



of Greater Santa Barbara

# TEEN CENTER OCTOBER 2017 CALENDAR

## Mind + Body

The Girls Inc. Mind + Body initiative intentionally focuses on the knowledge, skills, and attitudes critical for girls to be in charge of their bodies and sustain a healthy, positive sense of self in today's challenging environment. We selected stress management, body image, nutrition and physical activity as the four pillars of the initiative because our research and experience has shown us that these four issues are among the most critical challenges that many girls in today's society face in terms of emotional and physical wellbeing. Welcome to Mind + Body.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week #1 Body Image</b>	<b>2</b> Girls Scout Practices with Hayley	<b>3</b> Yoga Tuesday What is Yoga?	<b>4</b> Women Who Inspire	<b>5</b> What is Mind & Body -Body Image -Nutrition -Stress Management -Physically Active	<b>6</b> Basketball game Hollister school 4:30-5:00pm
<b>Week #2 Nutrition</b>	<b>9</b> Girls Scout Practices with Hayley	<b>10</b> Yoga Tuesday Laughter Yoga	<b>11</b> Real World VS. Media	<b>12</b> I really Like your... Positive characteristics of eachother.	<b>13</b> Montecito Bank and Trust field trip Depart 4:15 Return 6:00pm
<b>Week #3 Physical Activity</b>	<b>16</b> Girl Scout Practices with Hayley	<b>17</b> Yoga Tuesday Yoga Basics for Home Practice	<b>18</b> All girls Can be Active	<b>19</b> <b>SBCC STEM Club activity</b>	<b>20</b> Kickball Hollister School 4:30-5:00pm
<b>Week #4 Stress management</b>	<b>23</b> Girl Scout Practices with Hayley	<b>24</b> Yoga Tuesday Restorative Yoga	<b>25</b> Stress Reactions Understanding one's own stress	<b>26</b> Me Time Journals	<b>27</b> Exploring Careers in Nature at More Mesa Depart 4:15 Return 5:45pm