



of Greater Santa Barbara

## Goleta Valley Center Fall 2019 Class Schedule

### 1<sup>st</sup>-2<sup>nd</sup> Grades

#### MONDAY

**Paper Bag Book Club:** How many things can you make out of a paper bag? Based on a book they enjoy in the library, girls will transform a simple lunch bag and other everyday objects into puppets, books, mysteries, games—and lots of other unique creations of their own imaginations. It's a great way to think outside of the box . . . or bag!

**Art Expedition:** Let's go on safari! Girls in this class will go on an art safari to learn all about the fundamentals of art- shape, line, texture, value, color, space, and form. Girls will become more confident artist by mastering the needed skills and qualities to create beautiful works of art!

**Cooking 101:** This hands-on class gives young girls the beginning skills and confidence they need in order to prepare healthful snacks independently in the kitchen. Girls will be introduced to basic kitchen safety and easy-to-use tools in order to create fun recipes such as veggie wraps, smoothies, and a variety of other nutritious foods.

**Young Advocates:** What do you want to change about your Girls Inc. center? Come get inspired by learning the stories of young girls making change around the world and learn how they have gone about creating change in their communities. Then create your own advocacy project to change what your class decides to take on at your Girls Inc. center!

#### TUESDAY

**Inside Out Art:** The ability to express one's emotions in a healthy and safe way is a life skill that enables us to be stronger, smarter, and bolder. Girls in this class will learn the importance of naming their emotions and will learn various ways they can express and process those emotions in the most engaging and creative way of all—through art! So come relax, draw, paint, create, and de-stress in Inside Out Art!

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

**Best Part of Me:** Inspired by an award-winning photographer’s project, girls in this class will use different media to create art projects emphasizing body image, self-esteem and diversity. Through celebrating the strength of their bodies, girls will create a portfolio that highlights the best parts of themselves.

**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 health. 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.

**Soccer:** Girls will explore the fantastic sport of soccer. This class will not only teach and develop soccer skills, but it will also enhance girls’ overall athletic ability. Girls will participate in drills to improve their kicking, striking, and trapping skills, as well as to boost skills in dribbling, ball control, speed and agility. They will not only learn the rules and techniques of how to become a phenomenal soccer player, but they will also learn about inspirational women who have played the game.

## WEDNESDAY

**Buzz On Books:** In this class, girls will “blossom” as readers as they “leaf” through the pages of all kinds of books—funny, touching, informative and empowering! Girls vote on their favorite each week, and at the end of the quarter, they will choose the book with the most “buzz.”

**Build It:** Calling all engineers! It’s time to design and build as you explore the world around you. Create cardboard castles, test the stability of newspaper towers, try to recreate a bird’s nest, and make an insect hotel. Girls will enjoy building all kinds of fantastic structures—all while building their problem-solving skills and their confidence.

**Zoo SMART:** In this class girls will have the opportunity to learn all there is to know about owning, operating, and designing a zoo. Girls will participate in a simulation where they will assume the responsibility for creating a world class zoo. Through learning about animal habitats, proper care of animals, and logistics of zoos, girls will then create their very own design for the most amazing zoo ever!

**Fearless Flyers:** Paper airplanes, parachutes, rockets, and more! Come explore the science of aviation as we learn about famous female pilots and create our own

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

flying creations! Wind resistance, aerodynamics, and altitude are just some of the concepts girls will learn about in this high flying, super soaring class!

## **THURSDAY**

**Storybook Science:** Calling all scientists! Each week, girls will make storybook magic come to life by conducting hands on experiments inspired by the scientific elements of some of their favorite stories. Which little pig can engineer the strongest house? How much support does a bridge need to hold 21 elephants? Girls will discover the answers to these questions and many more by delving into the scientific accuracy of storybooks.

**She's On the Money:** This Girls Inc. National Program introduces girls to the concept of money and this in turn gives them an early start developing the skills to foster economic independence in later years. The girls will have fun learning what money is, how it is used, and what it means in their life. Girls make piggy banks, design their own money, and learn the value and cost of earning, saving, spending!

**My Plate:** If we are what we eat, then everything we eat and drink matters. In this class, girls will learn how to balance protein, fruit, grains, dairy, and vegetables into a healthy meal. Through fun and creative cooking projects, girls will go “bananas” for healthy eating—and have a great “thyme!”

**Multicultural Games:** Have you ever wondered what games kids play in different parts of the world? How are games similar in Africa, Asia, and the United States? How are they different? Come learn the answers to these questions in this fun-filled class where girls will have the opportunity to learn about games children play around the world. It's all fun and games in this introduction to world cultures!

## **FRIDAY**

**Poetry and Writing Club:** Calling all creative writers! Come sharpen your writing skills and further develop your creative voice in this club that promotes self-expression and building confidence. Keep your own poetry and writing journal and explore creative writing as an outlet to help you lead a balanced life!

**STEM Club:** This club will be jam-packed with fun, hands-on science experiments. Each week girls will work their way through the scientific method as they conduct all kinds of crazy experiments. After this club, girls are sure to walk away thinking, “Science is so much fun!”

