

SATURDAY, APRIL 7th

12:00 PM – 4:00 PM

Litchfield High School

- Exciting, hands-on workshops for K-6 students
- Educational programs for parents & educators
- Vendors - including an interactive display by
AMERICAN MURAL PROJECT



Enrichment Workshops for Students

TAKE STOCK OF STOCKS	INNERACT	THE ART OF POETRY	CREATE WITH CODE
TIME TO MAKE THE DOUGH	SPARKLE & SHINE!	PLAY IN THE PAST	GET SET TO VET
GIRLS MAKE A DIFFERENCE	GIFT OF DANCE	THINK ON YOUR FEET	ESCAPE ADVENTURES
SECRET FACE PAINTING	MATH JEOPARDY	BREAK AND MAKE	THE WILD OUTDOORS
ENGINEER WITH LEGOS	SEW COOL!	DARE TO DISSECT	BUILD YOUR STORY
TOWER TO THE MOON	IT'S INSTRUMENTAL	READY, SET, GOLF!	THINK LIKE DAVINCI!

Programs for Adults (at no charge)

SCREENAGERS

A screening of the important documentary about raising happy & healthy children in the digital age.

Followed by your choice of workshops:

Screenagers Discussion / Companion Gardening / Nurturing Creativity / Gifted 101

REGISTER TODAY at www.ctgifted.org / Financial Aid Available

- \$25 per student (\$20 for siblings) – includes enrollment in two workshops.
- Registration closes April 4th.
- **WORKSHOPS FILL QUICKLY – REGISTER EARLY TO FOR YOUR TOP CHOICES!**

Minds in Motion is **FOR EVERYONE...**

FOR KIDS...an afternoon of fun learning that enables children to explore areas of interest not always available in their everyday classroom.

FOR ADULTS...a learning experience, with the opportunity to attend a feature presentation and workshop on relevant topics affecting families today.

FOR EDUCATORS...a chance to find out what is inspiring their students, as well be inspired themselves by adult presentations relevant to the climate in which they teach.

FOR COMMUNITY...a way to be involved in the conversation around excellence in education, as well as give local organizations the opportunity to share their mission.

FOR SCHOOLS...a fundraiser that supports the local schools. A portion of the proceeds go to Litchfield Education Foundation to help fund more enrichment programs in the schools and community.

SCHEDULE

For Students

12:00 – 12:55 LUNCH / CHECK IN / EXHIBITS

Grades K-1

1:00 – 2:00 1ST WORKSHOP

2:05 – 2:55 BREAK (with snack)

3:00 – 4:00 2ND WORKSHOP

Grades 2-6

1:00 – 2:25 1ST WORKSHOP

2:35 – 4:00 2ND WORKSHOP

For Parents/Teachers

12:00 - 12:45 LUNCH / CHECK IN / EXHIBITS

12:55 ESCORT CHILDREN TO WORKSHOPS

1:00 - 2:30 "SCREENAGERS" DOCUMENTARY

2:30 – 3:00 BREAK (exhibits, snack, WiFi, etc.)

3:00 – 4:00 CHOICE OF WORKSHOP

4:00 PICK UP / SIGN OUT CHILDREN



Be part of something BIG!

Before the workshops begin, make sure to visit the American Mural Project table! Students can add their unique style to a collaborative community mural. Use paint, collage & drawing to contribute to a large work of art celebrating the brilliant ideas of children in America.

Check out AMERICANMURALPROJECT.org

LUCKY DOG food truck will be on-site 12:00-4:00pm,

Healthy snacks available inside.

REGISTRATION

To register your child for their MIM workshops, please complete the registration form included here and mail (with a check) to: **LEF - Minds in Motion, P.O. Box 874, Litchfield, CT 067659**

Or you may register online at www.CTgifted.org

STUDENT WORKSHOPS

GRADES K-1

The Gift of Dance

Children will be introduced to the fundamentals of ballet through engaging exercises, creative movement and music. Girls and boys will observe and enjoy a class with experienced dancers while learning coordination, basic ballet vocabulary, simple stretches and movements, while emphasizing good posture. Designed to encourage a love for dance and music in young minds and help your child develop life-long skills of focus, discipline and confidence!

