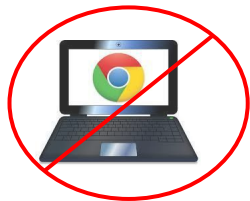
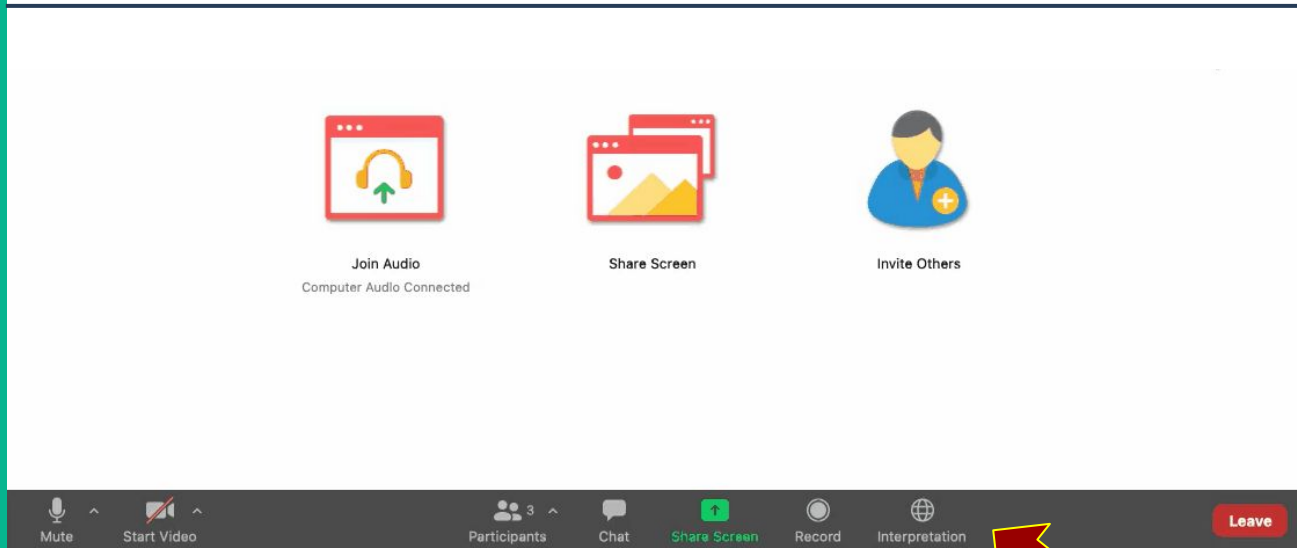


Interpretation Interpretación 翻譯



Live interpretation does not work on Chromebooks

La interpretación en vivo no funciona en Chromebooks.

Chromebook沒有這功能。



The Family Landing Pad
La Plataforma De Aterrizaje Familiar
家庭登陆垫

Joy Through Movement

SLUSD Family Learning Series
Serie de Aprendizaje Familiar de SLUSD
SLUSD家庭学习系列

Blaze Consulting Group
Grupo de Consultoría Blaze
火焰咨询集团

October 6, 2021 |



Welcome / Bienvenidos / 欢迎



Jenji & Franklin Hysten, Blaze Consulting Group, LLC creates transformative experiences where individuals, teams, and communities can envision a better future and activate positive change. Our approach draws on community strength and connects social assets to research validated practice and data. Through coaching, training, facilitation, and consulting services, we aim to increase oppo

Blaze Consulting Group, LLC crea experiencias transformadoras en las que las personas, los equipos y las comunidades pueden visualizar un futuro mejor y activar un cambio positivo. Nuestro enfoque se basa en la fuerza de la comunidad y conecta los activos sociales con la práctica y los datos validados por la investigación. A través de servicios de coaching, capacitación, facilitación y consultoría, nuestro objetivo es aumentar las oportunidades para que los niños, los jóvenes y sus familias tengan éxito.