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

**Outdoor Games:** From Kick the Can to Duck Duck Goose to plain old tag, the games in this club 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!

**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.**

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb



of Greater Santa Barbara

## Goleta Valley Center Fall 2019 Class Schedule

### 3<sup>rd</sup>-4<sup>th</sup> Grades

#### MONDAY

**Make It:** Innovation and design are what this class is all about. Each week girls will receive a new challenge, and then they will use their imaginations and all kinds of materials to create something totally unique. Girls will explore their creativity as they invent and make objects that move, designs you can wear, clever creations that can solve problems, and so much more!

**Music to Count On:** Students explore the many ways that music and math are connected. They begin by listening and moving to music and constructing simple four-count rhythm patterns. Then, they extend the patterns to create new arrangements and eventually create a musical composition. They will also create their very own instruments using their bodies (clapping, stomping, snapping), pencils, books, blocks and more.

**ProgramHers (4<sup>th</sup> Grade Only):** 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.

#### TUESDAY

**Dollars, Sense, and Me:** Girls Inc.’s National Program introduces girls to the concept of money, and this in turn gives them an early start developing the skills to foster economic independence in later years. The girls will have fun learning what money is, how it is used, and what it means in your life.

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

**Si Se Puede:** The future lies in the hands of the girls of today. In this class girls will gain an introduction to government and its relevance, and will see how the actions of one person can benefit many. By learning about women leaders from long ago and today, girls will be inspired to choose their own path to make a difference. In this class, girls will stand up, speak out, and make their voices heard!

**I Dig the Library (4<sup>th</sup> Grade Only):** Do you love reading and gardening? Then, this class is for you! In this class, we will be reading about different kinds of plants, making our very own books on plants, and planting our own garden. We hope you dig it!

## WEDNESDAY

**Art For Your Heart:** The ability to express one's emotions in a healthy and safe way is a life skill that enables us to be stronger, smarter, and bolder. Girls in this class will learn the importance of naming their emotions and will learn various ways they can express and process those emotions in the most engaging and creative way of all—through art! So come relax, draw, paint, create, and de-stress in Art For Your Heart!

**Bone Zone:** When thinking about their health, many young girls would not think that it is very important to take care of their bones. The key message for this class is “Powerful Bones. Powerful Girls.” This class will actively teach the girls how to keep strong bones through sports/movement, nutrition, and knowledge.

**Plant Powered (4<sup>th</sup> Grade Only):** Girls in this class will learn about fueling their bodies through fruits, vegetables, and whole grains. Girls will learn vegan and vegetarian recipes and how they can fill their plate with all the necessary ingredients for a balanced diet leaving meat out. Mmmmm delicious!

## THURSDAY

**Shelfies:** What is a shelfie? It's like a selfie, only the photo is of a girl holding a book she loves. Girls in this class will read, read, read—and then take “shelfies” of their favorites to post on the library bulletin board. They will become reader leaders as other girls who are looking for great book recommendations check out the shelfies—and then check out the books!



**Theater Production:** This quarter the girls will be putting on their very own musical production. The girls will be required to take the class on both Thursday and Friday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 12<sup>th</sup>. **Girls who sign up for this class must be able to commit to both classes on Thursdays and Fridays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

**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

**Poetry and Writing Club (3<sup>rd</sup> Grade Only):** Calling all creative writers! Come sharpen your writing skills and further develop your creative voice in this club that promotes self-expression and building confidence. Keep your own poetry and writing journal and explore creative writing as an outlet to help you lead a balanced life!

**STEM Club (3<sup>rd</sup> Grade Only):** This club will be jam-packed with fun, hands-on science experiments. Each week girls will work their way through the scientific method as they conduct all kinds of crazy experiments. After this club, girls are sure to walk away thinking, "Science is so much fun!"

**Outdoor Games (3<sup>rd</sup> Grade Only):** From Kick the Can to Duck Duck Goose to plain old tag, the games in this club 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!

**Theater Production:** This quarter the girls will be putting on their very own musical production. The girls will be required to take the class on both Thursday and Friday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 12<sup>th</sup>. **Girls who sign up for this class must be able to commit to both**



**classes on Thursdays and Fridays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

**Wonder Women Club (4<sup>th</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 class will hear from different women presenters, research a variety of women making a difference, and create a presentation about how they will become Wonder Women for their world/community. Here's to strong, smart, and bold women and girls everywhere!

**Girls Inc. Café (4<sup>th</sup> Grade Only):** What does it take to be a restaurant owner, manager, or chef? How do you create a menu and determine your prices? In this club girls will create their own take-out café that opens every Friday evening. Girls will determine the menu, set the prices, advertise, cook, and sell their items at pick up time. Bon appétit!

**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.**



of Greater Santa Barbara

## Goleta Valley Center Fall 2019 Class Schedule

### 5<sup>th</sup>-6<sup>th</sup> 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.

**Create It:** Race cars and bridges don’t build themselves. They need dreamers, problem solvers, tinkers...in other words, engineers! Come ask, imagine, plan, create, and improve as you engineer a variety of different machines and objects based on the creative theme of the week.