Torrington School of Ballet at The Nutmeg (Offered Sessions 1 & 2)

Victoria Mazzarelli, Artistic Director, Nutmeg Ballet & Ms. Cassie Sprance, TSOB Teaching Faculty

STEM Engineering with LEGOS

Power up your engineering skills with tens of thousands of LEGO parts! Explore real-world concepts in physics, engineering, and architecture through engineer-designed projects. Build as never before and explore your craziest ideas in a supportive environment. No experience necessary!

Dawn Spatta, Play-Well TEKnologies (Offered Session 2)

Wildlife Outside Your Window

Did you know a bull moose can weigh 1200lbs? Or that a porcupine has over 30,000 quills? How about a box turtle living over 60 years? You will be guided through the menagerie of animals we have right here in CT by a fun “show and tell” quiz game with lots of touchable props. You’ll even meet some of these live animals, up close and personal!

Marlow Shami, White Memorial Conservation Center (Offered Session 1)

Ready? Set? Golf!

An introduction to the game of golf with an equal focus on general fitness. The instructor intends to inspire young ones to live a life of health & fitness, using fun walking, stretching, and golf instruction. Let the game begin!

Chris Thompson, Children’s Golf Instructor (Offered Sessions 1 & 2)

Play in the Past

Kids in the past liked to play too! Learn to play historic games - like graces, and quoits - and make your own colonial game to bring home. Weather permitting, this workshop will include outdoor play!

Kate Zullo, Litchfield Historical Society (Offered Session 1)

Build an Animal Story with Rigamajig and Your Imagination!

Using props and animal characters, children will be challenged to build a cave and create an animal tale. As they build and develop their story, it will be scripted and shared at the end of their building session.

Louis Tomaino, Exhibits Specialist, Kids Play Museum (Offered Session 1)

Time to Make the Dough

An introduction course to the art of bread-making. Little ones will follow the recipes of local bakers, creating dough and, even better, manipulating it! Students will make and shape the dough so it’s oven-ready to bake & savor at home.

Amanda Golovin Vega, Bantam Bread (Offered Session 2)

K-1 workshops will be 1-hour long.

In between sessions, students will have a nut-free snack and various activity options in a “Break & Make Room”, hosted by School on the Green!

STUDENT WORKSHOPS (continued)

GRADES 2-3

Secret Face Painting

Process-art based exploration of paint and representation. Children will copy and enlarge small sections of one large unknown image. This square painting will appear to be an “abstraction” until they fit them all together to reveal a surprise image of a face, only visible when they come together as a group! Children take their individual work home and get a photo opp with the collaborative picture!

Jessica Jane Russell, Teaching Artist & Owner - Art Room Atelier (Offered Session 2)

Create & Animate

Using your imagination and computer science, bring your own GOOGLE logo to life in the Hour of Code activity. Tell a story, make the letters dance, light them up, or anything else you can imagine! With Scratch and CS First, students will learn the basics of computer coding and see firsthand the magic they can create!

Jamie McDevitt, IT Teacher, Litchfield Schools (Offered Sessions 1 & 2)

An INSTRUMENTal Workshop

A jam session with the music director of ABC Music! Mr. John will introduce instruments from the various families - strings, horns, woodwinds, percussion. Children can test many out, learning basic beats, and finding their rhythm. A perfect opportunity to discover a new interest or talent!

John Ambrose, ABC MUSIC (Offered Session 2)

STEM Engineering with LEGOS

Power up your engineering skills with tens of thousands of LEGO parts! Explore real-world concepts in physics, engineering, and architecture through engineer-designed projects. Build as never before and explore your craziest ideas in a supportive environment. No experience necessary!

Dawn Spatta, Play-Well TEKnologies (Offered Session 1)

Get Set to be a Vet

An opportunity for hands-on experience with a veterinarian and his dogs! Examine live animals like a veterinarian...listen to a dog's heartbeat, check for healthy teeth, & review animal x-rays. Students will also learn how to best care for domestic animals and the proper way to approach a dog. In addition, they will discover which foods & plants can be dangerous to dogs and cats and which ones are often a favorite treat!

