

Welcome to NAV Garden For Girls!



What is NAV?

NAV Garden For Girls is a 501c3 nonprofit organization that consists of over thirty high school student volunteers in the Chicagoland area. We teach underserved elementary school girls about science and women's empowerment with a fun approach as an after-school program. Our mission is to inspire young girls to feel confident in their own skin, while working toward bridging the gender gap in the STEAM field. During our sixteen-week spring program (February-May), we lead lessons for first and second grade girls through different workshops, crafts, games, and learning packets, all while building a garden for the school and neighborhood community.

History

NAV Garden For Girls was founded by Nia Lambert, Alex Sweitzer, and Veronika Nierzwicka and began as a freshman year Biology project during the winter of 2018. NAV quickly grew to become a city-wide organization by the following fall. Our first garden was finished at South Loop Elementary School during the spring of 2018, and since then we've collaborated with other schools in the Chicagoland area, such as Bronzeville Classical Elementary School, who we now have a partnership with.



Curriculum

Our curriculum focuses on three main subject areas: women's empowerment, environmental science & STEM, and art. Our women's empowerment curriculum teaches confidence, goal setting, and positivity through a variety of worksheets, team building exercises, projects, and special guests. Our environmental science & STEM curriculum consists of climate change education, sustainability practices, computer science, gardening, and learning about animals through worksheets and guests such as the IL Youth Climate Movement and Golden Apple teacher Todd Katz. Our art curriculum includes an array of projects that by the end of the sixteen-week program are featured throughout the garden. Painting flower pots, making butterflies, and decorating the garden beds are just a few of the many art projects we complete.



Contact Information

Email us with any questions: navgardenforgirls@gmail.com

Visit our website for more information: www.navgardenforgirls.org

Tentative Calendar 2021

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★ February 2021

- Ice Breakers
- Science Lessons
 - Animals in Gardens
 - Plastic Reduction Lessons
 - Illinois Climate Movement Presentation
 - Gardening Songs
- Women's Empowerment Lessons
 - Goal Setting
 - Feminism
 - Big and Litter Sister Pairing
 - Yoga
- Art Lessons
 - Personal Journals
 - Butterfly Drawing
 - Jewelry Making
 - Get to know you mask

★ March 2021

- Science Lessons
 - Composting Lesson
 - Mr. Katz Bird Presentation
 - Girls Who Code
 - Nearpod Presentation
- Women's Empowerment Lessons
 - Watching Movies about important women in history
 - Self Love Lessons (creating I mirror)
 - Yoga
 - Leadership Lessons
- Art Lessons
 - Ants on a log cooking class
 - Google Jam Board
 - Sketch your own flower pot
 - Paint your own flower pot

