



UPDATES FROM THE CITIES PROJECT

# IN THE LOOP

Volume 3 Issue 5 | September & October 2021



## After School Activities

## Welcome to the Cities Project!

Welcome back to returning mentees and mentors and a warm welcome to those who are joining us for the first time! We are so glad to be back in person and that we can all be together again. During the first few sessions the mentees and mentors have been getting to know each other and their fellow peers, fostering a safe space and learning about what this year will entail. The mentees have learned about SOS and SEES, an activity that is used at almost every meeting to check in with the mentees and see how they are doing. The mentors and mentees have been brainstorming goals related to the SEES area that can be achieved by the end of the quarter. During the fourth session, the mentees were introduced to the concept of growth and fixed mindset. Ask your child if they can tell you the difference between the two! During the last few sessions, the mentors and mentees have been discussing advocacy and brainstorming different issues within their community that they would like to address.

Throughout the week the Cities Project will be holding additional days for the mentees to further the work being done on the Wednesday sessions!

### Monday/Virtual

Meeting ID: 947 9076 1674

Password: 353652

### Tuesday/In-Person

### Wednesday/In-Person

### Thursday/In-Person

### Friday/Virtual

Meeting ID: 988 1561 6289

Password: 008007

### Stay Connected!

**Facebook:** [The Cities Project](#)

**Instagram:** [@thecitiesproject](#)

**Twitter:** [@thecitiesproject](#)

# SOS

**Slow down** - pause and take a deep breath

**Orient Yourself** - Bring your mind and body to the present

**Self Check** - Rate how you feel and how in control you feel

# SEES

\*Proactive Approaches to Coping\*

Sleep

Eating & Exercise

Emotions & Everything Else

Study

## Fixed Mindset

- People only have the abilities they were born with
- Avoids challenges
- Gives up easily
- Ignores criticism

## Growth Mindset

- Everyone can get smarter and grow in almost every way
- embraces challenges
- persists in obstacles
- Embraces criticism

## Advocacy

**Self Advocacy** - knowing one's own strengths and needs and confidently expressing one's strengths and needs to others in order to stand up for self or get needs met.

**Social Advocacy** - identifying injustices in one's community and working collaboratively with others to address injustices.

**Ally Advocacy** - Uniting yourself with another person or community to promote a common interest