

WEDNESDAY ELECTIVES – SESSION 5

Session Dates: April 13, 27; May 4, 11, 18, 25

PRINT AND PATTERN MAKING

In this class students will explore pattern-making through block printing and using found objects. First, you'll discover and study different types of repeat patterns and learn how to create them by hand. Then, you will design your own rubber stamps and blocks and use them to print patterns on paper and fabric. We'll also print patterns using found objects and textures, and use pieces of any discarded prints in collages. In the last class, the whole class will collaborate by printing your stamps on large pieces of paper, and then turning those pieces of paper into books. At the end of the session, you'll have a collection of rubber stamps to take home, as well as art prints, large-format prints (which could be used as gift wrap), printed fabric, and a book. A supply fee of \$25 will be collected.

YOGA

Students will learn Yoga poses to build strength, stamina and balance. The class will be 1 hour long and will include few minutes of meditation, sun salutations, standing poses, seated twists and a few backbends. Overall, the focus will be on improving posture and building confidence. Bring your own yoga mat or EAS has some to lend. The first hour of class will be quiet reading, student led games, and/or walking based on parent chaperone availability. Yoga will be led by certified yoga instructor, Shilpa Bhavsar <https://www.peaceyogalife.com/about>. No class fee, but a parent signed participation waiver will be required.

BOARD GAMES, MAGIC CARDS, D&D

Come play a variety of fun and challenging board/strategy games or bring your Magic Cards to play against others. For those who enjoy D & D, you can spend some or all of the elective time playing that. This elective is led by Eric Battisti of Tolarian Scholars Northwest. Eric has taught several enrichment classes at EAS as well as other afterschool programs. Eric is a Magic the Gathering expert as well as provides a variety of new and fun board games for students. A class fee of \$20-\$25 will be collected, depending on number of students signed up.

DISSECTING THE OLD & INVENTING THE NEW

Yes, we will be taking things apart! In this experimental elective, you will be given a calculator, flashlight, analog clock, microphone, hairdryer, telescope, and a call bell. Together we will research and present the why and how each item was invented, take the device(s) apart, diagram the inside of the device(s); discuss the functionality of the parts. Instead of putting the devices back together, during the last 1.5 classes, you will use your creativity to diagram an invention of your own and use the actual parts you have taken apart to build your design. The build will be for representation only and not required to work. You are welcome to share your design idea or keep it private for your future patent applications. A supply fee of \$50 will be collected.

ESCAPE ROOM/PUZZLE BOX

Challenge yourself with puzzle solving and creating in this new elective! Based on printable escape rooms from the company "Lock, Paper, Scissors," you will learn to work collaboratively to solve escape rooms and ultimately design your own! A supply fee of \$30 will be collected.

GREENHOUSE FUN

Join us for spring in the greenhouse as we start new flowers and veggies from seed, tend them as they grow, and pot them up to bring home (or to plant in the school garden beds). Students can choose what to plant and which seedlings they want to bring home at the end of the elective. We will take short walking trips around the school and to a nearby demonstration garden, learning about different plants and growing conditions as we go. A supply fee of \$10 will be collected

SEWING

Have you ever wanted to learn to sew things on your own? In this course you will learn some basic skills for hand sewing and using a sewing machine. We will be using EAS sewing machines. You will finish a take home sewing project with the basic skills you learn. If you took the sewing elective in the fall and want to continue your sewing skills you are welcome

as well. A supply fee of \$5 will be collected

FIELD SPORTS AND NUTRITION

Get outdoors and have fun being active. Come do some sports conditioning and play a variety of outdoor games, like kickball, dodge ball, ultimate frisbee and other student favorites/preferences. In addition, students will explore nutrition and how our bodies respond to fuel. We will explore what we eat and how much we eat as we develop a well rounded food plan and how food relates to fitness. Class taught by local coach/trainer, Bryan Mannion (www.naturalathletics.net). Brian has trained many young athletes within the Lake Washington School District. While teaching kids how to properly train, he also educates on how the human body works (science & nutrition), brings in a little sense of humor & enjoys adding some fun challenges. A class fee of 20-\$25 will be collected depending on class size.

MURAL WORKSHOP

Join local artist and EAS alumni, Sui Aoki, in painting a mural! You will learn mural planning techniques, such as sketching and scaling, along with painting tips and other creative project execution skills. There will also be a community engagement component which will include surveying the local customer base and interviewing the building owner to better understand the impact of this public piece of art. Creative workshops will keep your hands busy and messy!

Please Note: Parent Carpools to mural sight needed for some weeks. A Supply fee of \$10 will be collected.

MOUNTAIN BIKING -RIDING AND SAFETY

Explore the many trails around EAS/Finn Hill on your mountain bike. In addition to riding each week, you will review important safety tips for safe riding. Class size limited. Mountain Bikes will need to be brought to school by parents on Wednesdays if students do not live close enough to ride to school. Helmets required to ride. Bikers will be outside rain or shine so students will be expected to dress accordingly. Additional parent riders will be needed each week as well to make this elective possible.