Dr. Ron Cerella, DVM & Lorin Cerella, CVT, Davis Companion Animal Hospital (Offered Session 1)

Sparkle, Shine, Stretch, & Soar!

Curious about acrobatics? Give it a try! Students will warm up and stretch while learning how to increase flexibility and strength. Using the SASD acro rubrics (and fun equipment!), students will learn all the basics of acrobatics including tumbling tricks, balancing, flexibility skills and limbering.

Miss Gabby, Instructor & Owner, Sparkle and Shine Dance (Offered Sessions 1 & 2)

Think on your Feet

Come stretch your imagination with Sea Tea Improv! In this workshop, students will learn the basic techniques and games that professional improvisers and comedy writers use to collaboratively discover fun ideas, characters, and scenes. Students will also learn how to “go with the flow” and adapt to any situation.

Casey Grambo, Sea Tea Touring Company (Offered Sessions 1 & 2)

Play in the Past

Kids in the past liked to play too! Learn to play historic games - like graces, and quoits - and make your own colonial game to bring home. Weather permitting, this workshop will include outdoor play!

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Build an Animal Story with Rigamajig and Your Imagination!

Using props and animal characters, children will be challenged to build a cave and create an animal tale. As they build and develop their story, it will be scripted and shared at the end of their building session.

Louis Tomaino, Exhibits Specialist, Kids Play Museum (Offered Session 2)

STUDENT WORKSHOPS (continued)

GRADES 4-6

(options for 6th graders only can be found in Grade 6 Only Workshops)

Math Jeopardy

Do you enjoy math? Do you like playing games? Do you love prizes? If so, Math Jeopardy is for you! We will explore a variety of different math challenges ranging from fourth to seventh grade math curricula. We will try our hand at integers, algebra, and maybe even some geometry and trigonometry. So, join me and get ready to press your buzzer!

Daniel Westphal, Advanced Math Student & Math Enthusiast (Offered Sessions 1 & 2)

innerACT Theatre

An interactive theatre and communication workshop that will introduce students to the art of live theatre, and improvisation through a cooperative & creative process. We will work on communication skills & the concepts of teamwork as we apply the students' curriculum in exciting and unexpected ways.

Anthony DePoto, Educator, Arts for Learning CT (Offered Sessions 1 & 2)

Get Set to be a Vet

Hands-on experience with a veterinarian and his dogs! Examine live animals...listen to a dog's heartbeat, check for healthy teeth, & review animal x-rays. Learn how to best care for domestic animals, the proper way to approach a dog, which foods & plants can be dangerous to dogs and cats, and which ones are often a favorite treat!

Dr. Ron Celella, DVM & Lorin Celella, CVT, Davis Companion Animal Hospital (Offered Session 2)

Girls Driving for a Difference

Do you want to make a difference in your school, community, or the world? Do you want to be to a leader? Do you want to use your gifts and talents to create change? If this sounds like you, a person you aspire to be, join us for a workshop created by Girls Driving for a Difference. More info at www.girlsdrivingforadifference.com

Julie Foss, Education Coach & Consultant (Offered Session 1)

Sew Cool! - Moccasin Making Workshop

This fun and informative workshop teaches the very same pattern making techniques used by the Eastern Woodland people for hundreds of years. Spark your creativity as you acquire new skills. Create your own center seam pucker toe moccasins, using modern materials. (They make great indoor slippers!)

Darlene Kascak, Education Coordinator, Institute for American Indian Studies (Offered Session 1)

Double the STEM Fun!

Under the guidance of the team from RAB, you will use a limited supply of materials to build a tower designed to be tall, while remaining stable and able to hold a ping pong ball. THEN, move on to the Programmable Robotic station to learn how to command a robot to do what you say! This fun workshop will tap both sides of your brain for a full STEM experience!

Paul Chayka, Director, Robotics & Beyond (Offered Session 1 & 2)

Dare to Dissect!

A healthy body takes many organs working together and being cared for. Want to learn how? Look to a frog for some answers! This hands-on dissection of a frog is an engaging way for students to learn about the anatomy and functions of the body of a living thing. Instructor available to answer any questions the frog can't!

