



Ulkatcho School Outreach 2019/2020

| Dates 2019 | Topics |
|-------------------|--|
| October 2 | Icebreaker/Introduction |
| October 09 | Thanksgiving Activity |
| October 16 | Bullying |
| October 23 | Art project for Mental Health Day |
| October 30 | Halloween Activity (bag) + Dental care |
| November 06 | Boundaries |
| November 13 | FALL BREAK |
| November 20 | Bullying |
| November 27 | Empathy |
| December 04 | Christmas Activity |
| December 11 | Christmas Activity |
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| Dates 2020 | Topics |
|-------------------|--|
| January 15 | New Year's Goals |
| January 22 | Self-Care & Gratitude |
| January 29 | Anger (The Anger Game) |
| February 5 | Valentine's Day Activity |
| February 12 | Family Day Activity |
| February 19 | Conflict and Resolution |
| February 26 | Internet Safety |
| March 4 | St. Patrick's Activity |
| March 11 | Bullying |
| March 18 | Spring Break |
| March 25 | Spring Break |
| April 1 | Easter Activity/Pink Shirt Day |
| April 8 | Circle of Control (what can/can't control) |
| April 15 | Pay it Forward Activity |
| April 22 | Mother's Day Activity |
| April 29 | Medicine Wheel "Spiritual" |
| May 6 | Medicine Wheel "Emotional" |
| May 13 | Medicine Wheel "Physical" |
| May 20 | Medicine Wheel "Mental" |
| May 27 | Father's Day Activity/Celebration |
| June 3, 2020 | Pets (The importance of spay/neuter) |
| June 10, 2020 | Wrap up Celebration for Year End |