

ORENDA

What is ORENDA?

ORENDA is a program designed to empower our youth to:

- **Show Up:** Discover their purpose and passion.
- **Open Up:** Build authentic and meaningful relationships.
- **Rise Up:** Make a positive impact on their own lives and the world around them.
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We will engage in a variety of activities, including movement (Move Your Mood!), circle discussions, crafts, journaling, and special guest sessions, among many other mindful and enriching experiences. Our goal is to foster a strong sense of community, belonging, and self-worth among our students, cultivating a school culture that values every individual just as they are.

Show up for *yourself*.

Open up to *connection*.

Rise up to your *potential*

Grade 3-5 boys

Courage and Empathy

- **Activity:** *Courage Circle* - Boys sit in a circle and share a moment when they needed to show courage. Discuss the importance of empathy and understanding how others feel.
- **Discussion:** Explore how being empathetic doesn't mean being weak, but rather it's a strength that helps build meaningful connections with others.

2. Emotions, Communication, and Dealing with Conflict

- **Activity:** *Emotion Charades* - Act out different emotions and have others guess, followed by a discussion on how to express these emotions in healthy ways.
- **Discussion:** Role-play scenarios where conflicts might arise and work on strategies for resolving them through clear communication and understanding.

3. Physical Activity and Athletics

- **Activity:** *Obstacle Course Challenge* - Create an obstacle course that challenges their physical abilities while emphasizing teamwork and encouragement.
- **Discussion:** Talk about how physical health contributes to overall well-being and the importance of sportsmanship, regardless of winning or losing.

4. Role Models

- **Activity:** *Role Model Drawing* - Have the boys draw or describe someone they admire and share why. Discuss qualities that make a good role model.
- **Discussion:** Examine the traits of positive role models and discuss how they can embody these traits in their own lives.

5. Resilience and Real Strength

- **Activity:** *Resilience Relay* - Teams work together to complete tasks that require perseverance, such as building something with limited resources or solving a puzzle.
- **Discussion:** Define what real strength means beyond physical power, emphasizing mental and emotional resilience. Share stories of overcoming challenges.

6. Challenging Stereotypes of Masculinity

- **Activity:** *Stereotype Smash* - Write down common stereotypes about boys/men and discuss why they aren't true or helpful. Symbolically "smash" these stereotypes, either by tearing up the paper or with a creative art project.
- **Discussion:** Discuss the idea that being a man doesn't fit into one mold, and every boy can define his own version of strength and masculinity.

7. Building Strong Leadership Skills

- **Activity:** *Leadership Lab* - Create scenarios where boys have to lead a group through a task, encouraging them to think about how they lead and how they can support others.
- **Discussion:** Talk about what it means to be a leader, not just in sports or school, but in everyday life, including standing up for what's right and helping others.

8. Connection and Friendship

- **Activity:** *Friendship Builders* - Engage in activities that require cooperation, like building something together or a team game that can't be completed without everyone's involvement.
- **Discussion:** Discuss what makes a strong friendship and how being a good friend requires trust, honesty, and support.

Grade 3-5 girls

1. Building Self-Esteem and Confidence

- **Activity:** *Affirmation Art* - Girls create colorful artwork featuring positive affirmations about themselves, focusing on qualities they are proud of.
- **Discussion:** Talk about what self-esteem means and how each girl is unique and special in her own way. Encourage sharing what they like about themselves.

2. Friendship and Kindness

- **Activity:** *Friendship Bracelets* - Girls make friendship bracelets for one another, focusing on the importance of being kind and supportive friends.
- **Discussion:** Discuss what makes a good friend and how to show kindness, including how to handle conflicts in a positive way.

3. Emotional Awareness and Expression

- **Activity:** *Feelings Collage* - Create a collage using pictures and words from magazines that represent different emotions, followed by a discussion about these feelings.
- **Discussion:** Explore different emotions and how to express them in healthy ways, such as through talking, drawing, or writing.

