girls inc.

of Greater Santa Barbara

Goleta Valley Center
Winter 2020 Class Schedule

1st-2nd Grades

MONDAY

Who Wrote It: When reading or choosing a book do you focus on who the author is? Are you ever curious about the author's life and why they chose to become an author? Why do they write about what they do and what were they like as a young girl? In this class girls will be introduced to the life and work of some exceptional female authors.

Creativity for Change: Girls have the right to express themselves with originality and enthusiasm! Girls in this class will explore this right and create works of art that help advocate for girl's rights everywhere. What fundamental rights do you believe in?

Girls United: This Winter we are partnering with Girl Scouts of California's Central Coast to provide a sampling of Girl Scout activities to our strong, smart, and bold girls. Through this collaboration, girls will gain leadership skills, participate in STEM activities, learn about the outdoors, and so much more!

TUESDAY

Super Sleuths: Was Humpty Dumpty's fall really an accident? Why did "x" go missing from the alphabet? Who took Grandpa's teeth? In this class, girls will follow clues, crack codes, and solve the case. We will read clever and funny mystery stories—tales of puzzling disappearances, rhyming riddles, and daring rescues. Then girls will sharpen their detective skills as they solve some surprising mysteries in our very own library.

My Future Is Bright: What career can you imagine for yourself? Zoologist, analyst, designer, engineer, or animator; let's think about all the possibilities for our futures and learn what we can do now to set those ideas in motion. The future's so bright, you'll have to wear shades!

Edible Science: Just when you thought science could never be more exciting, we made it edible and delicious! Come experiment with fizzy lemonade, explore polymer strands in Jello, and harness the sun's energy in your own solar oven. Science is way more fun when you get to eat the results!

WEDNESDAY

Balanced Bites: Do you like kale chips? What about veggie pita pockets or turkey pinwheels? Have you ever made or tried an energy ball? Girls in this class will make and taste test a wide variety of healthy and balanced bites. Based on their preferences, girls will then work with the center managers to create some new items for the Girls Inc. snack menu.

Mindscape: What are the thoughts that go through you head and are they helping you be your best self? Can you recognize and name what you are feeling? In this class girls will learn how to recognize their feelings, understand where they come from, and how to deal with those emotions. Girls will learn the power of positive thinking and develop skills to help cope with stress.

Outdoor Games: From Kick the Can to Duck Duck Goose to plain old tag, the games in this class will not be short on fun! Come play outdoors with us and get your body moving as we challenge ourselves in fun new ways. Let the games begin!

THURSDAY

Sustainability Sisters: Youth around the world are standing up and using their voices to advocate for change, especially around the climate crisis. Let's start our own resistance right here at Girls Inc. and create a more sustainable world. Come learn about compost, reducing your carbon footprint, and write to leaders in our community and beyond about young people's concerns regarding the climate crisis. Come join your Girls Inc. sisters in creating a more sustainable center and world!

Imagineering Science: Have you ever wondered what it would be like to design and build cool contraptions for a major theme park like Disneyland? Taking up the mantle of "Imagineer", the girls will be given fun, creative challenges and activities that will introduce them to basics of physics, engineering, and teamwork. From roller coasters to edible cars, the girls will use their imaginations in order to create gadgets and gizmos fit for "the most magical place on Earth!"

Flavors of the World: Celebrate diversity and embrace differences while trying new flavors and preparing dishes from around the world. Girls in this class will make a

new dish each week and learn about how the geography and culture of a place makes the food different from dishes in other parts of the world. What a yummy way to be bold and try new foods!

FRIDAY

Wonder Woman Club: There are so many inspiring women around the world standing up for what they believe in and advocating for girls and women's rights everywhere, but we don't always hear about them through the media or in school. Girls in this club will hear from different women presenters who are wonder women right here in our own community. Here's to strong, smart, and bold women and girls everywhere!

Outdoor Adventure Club: Let's go on an adventure! Studies are showing that the average American kids spends 7 hours in front of a screen each day. Let's challenge that and get some time outdoors exploring nature and our surroundings instead. Come learn about the natural world around us and finish the quarter with a trip to Tucker's Grove to go on a nature scavenger hunt!

