



United Federation of Teachers
A Union of Professionals

Super Saturday Workshop Descriptions

Morning Workshops (9 a.m. to noon)

Mindfulness (Wear comfortable clothing)

Participants of the workshop with Calm City can expect an overview of meditation and how a mindfulness practice pertains to students and teachers. We will discuss the various types of meditation and its benefits. During the workshop we will facilitate to different styles of meditation; mindfulness and compassion.

Nutrition

Many find it difficult to find time to eat healthfully during their workday. This talk will provide strategies and skills on incorporating healthy meals into your days as well as your time outside of work. This informational presentation will focus on healthy eating and nutrition, provide healthy eating tips, teach participants how to gain control over eating during their workday, present meal planning tips and strategies and provide recipe examples. Tasting involved; bring your appetite!

Yoga - Relaxation to Improve Your Mental Health (Bring your yoga mats and towel.)

As a new educator you may have many stressful days and moments. Yoga can help to reduce some of this stress. Come join us to participate in relaxation and breathing exercises that can help to calm your anxiety and improve your energy levels. These techniques are good for your heart, support weight control and promote healthy eating. No yoga experience is necessary to participate. All are welcome.

Zumba Strong/Vixen: (Wear comfortable clothing)

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

The Vixen Workout A high intensity hip-hop cardio workout taking the dance fitness world by storm. Combining all of your favorite artists and the hottest tracks, each class will make you feel as if you are performing live in concert. Join the vixen army!! It delivers easy to follow along routines that provide a full body workout that will leave you dripping with sweat and feeling empowered.

Lego Workshops (12:30 to 3 p.m.)

Come join LEGO Education for an exciting day of hands-on, engaging, and innovative playful learning, highlighting the power of LEGO Education in the classroom.

This session will include group builds and design challenges, as well as tracks of presentations for early childhood, elementary and secondary classrooms.

The focus will be on hands-on engagement, STEM, computer science, robotics and all that makes for a great, cross-curricular 21st-century learning experience for your students.

Be prepared to be a student again, and celebrate the joy of learning through play!

Early Childhood

During the session, we will focus on building class environments with LEGO Education tools to engage youngest learners in the foundations of STEM, literacy, numeracy and collaboration. The session will focus on our early childhood resources, including STEAM Park, Coding Express, Build Me Emotions, Story Tales and others.

Elementary

During the session, we will focus on activities and resources that provide a cross-curricular pathway to engineering and robotics through science and math. These include machines and mechanisms, and our elementary robotics solution WeDo 2.0.

Secondary

During the session, we will focus on activities and resources that provide a cross curricular pathway to engineering and robotics through science and math. These include our secondary robotics solution, MINDSTORMS EV3.