4. Empowerment and Leadership

- **Activity:** *Superhero Self-Portraits* - Girls draw themselves as superheroes with unique powers that reflect their strengths and talents.

- **Discussion:** Talk about what it means to be a leader, emphasizing that everyone has special qualities that can make a difference.

5. Resilience and Overcoming Challenges

- **Activity:** *Obstacle Course* - Set up a simple physical or mental obstacle course, teaching the girls how to overcome challenges by working together and not giving up.
- **Discussion:** Discuss the importance of resilience, sharing stories of when they overcame something difficult and how they felt afterward.

6. Body Positivity and Healthy Habits

- **Activity:** *Healthy Habits Poster* - Girls create posters about healthy habits, such as eating well, staying active, and getting enough sleep.
- **Discussion:** Talk about taking care of their bodies and how feeling good on the inside helps them feel confident and happy.

7. Creativity and Self-Expression

- **Activity:** *Creative Journals* - Provide journals for the girls to decorate and use for drawing, writing, or expressing their thoughts and feelings.
- **Discussion:** Encourage the girls to use their journals as a safe space to express themselves and reflect on their experiences.

8. Role Models and Inspiration

- **Activity:** *Role Model Storytime* - Read a story or share about a strong female role model, followed by a drawing or writing activity where the girls think about who inspires them.
- **Discussion:** Talk about what they admire in their role models and how they can be role models for others.

9. Teamwork and Collaboration

- **Activity:** *Group Art Project* - Work together on a large mural or art project that represents their group, teaching the value of working together and respecting everyone's ideas.
- **Discussion:** Discuss how teamwork and collaboration can make tasks more fun and rewarding, and how everyone's contribution is valuable.

10. Celebrating Uniqueness

- **Activity:** *All About Me Booklet* - Each girl creates a booklet about herself, including her favorite things, talents, and what makes her unique.
- **Discussion:** Celebrate each girl's uniqueness, encouraging them to be proud of who they are and to appreciate the differences in others.

Grade 6-9 boys

1. Courage and Empathy

- **Activity:** *Courageous Conversations* - In small groups, boys share experiences where they showed or wished they had shown courage, followed by a group reflection on how empathy can strengthen relationships.
- **Discussion:** Delve deeper into the concept of empathy, discussing how understanding others' perspectives can lead to more compassionate and effective leadership.

2. Emotions, Communication, and Conflict Resolution

- **Activity:** *Debate & Resolve* - Boys are given a common conflict scenario and must debate both sides before working together to find a resolution.
- **Discussion:** Explore advanced communication strategies, focusing on listening skills, expressing emotions constructively, and resolving conflicts in ways that respect everyone involved.

3. Physical Activity and Athletics

- **Activity:** *Team Challenge Course* - A more complex obstacle course that requires not just physical strength but also strategic thinking and collaboration.
- **Discussion:** Discuss the connection between physical health, mental well-being, and self-discipline, emphasizing the importance of regular physical activity for overall health.

4. Role Models and Leadership

- **Activity:** *Role Model Interviews* - Have the boys identify role models in their community or famous figures they admire, and conduct interviews or research to understand what makes these individuals successful.
- **Discussion:** Discuss the qualities of effective leaders and role models, focusing on integrity, responsibility, and the impact of their actions on others.

5. Resilience and Real Strength

- **Activity:** *Resilience Journals* - Boys create a personal journal to document challenges they face and how they overcome them, reflecting on their growth over time.
- **Discussion:** Define resilience and discuss real-life examples of people who have demonstrated true strength in the face of adversity.

6. Challenging Stereotypes of Masculinity

- **Activity:** *Breaking the Mold* - Boys explore stereotypes in media, literature, and culture, and create projects (like videos, art, or presentations) that challenge these stereotypes.
- **Discussion:** Engage in deeper discussions about the pressures boys face to conform to societal expectations and how they can define masculinity in their own terms.

7. Advanced Leadership Skills

- **Activity:** *Leadership in Action* - Boys take on leadership roles in a project or event, such as organizing a community service project or leading a team in a challenging task.
- **Discussion:** Reflect on what they learned about leadership, focusing on the importance of accountability, decision-making, and inspiring others.