Self-care Craft Club: This club is all about creating items that will help you take the time to recognize how amazing you are! Come create your own positive affirmation cards, decorate a worry box to help set your worries free, start a wellness journal, and paint gratitude stones. We want you to take care of your strong, smart, and bold self and this club provides the perfect opportunity to relax with some fun self-affirming crafts.

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

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3rd-4th Grades

MONDAY

ProgramHERs: In this class, we will be learning how to code using a fun and interactive computer program called Scratch! We will be creating games, animations, and videos using Scratch. Our activities include outdoor experiential games, such as a giant maze each student will have to "code" themselves through (be careful we might add obstacles!) Throughout our program, we have group discussions about the importance of the role of women in STEM. We want to make sure each girl knows they have the potential to achieve their goals and feel empowered. This class will be taught by current Dos Pueblos female engineering students who want girls to know how fun technology can be.

Foodwise: If we are what we eat, then everything we eat and drink matters. In this class girls will learn how to balance proteins, fruits, grains, dairy, and vegetables into a healthy meal. Girls learn about where food comes from and what difference it makes for our bodies and earth to make food choices that are focused on eating local, organic, and sustainable.

Girls Golf: Our partnership with the First Tee provides a wonderful opportunity for the girls to learn to golf and go through the First Tee curriculum which helps them learn about core values and healthy habits. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with a phenomenal golf pro Page O'Brien Jazinski. **This program is offsite and the girls will not return to the center until 5:30 p.m.** Girls must obey club policy, which requires them to wear a Girls Inc. t-shirt and closed toed shoes.

TUESDAY

Calm and Connected: Are you looking for an opportunity to just take a break and breathe? Do you want time to slow down your body and mind? Come stretch, inhale, exhale, and repeat. In this class you will learn ways to positively reduce stress through mindfulness and slow meditative movements. Ahhhhhhhhh…

Mind + Body: Girls often receive negative and unrealistic messages from family, peers, and the media about what is expected of girls and women in terms of appearance as well as the importance of appearance compared to other characteristics and abilities. Girls in this class will examine the difference between what is healthy and what those unrealistic expectations may be. Let's join together for body positivity everywhere!

Basketball Team: This class will not only teach and develop basketball skills, but it will enhance girls overall athletic ability. Girls will participate in drills geared towards improving hand-eye coordination, jumping ability, shooting, dribbling, speed and agility. Games will be held every other week at the Goleta Valley Center, between the Girls Inc. Santa Barbara and Girls Inc. Goleta basketball teams. A schedule will be released with game days and times at the start of the quarter.

WEDNESDAY

Focus on My Future: What do you want to be when you grow up? What skills will you need to be successful in your future jobs and career? What schooling will you need? Girls in this class will focus on their futures as they learn about the fastest growing careers, what those careers pay, and what skills are necessary to be successful.

Painting with a Purpose: What do you want to advocate for in your world? What story do you feel needs to be told? Girls in this class will work together to create art pieces telling a story of who they are and what they want in their lives. Their artwork will be collaborative endeavors that will be displayed in the center for all to see.

Curie-osity Project (4th Grade Only): Experiment, explore and experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Girls will learn to make observations and record findings in their field notebooks. Girls will also interview scientists, learn about STEM careers, and write about them. This class will extend over two quarters so that at the end of the spring quarter, girls will showcase their learnings in the Youth Summit at UCSB on May 27th from 5-7pm! **This program is offsite and the girls will not return to the center until 5:45 p.m.**

THURSDAY

Meet the Author: In this course, girls will be introduced to the life and work of some exceptional female authors. Girls will learn about each author's life and hear how

events in her childhood inspired her to become a writer. Girls will read books by each of the authors and, in the process, discover some classics as well as some new favorite books to enjoy.

MOXI-Engineering Explorations: Inquire! Innovate! Iterate! Come to MOXI each week to explore surprising phenomena and use these ideas and your creativity to solve engineering challenges with your friends. You will encounter sound, light, heat, and forces in new ways and use these new ideas to design innovative solutions for challenges that might range from repairing a greenhouse on the moon or to engineering a building to reduce how much it sways in an earthquake.