Blaze Consulting Group, LLC创造了变革性的经验，让个人、团队和社区可以设想更美好的未来并激活积极的变化。我们利用社区的力量，并将社会资产与经过验证的实践和数据联系起来。通过指导、培训、倡导和咨询服务，我们旨在为儿童、青年及其家庭增加成功的机会。

Agreement / Acuerdoss / 协议书

- Mute Yourself
- Silencio
- 使自己静音

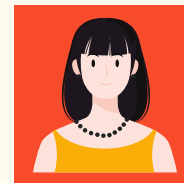
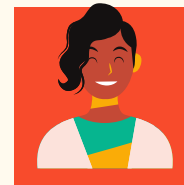
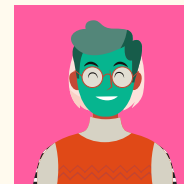
- Place comments in the chat box
- Coloque comentarios en el cuadro de chat
- 在聊天框中放置评论

- Raise the hand icon
- Levantar el icono de la mano
- 举起手形图标

- Try on the process
- Prueba el proceso
- 试一试

- Right to pass
- Derecho a pasar
- 通过权

- Be open, be respectful
- Estar abierto, ser respetuoso
- 开放, 尊重



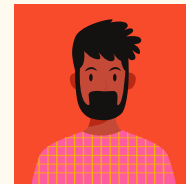
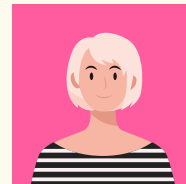
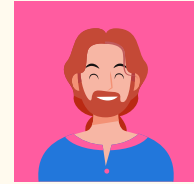
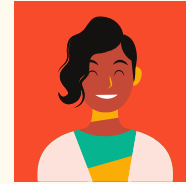
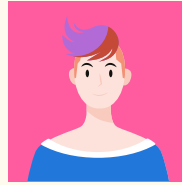


Chat Blast

Explosión de Charla

聊天分享

What is something in the past week that caused you to move?



Today: Let's Move Hoy: Vamos a movernos



今天：讓我們一起動吧

How does physical activity helps us manage stress:

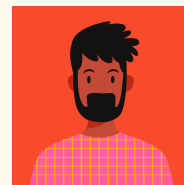
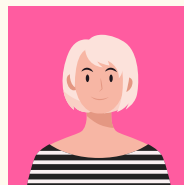
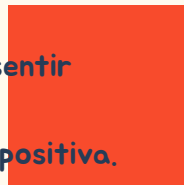
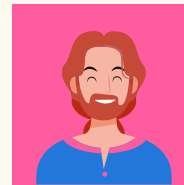
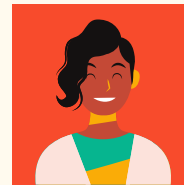
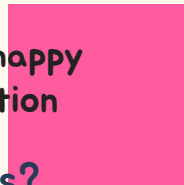
- Counteracts stress producing hormones
- Releases endorphins- a brain chemical that makes us feel happy
- When we move with others, we feel positive human connection

¿Cómo nos ayuda la actividad física a manejar el estrés?

- Contrarresta las hormonas productoras de estrés
- Libera endorfinas, una sustancia química del cerebro que nos hace sentir felices.
- Cuando nos movemos con los demás, sentimos una conexión humana positiva.

身體鍛煉如何幫助我們緩解壓力：

- 抵消產生壓力的激素
- 釋放內啡肽-一種使我們感到高興的大腦化學物質
- 當我們與他人一起運動時，我們會感到積極的人際關係





Today's Guest Grandmaster Jordan Pallen Sr. Nuestro invitado de

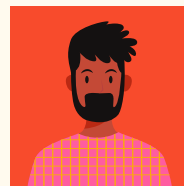
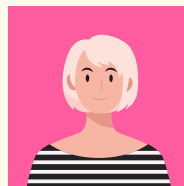
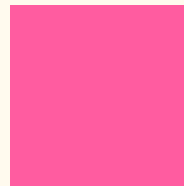
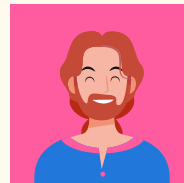
hoy: :Gran Maestro Jordan Pallen Sr.

