

CURIOSITY &
CONNECTIONHEALTHY
MINDSA NORTH
CENTRAL MA
COLLABORATION

APRIL 13, 2022

Opportunity for Elementary School Students

VIRTUAL EVENT WED, APRIL 13, 2022 10-1

Come join us for some fresh new content
and experiences with Healthy Minds!

What is Healthy Minds?

Healthy Minds is an annual virtual youth conference that explores the idea of being healthy, in all areas. This year's Healthy Minds event brings health and real-world skill-building to K-12 schools across the region with a theme of "Curiosity and Connection". Teachers and students will be able to select from breakout sessions that spark personal interests, satisfy curiosity, and help them plan for their future.

Agenda



10:00 General Session

10:50 Movement break

11:00 Workshop #1

11:45 Movement break

11:45 Lunch

12:00 Workshop #2

12:45 Closing session

Workshop Highlights

- It's COOL to tour a FIRE house

Did you ever wonder what it's really like to be a firefighter? Join Fire Captain Tim Shea to get a behind-the-scenes look at how a fire house runs!

- Connection in the Kitchen

Connect with your inner chef, and with each other! In this session, students will use polls to vote ingredients for a healthy and delicious snack made live on camera. Print the recipe, take it home, and show off your skills with your family!

- History of Hip Hop

From its origins in Latin, African, funk, and soul music, hip hop has grown into a worldwide phenomenon. But did you know that it all started in one neighborhood in the South Bronx? Corey will take students through the early history of hip hop and its four elements - MC-ing, DJ-ing, breakdancing and graffiti - to inspire them with the possibilities of creating something positive out of everything.

- Big Feelings & What To Do With Them

Identifying everyday feelings, how they affect us, and how we manage them. Led by LUK's high school Youth Leaders, students should expect to be active and try out some fun ways to release energy.



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information and check back often
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