

## LPS After School Program

Session 5: April 29, 2019-June 6, 2019

### **Intramural League: Kickball**

Team sports help children increase their physical activity levels as well as improve their social skills, giving them a greater sense of self-esteem and community. In our Kickball league, students will learn the basic rules of Kickball while building relationships with their teammates, in a safe and fun learning environment.

**\*In our Intramural league, students will play games against fellow LPS peers.**

### **Theatre- \*\*CLOSED GROUP\*\***

Children who participate in theater have an increased sense of social awareness, aesthetic appreciation, self-confidence, and working memory. As well, performing in front of an audience teaches them to improve their risk taking and public speaking skills. In our Theatre program, students will work towards showcasing their talents in a school day performance as well as an evening performance.

**\*Attending all three days for the remaining sessions of the school year is a program requirement**

**\*There WILL be a production during the school day AND at night**

### **Boxing with Lucky Punch Boxing**

“Boxing gives children confidence, helps them focus, helps them sleep better, and improves their reaction time and memory. It also keeps them physically fit, while learning their limits, seeing their progress, and having fun!” Our boxing group will offer conditioning work, teamwork drills, and punching techniques, in a safe and fun learning environment. There will be *NO sparring* with other students in this program.

**\*Enrollment comes with pair of boxing gloves to keep**

<http://www.luckypunchboxing.com/autism---special-needs-boxing.html>

### **Yoga**

Children derive enormous benefits from yoga. It enhances their flexibility, strength, coordination, and body awareness. It also strengthens their concentration and ability to self-soothe, allowing them to connect more deeply with themselves and the world around them. Moreover, it teaches them to be curious about the mind/body connection, all while being playful. In our yoga program, children will learn poses such as downward dog, pigeon, eagle, tree, and mountain. They will also learn how to increase their mindfulness while developing calming breathing techniques.

### **Hip Hop Dance with the Joanne Langione Dance Center**

Dance helps children develop physical, social/emotional, and cognitive skills that can be transferred into their day-to-day lives. It improves their flexibility, coordination, stamina, and posture. It also strengthens their interpersonal skills, non-verbal communication, and work ethic, all while helping them become more self-motivating and creative.

‘The Joanne Langione Dance Center is committed to creating life-long lovers of dance whether a student chooses to dance professionally or whether they dance for the simple joy of it.’

<http://www.jldancecenter.com/>

**\*Please note that this program will only run ONCE A WEEK during this session**

## **Farming & Gardening**

Gardening is full of sensory benefits! It offers children endless opportunities for hands-on experiences, encouraging tactile sensory input. It also teaches them responsibility, patience, and a deeper appreciation for nature. In this program, they will learn to harvest, maintaining soil health and monitoring plants. They will also use the garden as a framework for crafts and other activities such as composting, weather trafficking, food preservation, flower crafting, and mindfulness/meditation.

## **Baking**

Through the culinary arts, students learn to create and appreciate the visual aesthetics of food while understanding food safety. They become better planners, develop more patience, learn tool identification, and learn how to follow recipes. Our Baking program will give students a chance to see the desserts they create in a new and exciting way. They will create cookies, pies, cupcakes, cinnamon sticks, and brownies, with the final project being a decorated cake. They will also be able to eat their finished products!

## **Right Brain Curriculum presents...Writing Wizards**

In Writing Wizards, students will learn how to write and publish their own short novel! Using literature like Harry Potter and The Chronicles of Narnia as inspiration, students will design a fantasy world that includes major and minor characters, fantastic settings, and an extended backstory full of wonder. As authors they will use artwork, brainstorm plot twists and dynamic characters, and learn writing techniques that include the use of dialogue and sensory-rich word choice. At the end of the course, students will take home their completed novel! [rightbraincurriculum.com/writingwizards](http://rightbraincurriculum.com/writingwizards)

## **Right Brain Curriculum presents...Business Sharks**

In our Business Sharks class, students will play the role of young entrepreneurs as they start with the germ of an idea for a business/product and take it through the entire entrepreneurial process. They will develop prototypes, formulate a business plan, and devise a marketing strategy. They'll learn about concepts such as wages, profits, and branding while designing print ads, acting out TV commercials, and researching real estate locations to design their storefronts. The class will conclude with our young executives pitching their ideas to a "Shark Tank" panel of families and peers.

<http://www.rightbraincurriculum.com/businesssharks.php>

## **Lego Mindstorm Robotics**

Hands-on programming teaches young children problem solving, sequencing, and patience. They also develop stronger fine motor skills and learn to follow verbal and written directions more carefully. In this program, students will get to play with LEGOs as they build and program a LEGO Mindstorm EV3 Robot. They will program their robot to complete various tasks, using instructions provided by LEGO, and they will write basic programs using drag and drop software.

**\*No previous LEGO or programming experience is necessary**

**\*This group will be capped at six participants; first come first serve**

**\*Students will NOT be able to keep their robot upon completion of this program**

## **Visual Digital Design**

Graphic design allows children who are drawn to the arts to exercise their creativity through technology. This practical skill can help them create unique designs through image manipulation, adding flair to their art. In this program, students will work specifically with photography in the digital world. They will learn how to professionally retouch photos, remove imperfections without leaving a trace, adjust color levels,

apply advanced filters, and animate original creations. They will also learn advanced Photoshop skills, basic video editing, GIF animation, and VR movie and game design using Unity.

**\*\*This group will be capped at eight participants; first come first serve**