

# U-Knighted by Wellness



*activities to support student health & well-being, after-school activities beginning at 2:30*

<b><u>Knitting &amp; Crochet</u></b> , Ms. Stepash Monday- 2:30, Media Center Makerspace	<b><i>Students will craft themselves calm through knitting and crochet. Crafts are repetitive so students will relax and focus.</i></b>
<b><u>Cake Decorating</u></b> , Mrs. Phillips Tuesday- 2:30, Room 116	<b><i>Learn how to pipe borders, write words, and create flowers out of icing.</i></b>
<b><u>Scrapbook/Journaling</u></b> , Ms. Cammarata Tuesday- 2:30, Media Center Makerspace	<b><i>Learn how to best preserve treasured memories. Bring photos and learn how to scrapbook/journal.</i></b>
<b><u>Gaming &amp; Esports</u></b> , Ms. Qira Wednesday- 2:30, Room 309	<b><i>Friendly competition, including board games, video games.</i></b>
<b><u>Jewelry Making</u></b> , Ms. Galt Wednesday- 2:30, Media Center Makerspace	<b><i>Make beaded necklaces and friendship bracelets. Learn to relax and create individual designs.</i></b>
<b><u>Movement &amp; Dance</u></b> , Mr. Shepherd Thursday- 2:30pm	<b><i>Salsa, Bachata, Country Line Dance, Ball Room– foundation of timing, rhythm, movement, and syncopation pertaining to music. Students will be encouraged to participate in school activities, including “Salsa Extravaganza”</i></b>