



ABOUT GREEN APPLE KIDS

Green Apple Kids (GAK) brings mindfulness practices to urban youth. Our program supports youth's mindfulness practice within urban settings. It is designed for youth to understand the importance of establishing healthy ways of being through social-emotional skills, self-awareness, learning abilities, and positive peer and adult interactions.

As educators, the founders of Green Apple Kids were alarmed by the stressful environment being developed by high stakes tests and data driven instruction being taken place in schools. As they witnessed students losing interest in school and their stress building, they felt the need to be proactive about this new paradigm. The Green Apple Kids curriculum was adapted to equip the students with tools to be mindful and ways to handle stress that affects them daily in order for them to self-regulate their emotions and become more resilient.

Green Apple Kids was founded by Liza Mendel-Williams and Beatrice Tinio, New York City educators and mothers, who both strive to address the growing concern regarding the inaccessibility of behavioral health and wellness practices within under served communities.

The Open Space Institute, Inc fiscally sponsors Green Apple Kids as part of their Citizen Action Program. OSI is a nonprofit public charity exempt from federal income tax under Sections 501(c)(3) and 509(a)(1) of the Internal Revenue Code.



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PROGRAM BROCHURE



Green Apple Kids Program

run ways to a mindfulness ages 2-5 years movement, yoga become more explore how it focus their senses. Through activities improving their motor skills and physical fitness, develop awareness of their senses, and emotional growth, build social skills, and enhance their creativity.

Mindfulness through Movement (6 Lessons)

In this fun and playful unit children work on motor skills and physical fitness, developing awareness of the senses, emotional growth, building social skills and creativity. The focus in this age group is to familiarize children with their bodies and get them into the routine of mindfulness through yoga play.

Little Yogis (6 Lessons)

This engaging unit continues to foster children's physical, social-emotional, and academic growth. Through music, singing, dancing, games and imaginary play children will begin to make the connection between the mind and body. The focus is to familiarize children with their bodies and get them into the routine of practicing yoga in order to foster more mindful beings.

Green Apple Kids School Program

Green Apple Kids curriculum can be easily implemented as enrichment classes during in school time or as an after school program. Units are organized into three essential components to support youth's mindfulness practice within urban settings. Each unit incorporates hands-on lessons for elementary ages.

What is mindfulness?

Being mindful is paying close attention to our 5 senses and what is going on around us without making any positive or negative judgments. Just being observers of our mind and body and being aware of feelings or sensations that may arise.

Unit I: Breathing & the Brain

Youth are introduced to the fundamental core practice of the Green Apple Kids program through breathing techniques. In addition, youth will become more familiar with the human brain, its basic functions, and how it works with response and learning.

Unit II: Body & Senses

Youth will develop an awareness practice of the physical body and the five senses in order to self-regulate emotions, and build resilience to challenging and stressful situations.

Unit III: Attitudes & Actions

Participants understand the role of their mind-set in relationship to how they learn and grow. Youth will apply mindful behaviors within daily interactions with their community and outside world.

Green Apple Kids Holiday Camps

The Green Apple Kids 'Holiday Camps' are intended for working parents who are looking for a safe, fun, and meaningful place to send their kids during school days off. Green Apple Kids Holiday Camp program gives youth a fun and thought provoking experience. Our activities will focus on mindfulness, health, wellness, and fitness that will stimulate both body and mind. Participants will be taught from a mindfulness curriculum that promotes self-awareness, self-regulation and making healthy mental and physical choices.

If you would like Green Apple Kids Holiday Camps to be part of your school community please contact us at greenapplekidsny@gmail.com to discuss how you can get us into your child's school.

Holiday Camp Activities

Mindfulness Exercises
Yoga Play
Light Cooking
Sports, Physical Fitness
Dance
Art Making
Lego Building
Board Games
Homework Help
and so much more...

