

Mission Statement

Know Thyself provides urban students with critical life skills, such as self-awareness, conflict resolution, empathy, goal setting and decision making, enabling them to manage their behavior and emotions and be positive contributors in their community.

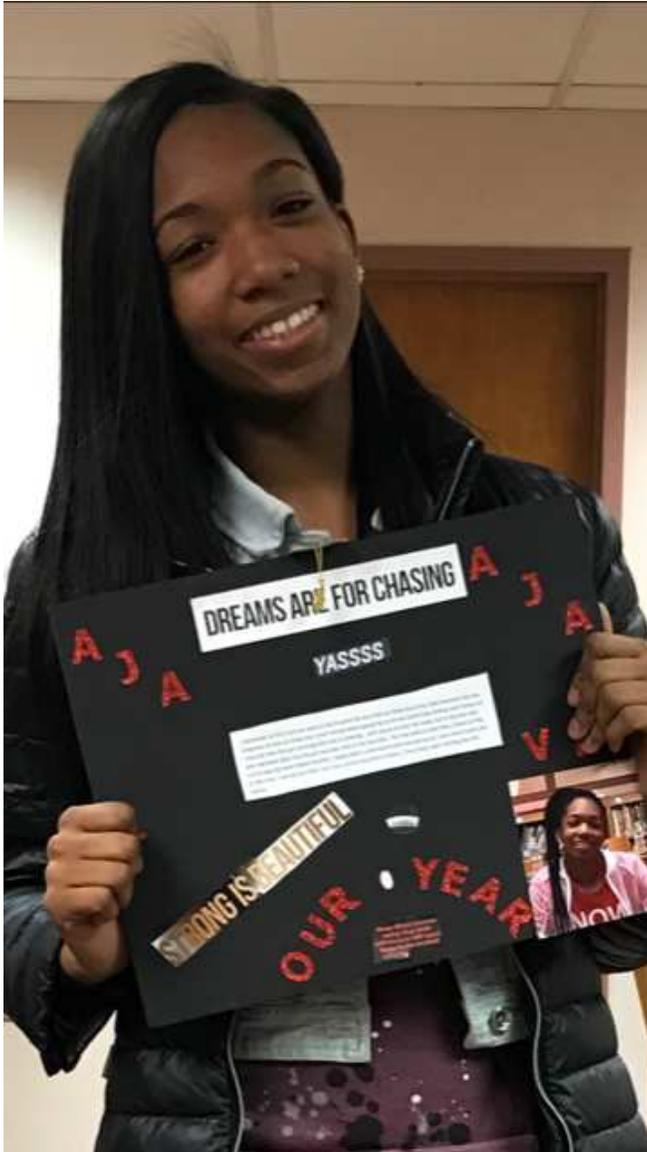


About Our Work

Know Thyself had another great year – providing services at 10 sites and impacting the lives of over 400 middle school students. Our **Manners & Respect** curriculum helps students identify their strengths and areas for growth, explore way to manage their emotions and behaviors, navigate the complexity of social situations all while building positive and meaningful relationships.

These skills are especially important for tweens who are more likely to face challenges like low-self esteem, increased exposure to dangerous habits like smoking, bullying/antisocial behaviors and academic pressure.

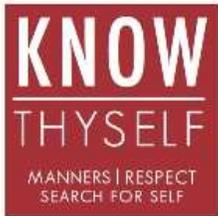
Know Thyself provides approximately 30 hours of activities each program year tailored to address these challenges. Discussions, role playing, reflection, journaling, experiential learning and guest speakers are used to fulfill our mission. Activities are modified so that they are age appropriate and our curriculum supports several Wisconsin and National School Common Core Standards. All students this year had a chance to monitor their personal growth using our new Panorama evaluation tool.



Everyone has a story to tell!

Voices of the Young (Voices) is a multimedia arts program that uses visual and written arts to allow students to share who they are and how they see the world around them. This year, Voices was piloted as a 5-week capstone project as part of our Manners & Respect curriculum at Carson Academy. Students were given an opportunity to learn and grow as storytellers. The capstone project was led by Ex Fabula - a local organization whose mission is to strengthen community bonds through the art of storytelling. Students explored why storytelling is important and powerful by sharing their own life stories with visuals as their final project. Stories were personal and thought provoking. Sometimes funny - sometimes painful. But the trust and empathy displayed throughout the process was inspiring and helped students better understand the power of their voices.





Know Thyself

2017-2018

Experiential Learning Opportunities



First Stage

Since 1987, First Stage has grown to become one of the nation’s most acclaimed children’s theaters and the 2nd largest theater company in Milwaukee. This year, **200 Know Thyself students attended the First Stage production “The Wiz”**. This production was Adapted from “The Wonderful Wizard of Oz” and featured a predominantly African American cast. With its soulful modern twists, students had a change to see young actors who look like them perform together on stage.



Yoga

Research shows that Yoga may help reduce stress, lower blood pressure and lower your heart rate. **Schools across the county are adopting Yoga as an intervention for reducing stress, increasing self-confidence and reducing negative behavior.** Students at Oliver Wendell Holmes School explored how Yoga techniques like controlled breathing, meditation and relaxation can assist with creating calmer and safer learning environments.

Financial Overview

Income

Grants	\$ 60,600
Contributions	\$ 4,850
Fee for Service	\$ 5,000
	\$ 70,450

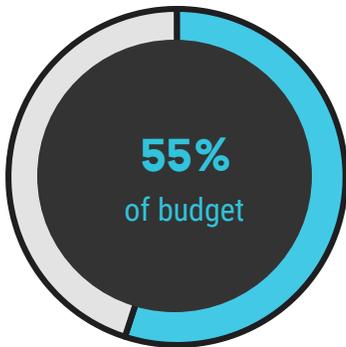
Expenses

Program Delivery	\$ 43,817
Program Administration	\$ 28,786
Fixed Expenses	\$ 9,363
Misc.	\$ 145
	\$ 82,111

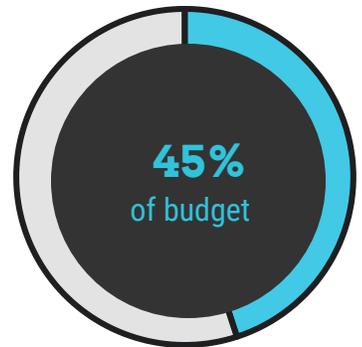
Total Assets

\$ 29,606

Program Delivery



Program Administration



Collaboration Matters!

A special thank you to our school partners and donors. Our work would not be possible with your support!

2017-2018 Foundation Donors

Gene & Stephanie Klurfeld Donor Advised Fund
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