

Tamiscal IS/Core
Winter Break 2023
Enrichment Activities

For Winter Break, we are asking all IS students to engage in enrichment, which means “the action of improving or enhancing the quality or value of something.” We encourage you to take advantage of the extended break to rest and keep your mind fresh with engaging activities of interest. Your goal is to complete a **minimum of TWO hours** of enrichment but you are welcome to complete up to TEN hours of work. Choose one or more activities from the list of options below:

| Category | Ideas |
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| TED Talk | Julie Lythcott-Haims, How to be an Adult Best TED Talks of all time (as of December 2022) 9 TED Talks recommend by Teens |
| Self-directed learning | Take a class online, watch lectures, listen to podcasts, and/or read a book . |
| Creative endeavor | Start or continue a personal project. Learn a new skill or craft. Compose music. Write your novel! Build or invent something. Dabble in a few activities or go deep into one. |
| Cultural Experience | Study/practice a world language; visit a museum exhibit (in-person or online); attend a Classical music concert, ballet, or other theater production; watch documentary films from Kanopy . If you have the opportunity to travel over the break, keep a journal or video diary. |
| Physical and/or Mental Wellness | Start or continue your physical activity of choice, self-care and wellness routines. Watch or listen to health, fitness, or mental health YouTube videos, tv or streaming shows. Make healthy meals for yourself, family or friends, learn yoga, and/or meditation. Check out the Tamdistrict Wellness page for ideas and resources. |
| Service | Lots of people need support during these times. Here are some ways you can get involved online , in Marin and Sonoma . Or start a service project on your own! |

Then, the week of January 9-13: Come to your first Core meeting in January with ample evidence of what you’ve done and be prepared to share what you’ve learned and/or accomplished. You can do this in the form of a personal essay, journal entries, notes, artwork, film, slideshows, etc. Have fun and enjoy your break! See you in 2023!