

## BOOK NOOK

Mounting evidence suggests that afterschool programs can play a vital role in improving literacy outcomes for children.

### EAC YMCA OFFERS:

1) A print rich environment that integrates curriculum projects with books and comprehension tools;  
2) Incorporating a multicultural and leveled library into the program that speaks to the real interests of our children with cozy, attractive reading areas.

## VOICE AND CHOICE

Opportunities during our unique learning centers consist of games and puzzles, building blocks and constructions, reading center, science center, music center, homework area, and creative expression.



## EINSTEIN TIME

Each week children experience over 20 enriching developmentally-appropriate curriculum projects that include:

- arts & crafts
- STEM
- physical exercise
- group games and activities.

These projects are created by **EAC YMCA**'s curriculum specialists and are aligned with the Texas Essential Knowledge and Skills (TEKS).



## CLUB EAC Y

Club EAC Y is a program that provides children the opportunity to choose clubs of interest during afterschool hours. This exclusive program will provide students with intriguing activities that enhance leadership, problem-solving, and teamwork skills.

LEGO club is available daily to provide children with more opportunities to participate in STEM challenges, have a chance to explore puzzle and problem-solving, express themselves, and expand opportunity for creativity and imagination. Our youngest preschoolers will master spatial reasoning and working with others.

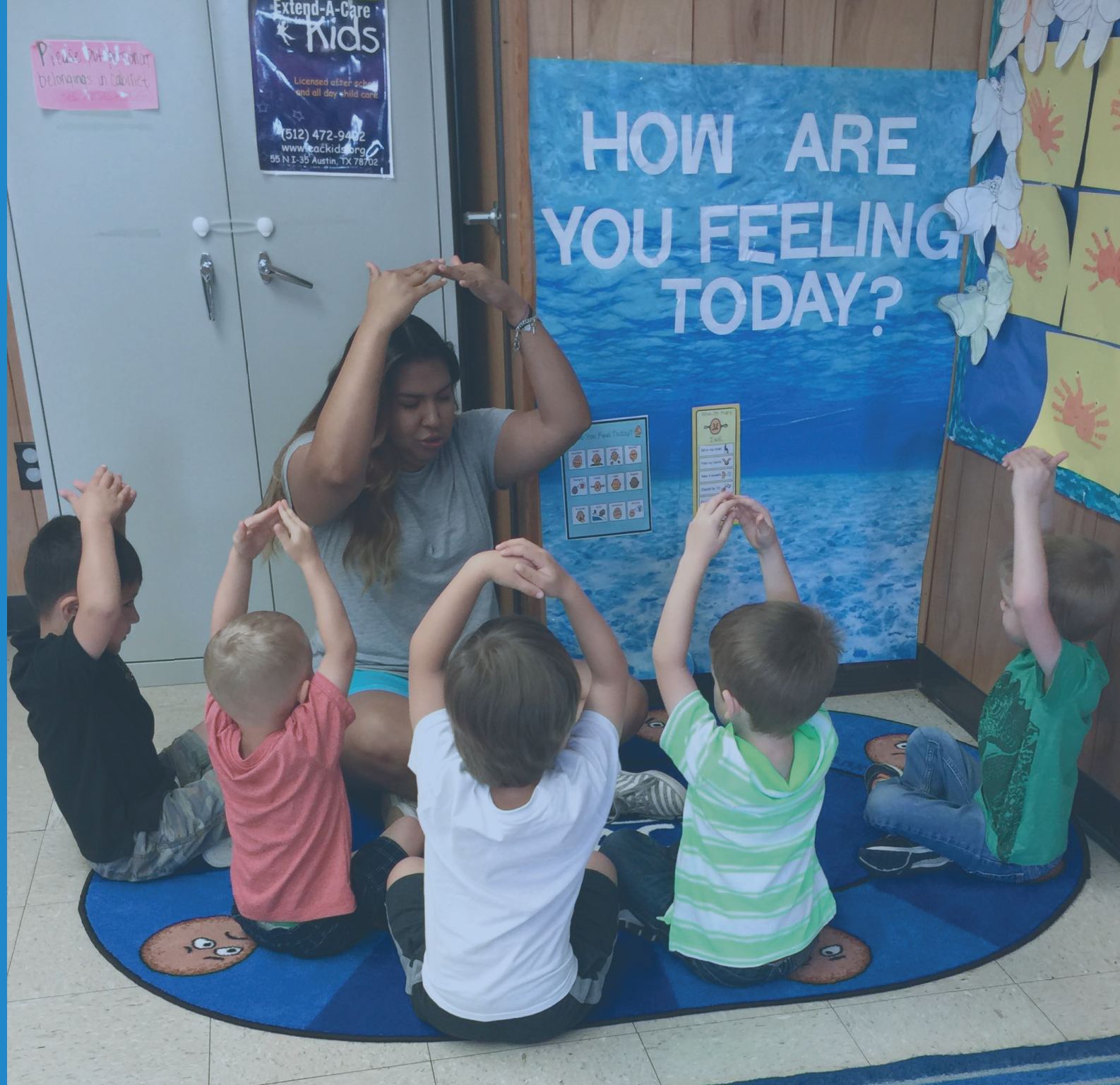


# SOCIAL EMOTIONAL LEARNING

Our **Extend-A-Care YMCA** staff members are making great efforts to include Social Emotional Learning as a piece of your child's daily schedule.

## GROUP MEETING GUIDES CHILDREN TOWARDS:

- acknowledgement of self awareness
- self-management
- social awareness
- responsible decision making
- relationship skills



## FLEXIBLE SEATING AREAS

Every child has a different preference for focusing on reading or homework. We provide casual seating options for kids to relax after the school day of 6 hours in a desk chair.



## PHYSICAL ACTIVITY

This is where the importance of a socialized setting for time spent out of school becomes important.

**EAC YMCA** allows children to:

- Play with their peers in physical activities
- Learn inclusion & conflict resolution while still being encouraged to try their best
- Participate in organized outdoor activities, free play-ground time, relay games, sports, and yoga.

The time for play, with its benefits of social development, community, resilience and self-esteem, has never been more needed in our children's lives, and afterschool care provides the landscape.



## HEALTHY SNACK

**EAC YMCA** ensures children have access to a healthy, balanced snack each morning and afternoon.

Snacks include a variety of vegetables and fruits, whole grains, and small amounts of added sugar and saturated fat. All USDA approved.



## HOMWORK TIME

**EAC YMCA** provides a 30-45 minute homework/reading time with a quiet environment which includes resources to utilize such as dictionaries, pencils, paper, and reference books.

Group leaders rotate amongst the group to ensure proper supervision of the entire group and assist





## BUILDING RELATIONSHIPS

**EAC YMCA** offers a program where children can engage with peers and establish meaningful friendships.

Our SEL program assists in providing children with the ability to listen well, communicate clearly, cooperate with others, and establish meaningful and healthy relationships.