Mermaid Warriors: Experience the art and joy of being in and around the ocean in this class. Girls will need to bring a bathing suit and towel with them each week for our ocean adventures. For 6 of the weeks out of the quarter we will have the opportunity to surf with Surf Happens who will provide the wetsuits and surfboards. **We will be offsite each week and will not return to the center until 5:30 p.m.** ***There is an additional fee of $25 to participate in this class to help cover the cost to Girls Inc. to partner with Surf Happens.***

FRIDAY

Wonder Woman Club (3rd Grade Only): There are so many inspiring women around the world standing up for what they believe in and advocating for girls and women's rights everywhere, but we don't always hear about them through the media or in school. Girls in this club will hear from different women presenters who are wonder women right here in our own community. Here's to strong, smart, and bold women and girls everywhere!

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Self-care Craft Club (3rd Grade Only): This club is all about creating items that will help you take the time to recognize how amazing you are! Come create your own positive affirmation cards, decorate a worry box to help set your worries free, start a wellness journal, and paint gratitude stones. We want you to take care of your strong, smart, and bold self and this club provides the perfect opportunity to relax with some fun self-affirming crafts.

STEM Club (4th Grade Only): Science, technology, engineering, and math, oh my! Come get your hands and minds involved in some fun projects and experiments exploring the scientific process. Girls are sure to finish each class thinking "wow! That was fun!"

Club Chopped (4th Grade Only): Each week, teams of girls in this club will compete in our very own version of Chopped. Their challenge is to take a mystery basket of ingredients and turn them into a dish containing all of those ingredients. The competitors will be given access to a pantry and refrigerator stocked with a variety of other ingredients as well. The chefs must cook their dishes and plate them before time runs out. After each round, the judges will critique the dishes based on presentation, taste, creativity, and use of the mystery basket items.

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

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5th-6th Grades

MONDAY

Food Wise: If we are what we eat, then everything we eat and drink matters. In this class girls will learn how to balance proteins, fruits, grains, dairy, and vegetables into a healthy meal. Girls learn about where food comes from and what difference it makes for our bodies and earth to make food choices that are focused on eating local, organic, and sustainable.

Girls Golf: Our partnership with the First Tee provides a wonderful opportunity for the girls to learn to golf and go through the First Tee curriculum which helps them learn about core values and healthy habits. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with a phenomenal golf pro Page O'Brien Jazinski. **This program is offsite and the girls will not return to the center until 5:30 p.m.** Girls must obey club policy, which requires them to wear a Girls Inc. t-shirt and closed toed shoes.

Detective Lab: Using "tools of the trade," girls in this class will become young detectives as they collect, record, and analyze data. Girls will also examine various materials and investigate "evidence" to solve their own mysteries.

TUESDAY

Mind + Body: Girls often receive negative and unrealistic messages from family, peers, and the media about what is expected of girls and women in terms of appearance as well as the importance of appearance compared to other characteristics and abilities. Girls in this class will examine the difference between what is healthy and what those unrealistic expectations may be. Let's join together for body positivity everywhere!

Basketball Team: This class will not only teach and develop basketball skills, but it will enhance girls overall athletic ability. Girls will participate in drills geared towards improving hand-eye coordination, jumping ability, shooting, dribbling,

speed and agility. Games will be held every other week at the Goleta Valley Center, between the Girls Inc. Santa Barbara and Girls Inc. Goleta basketball teams. A schedule will be released with game days and times at the start of the quarter.

Growing Up Body Basics: Girls in this class will learn how and why their body is changing, what to expect from puberty, as well as learn the appropriate names, locations, and functions of their body parts. The emphasis will be on the fact that body changes are normal, OK, and that whenever they occur that is the right time for each girl.

WEDNESDAY

Painting for a Purpose: What do you want to advocate for in your world? What story do you feel needs to be told? Girls in this class will work together to create art pieces telling a story of who they are and what they want in their lives. Their artwork will be collaborative endeavors that will be displayed in the center for all to see.

