

The Plant Pals program information

Plant Pals, Intergenerational Program

Avant Elementary School
1915 N 55th St, East St Louis, IL 62204

1st & 3rd Thursday's beginning October 28, 2021 through December 16, 2021

Time: 4 p.m. - 6 p.m.

Session (1) October 28
Session (2) November 4
Session (3) November 18
Session (4) December 2
Session (5) December 16

For more information Call: 314-410-0483

Approx. Time	Group Flow	Facilitator(s)
15 min.	MOVEMENT WARM UP <ul style="list-style-type: none">• Breathing• Movement to music• Isolating body parts (All participants are seated in a circle)	Sunshine Cultural Arts
5 min.	INTRO OF THEME AND QUESTION OF THE DAY	Cassandra Williams, Derissa Davis Erica Carroll
30 min.	GROUP MEMBER INTRODUCTIONS, SHARING: <ul style="list-style-type: none">• Name• Answer to question/theme• A movement/gesture to represent answer or theme• Group mirrors movement	Cassandra Williams, Derissa Davis Erica Carroll
10 min.	PLANTPAL PARTNERING-TRANSITION INTO ART <ul style="list-style-type: none">• Music is played while staff sets up e.g. rearranges tables as necessary	staff
45 min.	NATURE INSPIRED VISUAL ART <ul style="list-style-type: none">• Plant Pal pairs/groups create art and connect	Cassandra Williams, Derissa Davis Erica Carroll
10 min.	PARTNER SHARES/GROUP REFLECTION <ul style="list-style-type: none">• Refreshments	Cassandra Williams, Derissa Davis Erica Carroll
5 min.	CLOSING SONG & FREE DANCE	Sunshine Cultural Arts
Total 120 min.		