

## Positive Vibes Empowerment Care Sample Weekly Schedule 2017-2018

\*times are approximate and will vary by school

### Before Care

	<b>7:00am-7:15am</b>	<b>7:15am-7:45am</b>	<b>7:45am-8:00am</b>	<b>8:00am-8:20am</b>	<b>8:20am-8:35am</b>	<b>8:35am-8:40am</b>
<b>Monday</b>	Arrival/Sign-In	Small group/various activities*	Yoga**	Breakfast Bar Ex: *breakfast bar, fruit, beverage	Positive Affirmations***	Clean up/Escort to Class
<b>Tuesday</b>	Arrival/Sign-In	Small group/various activities*	Yoga**	Breakfast Bar Ex: *breakfast bar, fruit, beverage	Positive Affirmations***	Clean up/Escort to Class
<b>Wednesday</b>	Arrival/Sign-In	Small group/various activities*	Yoga**	Breakfast Bar Ex: *breakfast bar, fruit, beverage	Positive Affirmations***	Clean up/Escort to Class
<b>Thursday</b>	Arrival/Sign-In	Small group/various activities*	Yoga**	Breakfast Bar Ex: *breakfast bar, fruit, beverage	Positive Affirmations***	Clean up/Escort to Class
<b>Friday</b>	Arrival/Sign-In	Small group/various activities*	Yoga**	Breakfast Bar Ex: *breakfast bar, fruit, beverage	Positive Affirmations***	Clean up/Escort to Class

*\*Small group activities include participants engaging in a quick, purpose driven conversation to begin their day, small group games such as board games, card games, and "busy boxes."*

*\*\*All staff will be trained to lead short yoga, meditation, or breathing exercise sessions each morning. The goal of this short exercise is to help students relax their minds and prepare for a great day.*

*\*\*\*Immediately following breakfast, students will recite positive affirmations to conclude their morning with encouragement and a lasting thought before being escorted to class by their Group Leader.*

## After Care

	<b>3:45pm-3:55pm</b>	<b>3:55pm-4:05pm</b>	<b>4:05pm-4:30pm</b>	<b>4:30pm-5:00pm</b>	<b>5:00pm-5:30pm</b>	<b>5:30pm-6:00pm</b>
<b>Monday</b>	Arrival/Sign-In	Time to unwind*	Snack Bar/Small Group**	Homework Time	Theme of the Week Activity***	Gym/Outdoor Activity
<b>Tuesday</b>	Arrival/Sign-In	Time to unwind*	Snack Bar/Small Group**	Homework Time	Theme of the Week Activity***	Gym/Outdoor Activity
<b>Wednesday</b>	Arrival/Sign-In	Time to unwind*	Snack Bar/Small Group**	Homework Time	Theme of the Week Activity***	Gym/Outdoor Activity
<b>Thursday</b>	Arrival/Sign-In	Time to unwind*	Snack Bar/Small Group**	Homework Time	Theme of the Week Activity***	Gym/Outdoor Activity
<b>Friday</b>	Arrival/Sign-In	Time to unwind*	Snack Bar/Small Group**	Weekly Superlatives/Treasure Chest	Theme of the Week Activity***	FREE PLAY FRIDAY

*\*The time to unwind activity is done immediately at dismissal and will include breathing exercises, yoga, and positive affirmations to confidently and successfully conclude their school day.*

*\*\*Students will go to the Snack Bar and then join their small group for purposeful conversation. Their group leader will lead and engage them in conversation about their day in addition to other mindful conversation.*

*\*\*\*Each week, the students will have a mindfulness based theme. During the theme of the week activity, the students will complete a fun, whole group activity that aligns with the theme.*