



PROJECT GROW

A new Instructional Unit

Ten, 2-Hour Sessions

Project GROW is a comprehensive, curriculum-based healthy lifestyle IU for Elementary and Middle School children and youth that will have them excited and informed about making healthy living choice for themselves and their families!

Each session is divided into three parts:



MINDFULNESS through the arts, children become aware of the present moment, learn to appreciate a quiet moment and how to use these periods of solitude as time to learn about themselves!



HEALTHY MINDS AND BODIES through specific hands-on activities, children learn how to make healthy choices through tasting fresh herbs and vegetables, planting and caring for edible plants and gain knowledge of the nutritional values of what they consume. The “take home” part of this is a remarkable tool for children to stimulate healthy discussions in their homes.



MINDFUL MOVEMENT through movement, dance and other artistic activities, children learn fun yet strategic ways to ‘get into shape’ without being threatened with terms such as, “exercise” or “working out.” It is a non-competitive, fun way for kids to ‘stay in motion’!



Center for
Creative Education

-in cooperation with-



prime time
PALM BEACH COUNTY
Dedicated to Quality Afterschool Programs



DeVos Blum Family YMCA
of Boynton Beach

**CLICK TO
APPLY
ONLINE!**

HOW WILL I KNOW IF I AM AWARDED PROJECT GROW?

A CCE program staff member will call you with the good news.

The next step is a mandatory planning meeting (usually a morning from 9:00 – 12:00 p.m.) for the program director and any of your staff involved with Project GROW.

BEFORE YOU APPLY FOR PROJECT GROW

...you must have the following capabilities:

1. As with every CCE IU, you must have a minimum of 15 children per session and you must commit to having the same children at all of the sessions.
2. There must be open classroom space available for freedom of movement by the children.
3. Depending on the planning process with your Teaching Artist, you will need either a dedicated space indoors where a grow-light garden can be created and sustained. It must be near a water supply for ease of watering the plants. Or, you must have an outdoor area that may be converted into a garden, also with watering capabilities.
4. Your maintenance staff **MUST** understand the scope of the project and be of assistance when needed in order to never disrupt the regular operation of the building or outdoor area.
5. As with every CCE IU, a staff member must be designated to be part of the `team' in the classroom with the Teaching Artist. Other details are established after you have been awarded a project GROW IU and you and your staff plan with your Teaching Artist.

**CLICK TO
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Project GROW is a three-part program with 10 sessions sometimes up to 13 to 15 sessions for each part, depending on the situation.

A site may apply for as many sessions per semester as they wish, although not guaranteed.

Due to the specifics of Project GROW, there are a very limited number of programs awarded per semester.