Curie-osity Project: Experiment, explore and experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Girls will learn to make observations and record findings in their field notebooks. Girls will also interview scientists, learn about STEM careers, and write about them. This class will extend over two quarters so that at the end of the spring quarter, girls will showcase their learnings in the Youth Summit at UCSB on May 27th from 5-7pm! **This program is offsite and the girls will not return to the center until 5:45 p.m.**

She Made a Difference: Most girls learn in school about some groundbreaking women in history— Sacajawea, Susan B. Anthony, Rosa Parks, Amelia Earhart. But what about women like Julia Morgan, architect of Hearst Castle? Alicia Alonso, the Cuban prima ballerina who was partially blind? Helen Martini, the first woman zookeeper? Or Madam C. J. Walker, the first American female self-made millionaire? Using library books and Internet research, girls will create a timeline of trailblazing females in the Girls Inc. Center so everyone can learn how these strong, smart and bold women made a difference in our lives today.

THURSDAY

MOXI-Engineering Explorations: Inquire! Innovate! Iterate! Come to MOXI each week to explore surprising phenomena and use these ideas and your creativity to solve engineering challenges with your friends. You will encounter sound, light,

heat, and forces in new ways and use these new ideas to design innovative solutions for challenges that might range from repairing a greenhouse on the moon or to engineering a building to reduce how much it sways in an earthquake.

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My Bold Future: What do you want to be when you grow up? This question can produce a lot of excitement in some and stress in others. In this class, girls will explore their strengths, abilities, and passions. Girls will then connect their strengths to potential career areas and begin to research the education and training necessary to achieve their dream role!

FRIDAY

STEM Club: Science, technology, engineering, and math, oh my! Come get your hands and minds involved in some fun projects and experiments exploring the scientific process. Girls are sure to finish each class thinking "wow! That was fun!"

Club Chopped: Each week, teams of girls in this club will compete in our very own version of Chopped. Their challenge is to take a mystery basket of ingredients and turn them into a dish containing all of those ingredients. The competitors will be given access to a pantry and refrigerator stocked with a variety of other ingredients as well. The chefs must cook their dishes and plate them before time runs out. After each round, the judges will critique the dishes based on presentation, taste, creativity, and use of the mystery basket items.

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Kinderfun

MONDAY

Let's Groove: A Five, Six, A Five, Six, Seven, Eight…Girls in this class will learn a variety of dance steps and dance movements ranging from Hula to Bollywood to swing and more. Girls will be moving and groovin' in this fun filled class!

School of Rock: Get ready for the battle of the bands! In this class we will focus on exploring rhythm and busting rhymes learning from some of the most influential female musicians over time.

TUESDAY

Today I Feel…: Sometimes it is hard to put into words how we feel. We also don't always know how to react when we see others expressing big emotions. In this class, girls will learn to not only name their emotions, but will also examine how those emotions feel in their bodies. In addition, girls will practice empathy skills with their Kinderfun friends!

Into The Blue: Dive into the wonders of the ocean! Girls will learn about the weather, animals, plants, and people who are surrounded by sea life. This class will enrich the girls' engagement with scientific content in biology and ecology while contributing to their positive sense of enjoying science. As the girls take imaginary trips through the waves and beneath the sea, they will collect specimens and build an ocean in their classroom.

WEDNESDAY

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an**

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Miss Robot: Kinderfun we need your help! We have some super awesome supplies on the top shelf that we really want to use but we can't reach. Can you help us design and build a robot that can help us get to the supplies? If at first we don't succeed, we can always try again. Together we can engineer something amazing!

Keep Calm and Kindie On! Life can be challenging for a Kindie at times. Not to fear, strong, smart, and bold girls are able to develop resiliency skills and find ways to relax and focus. In this class, girls will explore different meditation practices to help them keep calm and Kindie on!

THURSDAY

Cool Careers: A doctor helps people when they are sick. A geologist studies the earth. An electrician helps to provide energy in our houses and community. Learning about these careers and others, girls will think about what cool careers they want to have when they grow up.

Sculpt It: Creating art that works up, is BIG, and is three dimensional is a Kindie favorite! This art class will focus on using materials you can find around the center, or at home, and especially ones that come from the recycling bin. Come explore your creative side and sculpt it!

FRIDAY

Kulture Kitchen Time to get your passports ready! Girls in this class will "visit" a different country each week and will explore various cultural dishes and recreate their own versions of sample flavors from around the world. Climb aboard as we go on a tasting trip around the world!

Club Kinderfun Friday afternoons are all about FUN in Club Kinderfun! Girls will help determine and lead the activities, and each week is sure to be filled with enthusiasm, surprises, and a range of activities to meet everyone's desires!