



For January 2024 our weeks will be as follows:

New Years- A New year, new You- Mindfulness and Positive Body and Movement

We will be expressing the positive impact on letting go of old and bringing in the new with and have coordinated our activities and plans to be in line with the following:

1. Week 1: January 8-12 - Mindful Beginnings

- a. **Gratitude Journaling:** Reflecting on positivity to cultivate a grateful mindset.
- b. **Breathwork and Yoga:** Incorporating calming exercises to promote mindfulness.
- c. **Creative Expression:** Encouraging artistic outlets for self-expression and creativity.
- d. **Mindful Coloring and Thoughtful Pen:** Engaging in relaxing activities to enhance focus.
- e. **Positive Affirmations:** Building self-confidence through empowering affirmations.

2. Week 2: January 15-19 - Body Harmony

- a. **Body Positivity and Feeling Great 😊:** Fostering self-love and positive body image.
- b. **Outdoor Time (weather permits):** Embracing nature with outdoor activities or indoor alternatives.
- c. **Exercise and the Positive Effects of Movement:** Understanding the benefits of physical activity.
- d. **Mindful and Healthy Eating:** Cultivating awareness around nutrition and well-balanced meals.
- e. **Healthy Sleeping Habits:** Exploring the importance of quality sleep for overall well-being. Understanding sleep patterns, creating a bedtime routine, and promoting a restful sleep environment.

These weekly activities are thoughtfully designed to promote mindfulness, positive body image, and holistic well-being, aligning with our commitment to nurturing the mental health and development of our youth. Families are encouraged to join our Q&A session to learn more about these engaging programs and sign up for the free programming starting February 2024.

3. Week 3: January 22-26 - Positive Connections and Healthy Relationships

- a. **Group Activities:** Team-building exercises to foster positive connections among peers.
- b. **Communication Skills:** Workshops on effective communication, active listening, and expressing emotions.
- c. **Relationship Building:** Encourage open discussions on building healthy relationships and boundaries.
- d. **Collaborative Art:** Engage in art projects that emphasize teamwork and cooperation.
- e. **Social Awareness:** Explore the importance of social connections and understanding others' perspectives.

3. Week 4: January 31-February 2 - Goal Setting and Personal Growth

- a. **Setting Goals:** Guided sessions on goal setting, helping youth envision their aspirations.
- b. **Vision Boards:** Creative activity to visualize and manifest personal goals.
- c. **Personal Growth Discussions:** Facilitate conversations on personal development and overcoming challenges.
- d. **Eastlink PD Day Collaboration:** Highlight the importance of a healthy lifestyle through activities focusing on movement, fitness, and overall well-being.

These activities aim to create an enriching and supportive environment for the youth, aligning with our mission of promoting positive development, mental health, and overall well-being. We encourage families to join our Q&A session to learn more about these exciting programs and sign up for the free programming starting February 2024.