IDEA Lab Grant November 2022

Goal: to plan and run four middle-school clubs during WIN blocks that are engaging, fun, educational and result in community engagement and personal growth.

Middle School Clubs is an initiative of Jennifer Maylone, middle school counselor for grades 6-8. I am applying for this Idea Lab Grant to fund experiential learning and personal development of middle school students through clubs that will be both interesting and enriching while also educational and therapeutic. The clubs will take place during WIN (What I Need) blocks and participants will be students in grades 6-8 who are selected to participate by the guidance counselor. Participants will be chosen based on their Panorama (Universal SEL screening) and groups will be up to 10 students total. Groups will meet between 4-6 times each, starting in January and ending in late Spring.

Club #1: Art Club

**Activities:**

* **Meet and share what we love about Art and our favorite mediums/artists**
* **Make art together and discuss benefits of art in emotional regulation**
* **Invite artist to come meet with our group to see our creations and share their work**

**Materials: Art supplies for 10 students, $20 per student= $200**

Club #2 Cooking Club

**Activities:**

* **Meet and share conversation about our favorite foods and plan recipes**
* **Meet and cook together, discussing culture and family traditions around food**
* **Invite chef to come meet with our group to eat our creations and share a recipe**

**Materials: Ingredients for four recipes, $50 per meal x 4 meals= $200**

Club #3 Book Club

**Activities:**

* **Meet and share what we love to read and plan some books to read together**
* **Meet and discuss the book/books using guided questions**
* **Invite a writer to come meet with our group to talk about how they got their start**

**Materials: Book/s for 10 students, $10 per book x 2 books = $200**

Club #4 Adventure Club

**Activities:**

* **Meet for team-building/outdoor adventure activities focused on positive communication, conflict resolution, and building self-efficacy.**
* **Set individual and group goals; use outdoor adventure activities that build momentum towards those goals**
* **Review progress and revise activities to maximize growth and group effectiveness**

**Materials: Adventure therapy tools, including ropes, blindfolds, crates, balls, boards, floor spots, and more. Total budget: $400.**