



of Greater Santa Barbara

## Santa Barbara Center Winter 2020 Class Schedule

### 1<sup>st</sup> & 2<sup>nd</sup> Grade

#### 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.

**SB Museum of Art:** Girls in this class will have the opportunity to work with Santa Barbara Museum of Art teaching artist Itoko Meno. The girls will learn about a current museum exhibition, create art in the same style as the exhibition, and will have an opportunity to visit the museum as well.

**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!

#### 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

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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

**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!"

**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.**

## THURSDAY

**Zelda MD:** This program is an introductory anatomy and physiology class that helps the girls to learn about their bodies and how to keep them healthy. Girls will also learn what the roles are of health care professionals. The girls use a specially constructed doll developed to help them simulate surgery.

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**Mindscape:** What are the thoughts that go through your 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!

## **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!

**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!

**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.





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## Santa Barbara Center Winter 2020 Class Schedule

### 3<sup>rd</sup> & 4<sup>th</sup> Grade

#### MONDAY

**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.

**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.

#### TUESDAY

**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.

**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.

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## WEDNESDAY

**Reading Ambassadors:** What is a Reading Ambassador? She is someone who has had training by staff members of the Santa Barbara Public Library in how to read a book aloud to a younger child. Girls who complete the training will attend an awards ceremony at the main library and then finish the quarter by reading aloud to anyone and everyone—kindergartners, staff members, community leaders, and each other! Read on!

**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.**

**Curiosity Project (4<sup>th</sup> 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 27<sup>th</sup> from 5-7pm! **This program is offsite and the girls will not return to the center until 5:45 p.m.**

## THURSDAY

**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.

**Teens Love Cooking (4<sup>th</sup> Grade Only):** In partnership with the Foodbank of Santa Barbara, girls in this class will learn how to prepare and cook with a whole foods

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approach, understanding where their food comes from and how to select the most nutritious foods in a country that has an overabundance of processed and fast food.

## **FRIDAY**

**Wonder Woman (3<sup>rd</sup> 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 (3<sup>rd</sup> 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 (4<sup>th</sup> 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 (4<sup>th</sup> 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.





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## Santa Barbara Center Winter 2020 Class Schedule

### 5<sup>th</sup> & 6<sup>th</sup> Grade

#### MONDAY

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**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

**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.

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## WEDNESDAY

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**Teens Love Cooking:** In partnership with the Foodbank of Santa Barbara, girls in this class will learn how to prepare and cook with a whole foods approach, understanding where their food comes from and how to select the most nutritious foods in a country that has an overabundance of processed and fast food.

**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

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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.

## **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

**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

**Magic Science:** Girls in this class will get to do wild and wacky experiments that allow them to explore the magic of science. They will get hands on experience doing a variety of projects that teach them how to make a hypothesis, experiment, and deliver their results and outcomes. Girls are sure to exclaim “whoa, how did that happen?”

#### 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 ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

**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.

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## THURSDAY

**Olympic Games:** Do you dream of being an Olympic champion? Do you see yourself taking the gold, silver, or bronze in field hockey, the long jump, or tennis? This class will offer girls the foundation to be successful in some of their favorite Olympic Sports.

## FRIDAY

**Creative Kindies:** This quarter our creative class will design and help paint a mural to brighten up our outside space. Girls are sure to enjoy helping decide what the mural will look like and working with community volunteers to help the mural come to life.

