

April 2018 Grass and Geese Moon

Wuskiixaskwal waak waapsowihleewi-niipaahum

The return of the geese reveals to us that spring ~~is~~ is on its way and the beginning of a new year.



Mon Social Skill bldg. ATOD	Tue Decision Making	Wed Problem Solving ATOD	Thu Relationship Building	Fri On-going Culture
2 Spring Break No School Life Skills 1 – 6 PM	3 Our brains and bodies need sleep. Staying up all night will make you feel _____.	4 Our Bodies Need Good Fuel Nutrition Rest Sleep Exercise Trying alcohol, tobacco, or drugs will make us sick.	5 It is important to learn to take care of yourself. Eating Sleeping Health Earn money Shop Do laundry	6 language practice coloring booklets <u>Mwaakneew Dog</u> <u>Apwaan bread</u>
9 I can use my judgement to keep myself safe and healthy. Magazine collage Food Beverages Exercise	10 Our brains react to using electronics at bedtime. Why do we toss and turn all night?	11 How important is water? Avoid caffeine	12 Taking care of your stuff means _____. What can you do now on your own? Where do you keep your clothes?	13 Garden Prep <u>Pooshih Cat</u> <u>Aalunj orange</u>
16 Adventures can be overdone like _____, _____, and can involve some risk or danger. drinking or smoking	17 I know what a new opportunity is. Face your fears	18 Is sugar addicting? How is it bad for you?	19 I can change a lightbulb and do a load of laundry. YouTube: 8 year old teaches how to do laundry	20 Garden Prep <u>Nehnyeongus Horse</u> <u>Aapulsh apple</u>
23 I can get myself up on time. Who gets you up in the morning? I can set an alarm.	24 Self - care means _____. Mind Body Handle stress Find help to help you stay on track!	25 Buying convenience food is a healthy choice and cost the same?	26 I can grocery shop with a budget to make PBJ. Activity: I know where to put the food when I am done and how to clean up after myself.	27 Garden Prep <u>Xwaskwiim Corn</u> <u>Wtechiim strawberry</u>

30
 Managing our own feelings means learning _____.

 Self - control

Munsee Delaware Language

Aween ha wa? Who is this? Wan ha _____. This is _____.

Lumutapiil. Sit down. Niipawiiil. Stand up.

Kii ha Koolamalsi? Are you feeling well? Aaha, nii noolamalsi. Yes, I am feeling well.

After School Program ASP K – 3rd grade #715 – 793- 4085 Lai Lonnie

ASP gardening is scheduled for Fridays. Please wear your play/work clothes.