

Teaches Valuable Physical Skills

- Contributes to their physical well-being
- Assists in coordination and flexibility
- Helps students think more clearly and focus better in the classroom which students often struggle with in a unstable living environment



Establishes Patterns for Lifelong Fitness

- Teaches the students to be active for their whole lives
- Shows students how to handle stress and improve mental health often increased by homelessness
- Increases self-esteem and confidence the students often lack from the stigma of homelessness

Enhances Social Growth

- Allows children to talk, laugh and play outside the quiet classroom
- Allows students to learn social skills in a safe environment that is often not a priority in a homeless environment
- Encourages and teaches teamwork, good sportsmanship and following rules which extends into adult life





Pappas Kids

Schoolhouse Foundation

Pappas Kids will be collecting new athletic equipment to help provide items to assist with "active" & "healthy" student activities.

- Soccer Balls, Footballs, Basketballs, Volleyballs
- Softballs, Baseballs, Bats, Gloves and equipment bags
- Frisbees, Jump ropes, Hula Hoops, Kick balls
- Yoga Mats, Activity Mats,
- Paddle Ball Sets, Foam Balls, Cones



- **Items that would encourage healthy activities,**
- manipulating objects: throwing, catching, striking, kicking, and rolling
- sequencing, following directions, communication, teamwork and cooperation
- fitness: strength, flexibility and cardio-respiratory levels
- motor skills: balance, walking, running, skipping, hopping, jumping and galloping

Please contact Dayna Sandoval with any questions you might have at:
daynas@pappaskidssf.org or Office (602-441-5707) Cell (480-204-5183)