



UPDATES FROM THE CITIES PROJECT **IN THE LOOP**

Volume 3 Issue 5 | January 2022



After School Activities

Cities Project Recap:

After our long winter break, the Cities Project is back! We've been busy catching up with one another about our breaks and how we spent our time apart through activities, games, and conversations. We spent time reflecting on the past year and discussed what we are anticipating for 2022. The mentees shared this through an activity where they had to act out a movie preview of what they thought will happen. The mentees and mentors have continued using their SOS check-in and working on their SEES goals. While working on our SEES goals, the mentees were introduced to the SMART Goals framework. The mentors and mentees have also been discussing their community by creating collages with menus, newspaper clippings, ads, tickets, and found objects from their community to make their collages.

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

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SMART Goals Framework:

S

Specific - Goals that are specific have a significantly greater chance of being accomplished.

M

Measurable - A SMART goal must have criteria for measuring progress.

A

Actionable - Concrete steps created that make clear what actions you will take to achieve the goal.

R

Realistic - A SMART goal must be realistic in that the goal can be realistically achieved given the available resources and time.

T

Time Sensitive - If the goal is not time constrained, there will be no sense of urgency and motivation to achieve the goal.

Mindfulness Tips - Every session, the mentees and mentors practice mindfulness. Here are some tips to remember when practicing mindfulness!

- Find a safe space
- Set a time limit
- Focus on your breathing
- Notice your body
- Be kind to yourself!