Steve Saunders, PA, OrthoConnecticut (Offered Session 2)

The Art of Poetry

You will hear a short Robert Frost poem, "Stopping by the Woods on a Snowy Evening", contemplate it's meaning and effect, and then create a "frosty" landscape using various textural materials and artist tricks to create a sense of space on a 2-dimensional plane!

Nicole Bastiaanse-Fritch, Art Teacher, Farmington Schools (Offered Session 2)

Escape Adventures

Escape room found here! Work as a team to solve mind-bending puzzles and crack crazy codes. This fun challenge will tap your ability to think critically, creatively, and collaboratively. The object will be to unlock a mystery box before time runs out. To do so, you must find and solve many clues, forcing you to think outside (and inside) the box!

Lindsay Baker & Annamari Curtiss, Litchfield Moms & Escape Room Extraordinaires (Offered Session 2)

STUDENT WORKSHOPS (continued)

GRADE 6 Only

(more options for 6th graders can be found in Grade 4-6 Workshops)

Sew Cool! - Moccasin Making Workshop

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Nicole Bastiaanse-Fritch, Art Teacher, Farmington Schools (Offered Session 1)

Think Like DaVinci!

Come and have an exciting hands-on experience with art, math, and creativity. See them in a whole new way. Learn about the wonders of the Golden Ratio and the Möbius strip, plus some jazzy math tricks. Experience the natural way to draw. DaVinci did it all, and so can you!

Ruth Sullo, Instructor & Owner, Square Ruth Enterprises (Offered Session 1)

Dare to Dissect!

A healthy body takes many organs working together and being cared for. Want to learn how? Look to a frog for some answers! This hands-on dissection of a frog is an engaging way for students to learn about the anatomy and functions of the body of a living thing. Instructor available to answer any questions the frog can't!

Steve Saunders, PA, OrthoConnecticut (Offered Session 1)

Taking Stock of Stocks

After an introduction to the Stock Market and the "buy what you love" concept, students will try their hand at stock picking - looking up stocks, placing trades, and measuring their returns with the use of a market simulation program. Students will then use a "Millionaire Calculator" to find out just how far those returns can take them!

Danielle Hawley, Litchfield Mom, former career at Goldman Sachs (Offered Session 2)

*Anyone who has never made a mistake
has never tried anything new.*

-Albert Einstein

ADULT PROGRAM

ADULTS ARE INVITED TO ATTEND THE KEYNOTE AND ONE WORKSHOP
(Please make sure to register!)

KEYNOTE PRESENTATION

SCREENAGERS: Documentary

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? Physician and filmmaker Delaney Ruston saw that with her own kids and learned that the average kid spends 6.5 hours a day looking at screens. She wondered about the impact of all this time and about the friction occurring in homes and schools around negotiating screen time—friction she knew all too well.

In SCREENAGERS, as with her award-winning documentaries on mental health, Delaney takes a deeply personal approach as she probes into the vulnerable corners of family life, including her own, to explore struggles over social media, video games, academics and internet addiction. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, SCREENAGERS reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance.

FOR MORE INFORMATION, GO TO WWW.SCREENAGERSMOVIE.COM

This program is generously funded by Northwest CT Community Foundation & Wisdom House.

WORKSHOP #1

SCREENAGERS: Group Discussion

Take a break after the screening of the documentary SCREENAGERS, and then return for a follow-up discussion on the many options parents have at their disposal to help their children manage screen time and usage, when the time is right. There will be a parent, student, and professional present to facilitate this discussion.

WORKSHOP #2

Gifted 101

Everything you want to know about gifted kids! In this session, we will discuss the characteristics of gifted children, including those that can result in problematic behavior; their educational as well as social and emotional needs; Fixed vs. Growth Mindset; Twice-Exceptional issues, and resources available to parents & educators.

Katie Augustyn, Connecticut Association for the Gifted

WORKSHOP #3

Nurturing Creativity in Your Child

Fostering creativity encourages children to reach their highest social, emotional and intellectual potential. Join in this open-ended discussion on ways you can enhance your child's world.