今天的來賓

- Leads Pallen Martial Arts Family Fitness
- Serving San Leandro Families for decades
- Inspires students and families to be strong people: heart, mind, and body
- Great dancer

- Lidera Pallen Artes Marciales Ejercicio Familiar
- Sirviendo a las familias de San Leandro durante décadas
- Inspira a los estudiantes y las familias a ser personas fuertes: corazón, mente y cuerpo

- Gran bailarín
- 領導帕倫武術家庭健身(Pallen師傅)
- 服務聖萊安德羅家庭數十年
- 激發學生和家庭成為堅強的人:心靈, 思想和身體
- 偉大的舞者



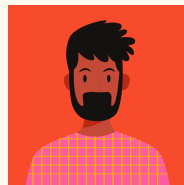
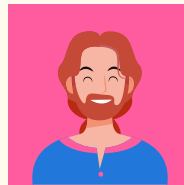
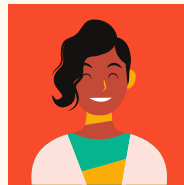


Physical Activity Supports Family Wellness

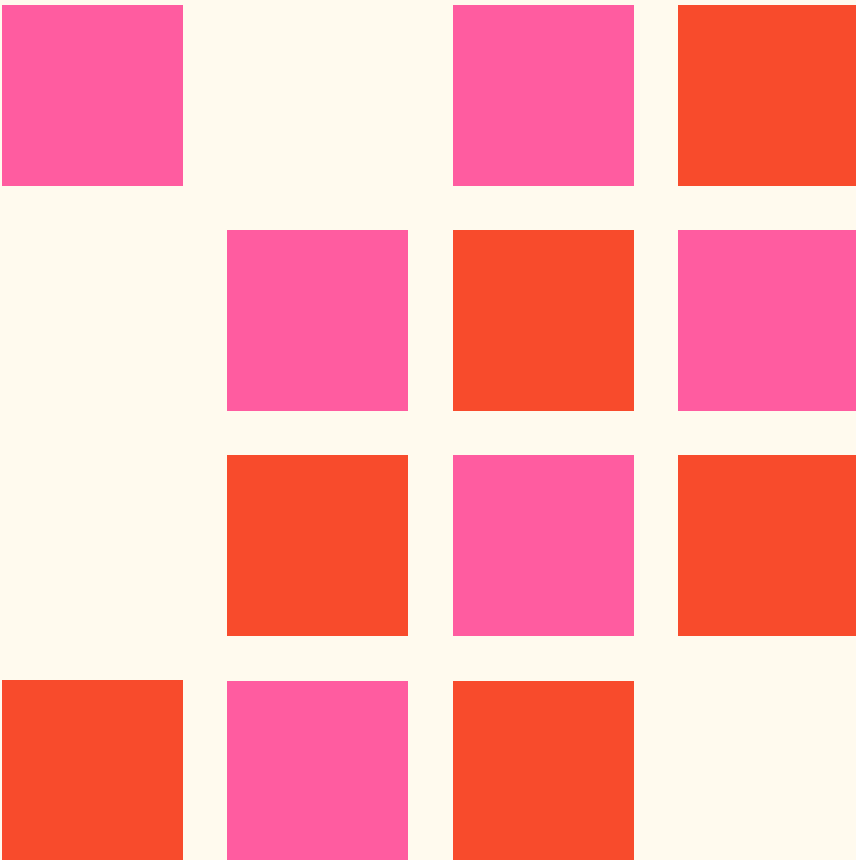
La actividad física apoya el bienestar familiar

身體鍛煉有助於家庭身心健康

- Try it out
- Do what works for you
- Have fun
- Talk back to us
- Pruébalo
- Haz lo que te funcione
- Diviértete
- Háblanos
- 試試看
- 做你覺得有效的
- 玩得開心
- 回來告訴我們



Managing Stress with Movement



KICKSTART WORKOUT

1-2 rounds- 3 circuit training exercises (Intensity Level based on individual fitness level)

30 sec- Jog in place

10 sec- knee high

30 sec- punches

10 sec- buttkickers

30 sec- jumping jacks

10 sec- speed bag

Stretch

Key points to self defense: BALANCE, POWER and SPEED

Closing Thought: Moving into Action

The slide features a white background with several abstract, brush-stroke-like shapes in various colors: orange in the top-left corner, blue in the top-right, a green circle on the right edge, pink in the bottom-left, and a red rectangle in the bottom-right.

