

PLP Girls Gen Final Project Planner 2021

Event Name:	DIY Zen Garden Zoom Event
Date:	May 18, 2021
Location(s):	Virtually via Zoom
Description:	<p>To come together, celebrate and enjoy each other's company at the end of a long, difficult year we decided to have a light-hearted, hands-on artistic activity that melds health and wellness perfectly.</p> <p>Working with an educator in our school district, we reached out to Mrs. Delayna Goins to see if she would help us design a "do-it-yourself" program that would be informative and engaging for our student population.</p> <p>At our request, she created video content for us to play at our zoom session and teach the attendees how to build their own zen garden using household items. She also discusses how the garden can be helpful to one's health, wellness, focus, happiness and peace of mind.</p> <p>You can find the video link below: https://youtu.be/NpsbKCmE3iM</p>
Purpose:	<p>Our team of girls enjoys taking an active role in teaching and learning; we can all learn from each other, after all!</p> <p>This year, we want to focus on the health and wellness of our team of girls, first - and then branch outward to the community at large.</p> <p>We have broad interests, and although our activities may seem quite diverse, we believe that they all center around the overall development, happiness and wellbeing of the "whole child" (or person).</p> <p>Every year we try to come up with unique activities that we think our team, our school, and our community would be interested to participate in and learn about. This year was no different. Since</p>

	<p>we've been participating in distance learning for the majority of the year, it made the most sense to design a community program that was in May (especially since we didn't officially transition from voter mobilization to health and wellness until after the new year) and via Zoom.</p> <p>Overall, the purpose of this event is to teach our audience how to improve their health and wellness by creating their own peace and solace in this hectic world. During the pandemic especially, many have experienced tension, anxiety, loneliness, depression and distraction. Learning how to build our own zen garden is a meaningful way to take back control and focus on our wellbeing.</p>
<p>Time of Event:</p>	<p>4 PM</p>
<p># of Guests:</p>	<p>10+</p>
<p>Special Guests:</p>	<p>Palmdale School District Learning Support Teacher (LST) Mrs. Delayna E. Goins, MBA.</p> <p>She is a teacher on special assignment (TOSA) for our school district, is the Visual & Performing Arts coordinator at our school, is the co-founder of Laity Institute of the Arts Program, and the content creator/vlogger for Seeing Song Media.</p>
<p>Materials Needed for Event:</p>	<p>Chromebooks/mobile devices YouTube video access Paper plates or containers Sand Foliage Tea light candles Rocks Craft sticks Glitter Puffy paint Colored marbles Seashells Sticks/Wood Miscellany</p>