

Share Your Gift Project

NC SCHWEITZER FELLOWS PROGRAM

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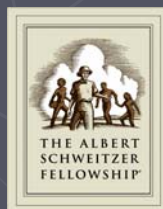
Project Overview:

The “Share Your Gift” project was made possible through funding from the Albert Schweitzer Fellowship. This project focused on utilizing exercise to promote physical and mental health in a group of children at Jackson Park Ministries in Charlotte, NC. A total of about 40 children benefited from this project. They were exposed to different types of dance including modern and classical ballet. The children also participated in sports activities such as basketball, jump rope and relay games. Upon completion of the project the children demonstrated improvements in flexibility, balance and endurance. Jackson Park Ministries was also awarded a sustainability grant from the Kate B. Reynolds Charitable Trust to purchase exercise and sports equipment for the children.

Main Project Goals:

To develop and apply an exercise curriculum focusing on physical and mental health promotion. I worked toward this goal by constructing a flexible dance and exercise curriculum that could be adapted for a variety of settings. Then, I applied this curriculum to the needs of the children at Jackson Park Ministries. We combined aspects of dance such as stretching with various sports activities such as jumping rope.

To support staff and family members’ efforts to promote physical and mental health. I assisted the staff in applying for grant funding to buy new exercise equipment for the children at Jackson Park Ministries. I also had the children participate in or attend live dance performances.



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