Otras ideas para el movimiento físico en familia

可以與家人一起做的其他運動

- San Leandro Marina- Walk, run, play outdoor activities
- Learn a dance or whole dance routine on YouTube
- Play hide and seek with you dog
- Neighborhood walk / ride (invite a neighbor)
- Lake Chabot
- What else?
- San Leandro Marina- Caminar, correr, jugar actividades al aire libre
- Aprenda un baile o una rutina de baile completa en YouTube
- Jugar al escondite con tu perro
- Paseo / caminata por el vecindario (invitar a un vecino)
- Lago Chabot
- ¿Qué otra cosa?
- San Leandro 海濱 -散步, 跑步, 進行戶外活動
- 在YouTube上學習舞蹈或整個舞蹈套路
- 鄰里散行/乘車(邀請鄰居)
- 去查博特湖Lake Chabot走走
- * 與您的狗一起玩捉迷藏
- * 去查博特湖Lake Chabot走走
- * 還有什麼？

Parent Facilitators / Facilitadores de Padres / 家長聯絡員

School Site Escuela / 學校	Parent Facilitator Facilitador de Padres / 家長聯絡員	Contact Number Numero de Contacto / 聯絡電話
Wilson	Angelica Franco	618-4370 ext 3494
Jefferson	Gloria Fernandez	618-4310 ext 2809
Washington	Maria Ochoa	618-4360 ext 3333
McKinley	Jazmin Marquez	618-4320 ext 2938
Bancroft	Joanna Garcia	618-4380 ext 3612
Muir	Jasmin Vega	618-4400 ext 3703
Garfield	Norma Rosas Alonzo	618-4300 ext 2794
Monroe	Rebecca Jauregui	618-4340 ext 3190
Madison	Christina Topete	895-7944 ext 3077
Roosevelt	Laura Ordonez	618-4350 ext 3290

1 & 2

Self-Awareness
Conciencia de Sí Mismo
自我意识

August 23rd & Sep 15th
23 de Agosto y 15 de Sept.

3 & 4

Self-Management
Autogestión
自我管理

Sept 29th & Oct 6th
29 de septiembre y 6 de octubre

5 & 6

Social Awareness
Conciencia Social
社会意识

Oct 13th & Nov 3rd
13 de octubre y 3 de noviembre

7 & 8

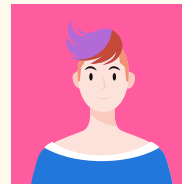
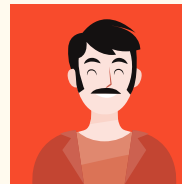
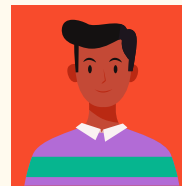
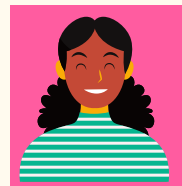
Relationships
Relaciones
人际关系

Dec 1st & Dec 15th
1o y 15 de diciembre

9 & 10

Responsible Decision-Making
Tomando decisiones Responsable
负责任的决策

Jan 5th & Jan 26th / 5 y 26 de enero



The Family Landing Pad Series
La Serie Familiar de Aterrizaje
家庭登陆垫系列



Raffle Time

**Please feel free to contact
Blaze Consulting Group**

admin@blazeconsulting.group
510.861.4404

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ačiū grazzi ありがとう kia ora dankon dėkuji
tau barka mamnun gràcie kitos spas
thank you tapadh leat chnoraloutioun
teşekkür ederim bayarlalaa obrigada
sagolun murakoze taiku mahalo tidi madioba chokrane rahmat
sukriya obrigado dakujem
terima kasih misaotra welain mercé najis tuke
asante grazie nandri 謝謝 mersi kőszönőm اراكش
mauruuru matondo cam on ban go raibh maith agat merci nanni vinaka
paldies ngiyabonga