Noel Croce, Associate Director, Five Points Gallery & Past President, CT Association for the Gifted

WORKSHOP #4

Companion Planting: Plants that Work Together in Your Garden

When you companion plant, you can improve your garden's production, enhance your soil, provide beneficial pest management and some gardeners claim...improve the flavor of some vegetables! Use flowers, vegetables, and herbs to plan a beautiful, tasty garden with plants that help each other out. At the very least you'll learn effective strategies for designing your garden. Companion planting lets nature work for you!

John Vecchitto, UCONN Master Gardener

THANK YOU!

Minds in Motion is sponsored, in part, by Northwest Community Foundation, Wisdom House, OrthoConnecticut & Nutmeg Photography. Their donations of funding or services have helped to decrease the expenses of the day's program. LEF is so grateful!



About LEF

Litchfield Education Foundation is a 100% volunteer non-profit organization with a simple, but important mission: to raise funds in support of school-based and community initiatives that enrich, inspire and empower Litchfield's children. Since 2004, LEF has awarded \$150,000+ in support of a wide-range of experiences and resources that transcend the classroom and engage children in real-life experiences.

For more information, visit www.LEFforStudents.org, or contact us at BOD@LEFforstudents.org.



Educate + Enrich = Empower

About CAG

The Connecticut Association for the Gifted is a non-profit founded in 1969 to support the needs of gifted and talented children across Connecticut. In addition to sponsoring the "Minds in Motion" events, CAG provides parents, teachers, and other educators with information and resources to help in ping and educating gifted children.

As a member, you will receive regular e-newsletters, information, research, and resources. Through the CAG Professional Development Program and Teacher Resource Group, educators receive the latest information on meeting the needs of gifted students.

CAG works with the State Department of Education and legislature to advocate for gifted and high potential students and is an affiliate of the National Association for Gifted Children.

Please join CAG and make a difference in a student's life. For more information, and to become a member online, visit www.ctgifted.org, or contact us at info@ctgifted.org, or 203-292-6586.





REGISTRATION FORM

Please complete the ENTIRE Registration Form and mail to:
LEF, Minds in Motion, P.O. Box 874, Litchfield, CT 06759

Or you may register online at www.CTgifted.org

Every child will participate in 2 workshops.

Please list 4 choices for each child, in order of preference.

Classes will be assigned on a first-come, first-serve basis.

Child #1 Name _____ **Grade** _____

Student Workshop Choices (Please list 4, as top choices may already be full):

- 1) _____ 2) _____
- 3) _____ 4) _____

Sibling Name _____ **Grade** _____

Student Workshop Choices:

- 1) _____ 2) _____
- 3) _____ 4) _____

Sibling Name _____ **Grade** _____

Student Workshop Choices:

- 1) _____ 2) _____
- 3) _____ 4) _____

REGISTRATION FEES

1st Child:

\$25.00 \$ _____

Sibling(s):

\$20.00 per sibling: \$ _____

CAG Member:

\$15 per student \$ _____

CAG Member rates may be used for CAG members or if new or renewed membership is paid with registration.

CAG Annual Membership:

\$25 per family \$ _____

TOTAL FEE: \$ _____

Check payable to:

CT Association for the Gifted

ALL CHILDREN ARE ENCOURAGED TO PARTICIPATE!

Please e-mail Kathleen Reidy at MIMlitchfield@gmail.com for assistance with financial aid or special needs.

Registration Deadline: Wednesday, April 4th

Families with more than 3 children, can email MIMlitchfield@gmail.com for a family discount (\$70 family max).

Workshops may be photographed or video-recorded for MIM promotional materials and records (no names used). If you do not want your child(ren) to be included, please initial here _____

Adult Name(s) _____ Email: _____

Address _____

City _____ State _____ Zip Code _____

Best Phone Number _____

Emergency Contact _____ Phone _____

Adults are invited to attend the keynote presentation of Screenagers, followed by a 1-hour workshop. Pre-registration is appreciated. Please circle which workshop you would like to attend:

Adult #1: Workshop # 1 2 3 4 Adult #2: Workshop # 1 2 3 4