

### HUDDLES & SNACK

Each day during “Huddle” staff and their groups meet together to discuss the day ahead of them, participate in team-building activities, share ideas and experiences, and greet one another. Huddle time creates a sense of belonging and helps the group focus on positive relationships and expectations. The goal for Huddle time is to foster the group’s sense of inclusion, teamwork, and community. The YMCA provides one (1) healthy snack each day to participants.

### HEALTH & WELLNESS

The YMCA is committed to engaging children in at least 30 minutes or more of physical activity each day. Activities include age-appropriate/non-elimination and intentional games. On nice days, we will spend time outdoors enjoying the fresh air!

### Y ENRICHMENT

Each week of Afterschool is tied to a different big-picture theme. Within these themes, youth participate in exciting, fun, hands-on curriculum activities called “Enrichment.” This school year your campers will get to experience the best of STEM (Science, Technology, Engineering, Math), Arts and Crafts, Global Learning, Culinary Explorations “Grub Club,” and Health and Wellness to enhance an action packed Afterschool experience!

### SOCIAL AND EMOTIONAL LEARNING

Social and emotional learning (SEL) is an incredibly important aspect of youth development. EMM believes that with a combination of direct and indirect teaching of SEL; youth will gain a greater awareness of themselves and others, develop positive and healthy relationships, and foster compassion for themselves and the world around them. Students need to know how much and why they matter. The YMCA works with Every Monday Matters Curriculum and Sanford Harmony Enrichment, to allow natural relationships to form through engaging enrichment activities.

### STATIONS

Life is full of choices and allowing youth to choose activities they love is super important to not only keep them excited or engaged with learning but help them create independence. During Station time, campers have the opportunity to choose between kid lead activities each day such as, Art, STEAM (Science, Technology, Engineering, Math), Building, Lifesize Board Games, Puzzles and Table Games, Fuse Beads, Sports, and more! Each station has structured activities prepped and planned and out by staff members for the youth to explore!

### HOMEWORK & D.E.A.R. TIME

Homework/D.E.A.R. includes 30 minutes of intentional academic support and/or enrichment where children can complete homework. The drop everything and read (DEAR) strategy involves getting children to stop what they are doing and read for 10 minutes. This technique is aimed to help children build their literacy skills.