#### TUESDAY

**I Dig the Library:** Do you love reading and gardening? Then, this class is for you! In this class, we will be reading about different kinds of plants, making our very own books on plants, and planting our own garden. We hope you dig it!

**Lemonade Day:** In this hands-on program, girls will learn entrepreneurship and economic literacy through planning, owning, and operating their own small business—the iconic lemonade stand. In Lemonade Day, girls will set a goal, make a plan, work their plan, and achieve success, all while building self-confidence.

#### WEDNESDAY

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

**Plant Powered:** Girls in this class will learn about fueling their bodies through fruits, vegetables, and whole grains. Girls will learn vegan and vegetarian recipes and how they can fill their plate with all the necessary ingredients for a balanced diet leaving meat out. Mmmmm delicious!

**Meditative Movement:** 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. Ahhhhhhhh...

## THURSDAY

**Theater Production:** This quarter the girls will be putting on their very own musical production. The girls will be required to take the class on both Thursday and Friday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 12<sup>th</sup>. **Girls who sign up for this class must be able to commit to both classes on Thursdays and Fridays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

**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.**

**MOXI:** Inquire! Innovate! Iterate! This quarter, come to MOXI each week to explore science ideas and use these ideas and your creativity to solve engineering challenges. You will conduct inquiries about forces, light, and infrared radiation (heat) and then work with your friends to innovate and iterate solutions to problems from designing a patch for a greenhouse on the moon to designing a hovercraft that could carry sensors into dangerous fire zones to understand the spread of wildfires.

## FRIDAY

**Wonder Women 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

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

everywhere, but we don't always hear about them through the media or in school. Girls in this class will hear from different women presenters, research a variety of women making a difference, and create a presentation about how they will become Wonder Women for their world/community. Here's to strong, smart, and bold women and girls everywhere!

**Girls Inc. Café:** What does it take to be a restaurant owner, manager, or chef? How do you create a menu and determine your prices? In this club girls will create their own take-out café that opens every Friday evening. Girls will determine the menu, set the prices, advertise, cook, and sell their items at pick up time. Bon appétit!

**Theater Production:** This quarter the girls will be putting on their very own musical production. The girls will be required to take the class on both Thursday and Friday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 12<sup>th</sup>. **Girls who sign up for this class must be able to commit to both classes on Thursdays and Fridays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**





of Greater Santa Barbara

## Goleta Valley Center Fall 2019 Class Schedule

### Kinderfun

#### MONDAY

**Super Scientist:** Through hands-on experiments and fun activities, girls will explore, ask questions, problem solve, and learn about careers in the fields of science, technology, engineering, and math. Girls in this class are sure to get their hands dirty and have a blast as super scientists!

**Books are ZOOper:** Hip-hippo-ray for books! In this class, we'll read books that are bear-y wonderful—perfect for all girls who love animals and think they “otter” read more books. Meet an elephant who paints, a dancing giraffe, and a snoring bear. Solve penguin puzzles, zoo clues, and cheetah challenges. Oh, and the jokes will be the seal-iest things you ever heard! In the process, we'll learn fascinating facts, fun trivia, and exciting zoo jobs—and I'm not lion!

#### TUESDAY

**Kindies Are Kind:** What does it feel like in your body when you are kind to others? How does it feel when someone is kind to you? In this class you are sure to feel warm and fuzzy as you practice random acts of kindness and how to be friendly and considerate to all your Kindie friends at Girls Inc.

**Kinder Fit:** Jump, leap, lift, and move your way through varied movements as you challenge yourself to be the fittest you! Each week girls will be introduced to different body movements that help them explore body awareness and help them think of exercise as challenging and FUN!

#### WEDNESDAY

**What Color Is Happy?:** Come relax, draw, paint, create, and de-stress! In this class girls will learn to name and express their emotions in a safe and healthy way enabling them to be strong in their hearts and minds!

Girls Inc. of Greater Santa Barbara | Goleta Valley Center  
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | [Girlsincsb.org](http://Girlsincsb.org)



@girlsincsb

**Money Makers:** They say money doesn't grow on trees, but where does it come from? In this class girls will learn to identify coins, bills, and will create their own banks to keep at home to start saving their money for the future. Girls will also learn the difference between needs verse wants as well as the concept of giving.

**Gymnastics (2:30-3:30):** 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

**Pattern Play:** Squares, circles, triangles and more—girls in this class will play with patterns as they gain confidence in math. In recognizing shapes in the world around them, they will learn to see the big picture first and then focus in on the details.

**Art Exploration:** Color, line, shape, and form are some of the essential elements that make up art. In this class, girls will play and experiment with various elements of art, creating their own masterpieces.

## FRIDAY

**Eat a Rainbow:** Did you know that the color of a food can tell you a lot about its nutritional value? Did you know that foods that are red in color can help improve heart and blood health and support your joints? Girls in this class will learn about these facts and many more as they eat their way to a healthier version of themselves!

**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!