

VISION

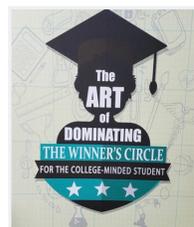
ADDRESSING EDUCATION, COMMUNITY, HEALTH AND PASSION

RECIPE FOR PLAY

Zipporah Stevens

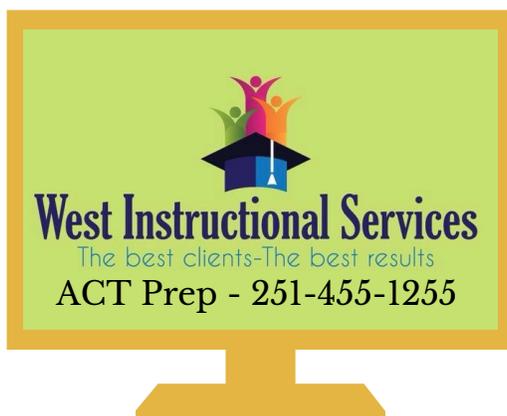
Play is more than just time for kids to have physical activity. Play teaches skills that children will use throughout their entire lives.

LIFE HACKS FOR NURTURING THE BODY



Dr. Anika Thrower
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Social and emotional, gross motor, problem-solving and language development are just a few of the endless skills learned through play.



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PASSION

Author Spotlight

Florida Native
Leon Bradshaw pens his passion in
-Evil Expiation &
-Passions for Tiki

Both books are available on Amazon.

COMMUNITY

“Together We Can Do More”

STRIVE OUTREACH is a community based program. The purpose of STRIVE Outreach is to spread awareness, motivate and train individuals.

Our goal is to increase the level of functioning in our community through educating, motivating, and training. We work with other organizations to reach a common goal.

“Why Do It Alone, When We Can Do It Together”.

Kesha Sewell

Upstate Recycling

With our population growing daily, so is our waste production. What isn't growing is our recycling habits. If a colony of Ants can build an empire, the possibilities for us are endless. There is power in numbers.

Follow Upstate Recycling on Instagram for tips and information on how to recycle at home.

RECIPE FOR PLAY

The Association of Play Therapy defines play therapy as, “the systematic use of theoretical model to establish an interpersonal process wherein trained play therapist use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development. (Association for Play Therapy)

Albert Einstein and Benjamin Franklin never used standardized test or flash cards to become a physicist or inventor. They explored and experimented (play) using creativity. Benjamin Franklin utilized trial and error to explore and experiment. This process is characterized as play. While, every child may not come a genius, an environment where a child's mind feels opens may stimulate enriched possibilities which opens new doors to for learning.

I presented the class with a box filled with bubble wrap and Styrofoam. The only instructions they received were to have fun and play. One child took a piece of the bubble wrap to the art center and dipped it in paint. The child created a beehive that resembled one that he had read in a book. Afterwards, he wrote the letter B under his picture and said, “Beehive makes the /b/ sound”.

The child displayed a lesson from a book he read, while playing with the bubble wrap, showing creativity. Referencing a previously ready book allow the child to utilize strategic learning and critical thinking skills. The use of a pencil to write the letter B shows hand-eye coordination, writing skills and fine motor development. Indicating the sound letter b makes in beehive demonstrates phonemic awareness, and the ability to identify sound.

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The learning model of play allows children to utilize imagination or creativity play, while learning.

Play should be led by children with occasional scaffolding from adults. On your mark... get set...play!

Zipporah Stevens



LIFE HACKS cont.

A Historically, students living on a college campus gain approximately 10 pounds within their first year. This is because of a sedentary lifestyle and reliance on eating the overly processed, yet convenient foods available on the college campus. As we know, some foods can be enjoyed often (e.g., fruits, vegetables, and whole grains).

while others should be enjoyed infrequently, such as foods that are high in saturated fats, bad cholesterol (LDL), sodium/salt, and sugars (e.g., pizza, loaded potatoes, and baked goods)

A life hack many students use is consuming foods rich in vitamins and minerals. These nutrient-packed foods help

maintain health and the mental clarity needed to win in higher learning. Many students will attest they feel best when they limit portion sizes along with processed foods (overly sweetened and/or salted foods). Fresher foods with limited ingredients are instant sources of energy to promote mental clarity.

Dr. Anika Thrower

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Students!! Go from vision to passion. Join Shaping My Path on Facebook.

EDUCATION

One of the most common problems that occurs in our schools and in society in general is bullying. Bullying is a widespread issue that plagues many people - both children and adults. Unfortunately, I have been a victim of bullying when I was in high school. As a victim myself I can tell you that it is not a good feeling. The main question that runs through your mind is "why is this happening to me?" When you have not done anything to the person you wonder why are they picking on me for no reason. I have also talked to many people who have also been victims. I have heard stories of individuals committing suicide because of bullying.

I am passionate about this topic because it happened to me and so many others and I want to help address the issue.

I hope that can help someone who is struggling or someone who is still having difficulty coming to grips with what happened to them. I hope that I can shed some light on the issue and just help people overcome this terrible behavior. I do want to say right here and right now that you are not the cause of the bullying. The bully tends to be someone who has their own issues. Typically someone who has their own self-esteem issues. Maybe the bully has been bullied them selves and they bully as a way of coping with their own situation. There are many other reasons why people bully. My focus is to help those who have been bullied. I want to share the things that helped me cope and address my own situation when I was being bullied. I hope that by me writing about my own situation that I can help others. That is what this is all about.....helping others.

I have a motto that I live by and like to share...If you see something say something. We have too many people who witness bad behaviors and just don't speak up. If we all had more courage to speak up we can really help address many behaviors that plague our society. I have pledged to always speak up when I see something that is not right. I hope that you will join me. That is it for now.....

Moon Girl Talks,
Kamaria Green



Join The 52 Experience at
www.youtube.com/transformpam

HEALTH

The Daughter of Sarah (DOS) is a non-profit organization whose mission is to promote early detection by providing healthcare information, healthy eating options, and resources to caregivers. Additionally, the organization honors individuals who provide care to others with a life threatening or terminal illness who are unable to do so for themselves.

The Daughter of Sarah provides health awareness. The organization encourages individuals who face crises or experience symptoms to visit their healthcare provider to gain a better knowledge and prayerfully prevent future advancement of the condition.

March Awareness
-Diabetes
-Kidney
-Multiple Sclerosis
For a full list visit
www.healthline.com

JOIN US

Email pamryans@yahoo.com.

Articles must feature categories relating to community, education, health, and passion. Information must be free of profanity, insulting or demeaning information and be void of political and religious biases.

Articles are subject to approval.

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