8. Connection and Brotherhood

- **Activity:** *Brotherhood Bonding* - Activities that build trust and camaraderie, such as team-building exercises, trust falls, or wilderness survival challenges.
- **Discussion:** Explore the importance of healthy friendships and support networks, and how true brotherhood means being there for each other in good times and bad.

9. Mental Health and Emotional Well-being

- **Activity:** *Mindfulness and Meditation* - Introduce mindfulness practices that help with stress management and emotional regulation.
- **Discussion:** Address the importance of mental health, breaking down the stigma around seeking help, and teaching boys to recognize and manage their emotions.

Grade 6-9 girls

1. Self-Esteem and Body Image

- **Activity:** *Mirror Messages* - Girls write positive affirmations on mirrors or posters, focusing on what they love about themselves, both inside and out.
- **Discussion:** Explore the impact of media and social influences on body image, and discuss ways to build and maintain self-esteem by focusing on strengths and individuality.

2. Leadership and Empowerment

- **Activity:** *Empowerment Project* - Girls identify an issue they are passionate about and develop a plan to make a positive impact, such as a campaign, event, or awareness project.
- **Discussion:** Discuss what it means to be a leader, emphasizing the importance of confidence, decision-making, and standing up for what's right.

3. Emotional Health and Communication

- **Activity:** *Feelings Journal* - Create a private journal where girls can express their emotions through writing, drawing, or other creative outlets.
- **Discussion:** Focus on the importance of expressing emotions in healthy ways, recognizing when they need support, and practicing effective communication in friendships and family relationships.

4. Healthy Relationships and Boundaries

- **Activity:** *Role-Playing Scenarios* - Engage in role-playing activities where girls practice setting boundaries and navigating various social situations, such as peer pressure or dealing with conflict.
- **Discussion:** Explore what makes a relationship healthy, whether it's with friends, family, or potential romantic partners, and discuss the importance of respect, trust, and mutual support.

5. Resilience and Overcoming Challenges

- **Activity:** *Challenge Reflection* - Have the girls reflect on a challenge they've faced and discuss how they overcame it, either in small groups or through a personal project like a scrapbook or video.
- **Discussion:** Talk about resilience, focusing on how to bounce back from setbacks and learn from difficult experiences. Highlight stories of women who have overcome obstacles.

6. Stereotypes and Societal Expectations

- **Activity:** *Breaking Barriers* - Create a collaborative art project that challenges stereotypes and celebrates diversity, individuality, and the unique qualities that each girl brings to the world.
- **Discussion:** Discuss the stereotypes girls face and how they can challenge societal expectations to define their own paths, emphasizing the importance of self-acceptance and confidence.

7. Physical and Mental Well-being

- **Activity:** *Yoga and Mindfulness* - Introduce yoga and mindfulness practices that focus on relaxation, stress relief, and connecting with their bodies in a positive way.
- **Discussion:** Talk about the connection between physical health, mental well-being, and self-care practices that help manage stress and maintain a balanced life.

8. Role Models and Inspiration

- **Activity:** *Inspiring Women* - Have the girls research and present on women who inspire them, whether from history, their community, or their personal lives.
- **Discussion:** Reflect on the qualities that make these women role models and how the girls can incorporate these qualities into their own lives to inspire others.

9. Building Confidence and Assertiveness

- **Activity:** *Assertiveness Training* - Through activities like public speaking, debates, or mock interviews, girls practice expressing themselves confidently and assertively.
- **Discussion:** Explore the difference between being assertive and being aggressive, and discuss how to stand up for oneself in a way that is respectful and effective.

10. Friendship and Peer Support

- **Activity:** *Friendship Circle* - A group activity where girls share what they value in friendships, followed by a trust-building exercise or group project.
- **Discussion:** Discuss the importance of supportive friendships, how to navigate conflicts within friendships, and the role of empathy and trust in building lasting relationships.