



Rose & Thorns(Blue/ Orange)

Teacher Name: Marie Jones

Class Cost:\$15

Class Size: 18

Age Served: Blue & Orange

Prerequisites (if any): Be able to read some & write

Class Description: This class will focus on the roses and thorns of life because behind every hard life is a beautiful thing. In this class we will focus on how to express our emotions and write in our journal; that their journal will become their best friend! We will discuss the importance of community & the impact that it has on our character & mindset. We will come together to do a vision board in the beginning class to show how important it is to write goals down & see them daily to work towards them. They will have journal prompts for every day of the week until we discuss different ways to journal in class while ending the semester with a giving back project.

Lastly, the main mission of this class is to have the kids confident in who they are and understand that all feelings - big and small - are valid but what we do with them leaves the biggest impact on others.

Week 1: Vision Board Party

Week 7: Trusting my community

Week 2: CBT Triangle

Week 8: Self care & Self Love

Week 3: Power of gratitude

Week 9: Learning I am statements

Week 4: Identifying my feelings

Week 10: How to face challenges

Week 5: Boundaries

Week 11: Not having fear!

Week 6: Understanding all of me

Week 12: Giving Back to my community

