

# BUILDING OUR FUTURE FALCONS

Future Falcon After School Program News



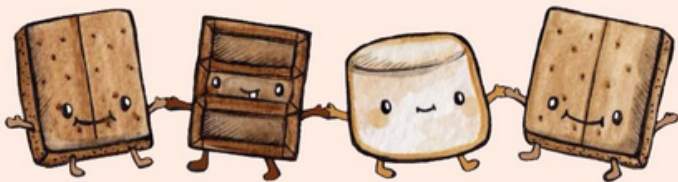
1st Tuesday of Every Month

## HOPES & COPES

### Mindful Mental Health with Mrs. Hauck

The School Counselor, Mrs. Hauck will be joining the Falcon's after school program. The first Tuesday of every month, the young falcons will reflect and learn mindful mental health through teamwork, leadership, art, and music during the first part of the Falcons- Building Our Future After School Program, during the first Tuesday of every month. This will be starting Tuesday, September 7th.

If you have any questions or concerns please contact Brigett Hauck or Michaela Meinders at 532-5364, [brigett.hauck@k12.sd.us](mailto:brigett.hauck@k12.sd.us), or [michaela.meinders@k12.sd.us](mailto:michaela.meinders@k12.sd.us). Thank you!



better together



# Hopes & Copes Contents

## Emotional Charades

Social learning that allows children to explore emotions & identify others emotions

## Stop Bullying

What is bullying? How does it affect others? Whom do I tell?

## Power of Words

Walk a mile in my shoes

## Too Good for Drugs

One Mind, One Body

## Anxiety & Stress

## Coping Strategies

What are coping skills & what helps me?

## Learning Styles

How do learning styles differ & effect communication?

## Getting to know your Personality/ Love Language

If my personality was a postage stamp

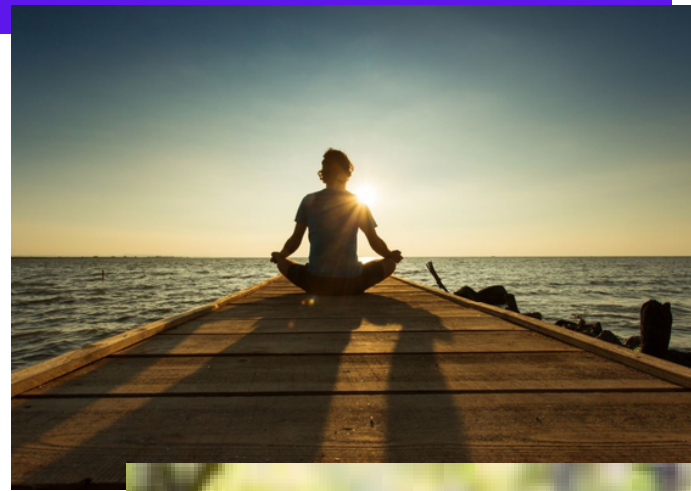
## Gratitude

What is Gratitude? How can I show it?

## The Leader in Me

Making good decisions & goal setting

All topics are subject to change



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BE SOMEONE THAT  
MAKES EVERYONE  
FEEL LIKE  
SOMEONE!