



October's Theme: How one would go about recognizing and naming her feelings.

With all the unknown lived experiences we've encountered during this pandemic era, how do we quickly assess our feelings, name them, and decide what to do about them as we go about the day?

AGENDA

- Welcome and Updates (11 am - 11:05 am)
- **Guest Speaker: Dr. Charlyne Smith.**

Dr. Smith is a Jamaican, and the first Black woman to earn a PhD in Nuclear Engineering!

- Questions from Participants and Parents (11:20 am - 11:25 am)
- Discussion (11:27 am - 11:35 am)
- EGGs related terms for how we are feeling. (11:40 am - 11:50 am)

EKGs Feelings:

1. Scrambled- confused/overwhelmed
2. Fried- tired /exhausted
3. Hardboiled- confident/ready to take on anything
4. Poached- relaxed/cooling out.

- **Activity for November meeting:** Gratitude (11:52 am - 12:05 pm)

Meeting notes: 10/16/2021