without being threatened with terms such as “exercise” or “working out”. It is a non-competitive, fun way for kids to ‘stay in motion’.

THE PILOT SESSIONS

SEMESTER 1

- ▶ 12 2-HOUR SESSIONS
- ▶ 3 SITES
- ▶ 104 YOUTH

SEMESTER 2

- ▶ 12 2-HOUR SESSIONS
- ▶ 4 SITES
- ▶ 150 YOUTH



WHAT WE LEARNED FROM SEMESTERS 1 AND 2



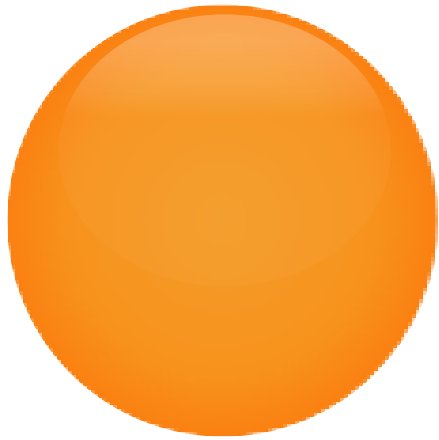
Sanity Checks:

- ▶ Great content ideas but too much of it!
 - ▶ Not enough instructional time
 - ▶ Curriculum too specific for quality replication
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- ▶ Youth Choice problematic
 - ▶ Sites wanting but not capable of proper implementation of gardening components
 - ▶ Teaching Artists in need of more PD
 - ▶ Sustainability and real-time replication/follow-up must be incorporated into the planning and final evaluation



The “WHAT” of Project GROW

Careful the things you say, children will listen. (Sondheim)



Project GROW consists of 7 strands. Each strand consists of Mindfulness, Healthy Minds and Bodies and Mindful Movement with Healthy Minds and Bodies being the core of each session, focusing on the topic of the strand.



1. ON MY PLATE



AIM:

Youth will recognize better dietary choices by comparing and contrasting healthy and unhealthy food options. Youth will be motivated to make choices for their health rather than for their current taste of comfort zone.



2. MANAGING MY WORLD

AIM:

Youth will understand how to effectively manage their thoughts, behavior and responses to the world around them. Youth will take ownership of positive coping strategies for increased self-control and improved social interactions.



3. MY BODY IN MOTION



AIM:

Youth will explore ways they can incorporate physical activities into their daily lives. Through various physical experiences, youth will discover options available to suit their needs, preferences, environment and abilities.

4. DISCOVERING ME



AIM:

Youth will enhance their self-esteem, self-confidence and efficacy in the world. Through interactive activities, youth will appreciate and respect the uniqueness of themselves and others.

5. EARTH TO MY TABLE



AIM:
Youth will recognize better dietary choices by comparing and contrasting healthy and unhealthy food options. Youth will be motivated to make choices for their health rather than for their current taste of comfort zone.



6. ME AND MY BODY



AIM:

Youth will understand how MINDFULNESS, HEALTHY EATING AND EXERCISE contribute to the optimal functioning of their bodies. Through varied physical activities, youth will understand how they must take an active role in the care and maintenance of their bodies.

7. MINI GROW



A very truncated, 10-week session that touches on some of the main topics of the entire Project GROW curriculum.



EXERCISE ENRICHMNET

ACTIVITIES



Depending on the site's capabilities, CCE endeavors to incorporate existing exercise opportunities (organized games and sports, Yoga, physical exercise, gym experiences) into the overall planning. This can take place in many formats and can be facilitated by organizations such as the Y. Site staff are encouraged to participate in CCE PG professional development in order to facilitate the youth making connections with the components of Project GROW.

THE BIG GOAL OF PROJECT GROW



Within 6 months, CCE will have finalized the curriculum, all activities and support materials for Project GROW.

Our goal is to offer after school sites the opportunity to send their staff members to CCE for professional development trainings in the components of PG to enable them to adapt and offer PG to the youth at their sites by their own staff members.



*UNLEASH
THE*

*POWER OF
THE ARTS*



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