

TAKE OUR DAUGHTERS & SONS TO WORK DAY

AT GEORGE MASON UNIVERSITY

Explore what is happening on campus for Take Our Daughters & Sons to Work Day at George Mason University! If you have any questions, please contact worklife@gmu.edu or (703) 993-2600.

WHAT IS TAKE OUR DAUGHTERS & SONS TO WORK DAY?

[Take Our Daughters & Sons to Work Day](#) is a national program offered through the [Take Our Daughters & Sons to Work Foundation](#). This year marks the 26th anniversary of the event!

On April 5, 2019, George Mason University will host a Take Our Daughters & Sons to Work Day of our own. We encourage our faculty and staff to bring their school-aged children (grades k-12) for interactive sessions throughout the day.

While programming is on the Fairfax campus, faculty and staff on other campuses are welcome to participate and bring their children to work for the day.

EVENT DETAILS & SCHEDULE

Date: April 5, 2019

Location: George Mason University

View our [schedule of events](#) and [session descriptions](#) for a comprehensive list of activities and registration links for each session.

I WANT TO PARTICIPATE! NOW WHAT?

In order to participate in the day, there are a few steps you need to take:

1. Speak to your supervisor about your interest in attending the event
2. With supervisor and department head approval, complete the online [Consent Form](#)
3. Review the [schedule of events](#) and register for each session you would like to attend

Can't make a session and need to entertain the kids in the office? **Print the activity packets below!** Each packet includes an age appropriate [Mason Maze](#), [Mason Word Search](#), [coloring pages](#), and [more](#).

[ACTIVITY PACKET FOR AGES 5-7](#)



[ACTIVITY PACKET FOR AGES 8+](#)

TAKE OUR DAUGHTERS & SONS TO WORK DAY

Schedule of Events ● April 5, 2019

| TIME | EVENT |
|------|-------|
|------|-------|

9:00AM **TOUR OF CAMPUS, LED BY MASON PATRIOT LEADERS**
MERTEN HALL LAWN
[REGISTER HERE!](#)

10:00AM **CHOICE OF TWO INTERACTIVE SESSIONS:**
BFF: BEST FRIENDS FOREVER [ALL] **IF IT'S TO BE, IT'S UP TO ME** [11+]
JOHNSON CENTER, ROOMS A & B MERTEN HALL, 1202
[REGISTER HERE!](#) [AGES 5-10](#) ● [AGES 11+](#) [REGISTER HERE!](#)

BREAK

CHILDREN 12 & UNDER EAT FREE AT [SOUTHSIDE, IKE'S, & THE GLOBE](#) WHEN ACCOMPANIED BY A PAYING ADULT.

1:00PM **CHOICE OF TWO INTERACTIVE SESSIONS:**
COMMUNICATION SENSATIONS [7+] **GOOD MANNERS WILL GET YOU EVERYWHERE** [ALL]
MERTEN HALL, 2001 MERTEN HALL, 1202 & 1204
[REGISTER HERE!](#) [REGISTER HERE!](#) [AGES 5-10](#) ● [AGES 11+](#)

3:00PM **INTERACTIVE SESSION: HEALTHY LIVING FOR KIDS** [ALL]
JOHNSON CENTER, ROOM A
[REGISTER HERE!](#)



Can't make a session and need to entertain the kids in the office? Print off one of our [activity packets!](#)



TAKE OUR DAUGHTERS & SONS TO WORK DAY

Session Descriptions ● April 5, 2019

BFF: BEST FRIENDS FOREVER (ALL)

10:00AM | JOHNSON CENTER, ROOMS A & B

Building friendships is an important aspect of childhood and adulthood. Healthy friendships boost self-esteem, overall wellness and success at school, careers, and life. In this program, children examine what makes them a good friend, as well as what behavior to expect from their friends. For older elementary and middle school children, discussion and activities look at peer pressure and bullying.

This session is available for children of all ages. However, the session will be separated by age group (ages 5-10 and ages 11+) for facilitation purposes. Please register for the session(s) appropriate for your child(ren)'s age group.

[REGISTER HERE!](#)

[AGES 5-10](#)



[AGES 11+](#)

IF IT'S TO BE, IT'S UP TO ME (11+)

10:00AM | MERTEN HALL, 1202

Much of what leads to success in life and work relies on resilience, perseverance, and social skills. This program guides children to reflect on their talents and interests as they consider their futures in higher education and careers. They will also gain skills in managing reputations, including being social network savvy and making good first and last impressions.

This session is available for children ages 11 and up.

[REGISTER HERE!](#)

COMMUNICATION SENSATIONS (7+)

1:00PM | MERTEN HALL, 2001

Everyone has strengths that they use at home, school, and work. In this program, children will explore the choices they have when they begin to work, and the importance of clear communication. Activities in this workshop will reveal participants' unique communication and leadership strengths.

This session is available for children ages 7 and up.

[REGISTER HERE!](#)

TAKE OUR DAUGHTERS & SONS TO WORK DAY

Session Descriptions ● April 5, 2019

GOOD MANNERS WILL GET YOU EVERYWHERE (ALL)

1:00PM | MERTEN HALL, 1202 & 1204

Good manners are important in every stage of your life. In this program, children explore some of the basics that matter in relationships and in the work world. From handshakes and patience to eye contact and "thank you," children learn how to be polite and respectful. Participants also learn how good manners pave the way for opportunities and a great reputation.

This session is available for children of all ages. However, the session will be separated by age group (ages 5-10 and ages 11+) for facilitation purposes. Please register for the session(s) appropriate for your child(ren)'s age group.

[REGISTER HERE!](#) [AGES 5-10](#) ● [AGES 11+](#)

HEALTHY LIVING FOR KIDS (ALL)

3:00PM | JOHNSON CENTER, ROOM A

Wellness is important for optimal performance at school and work. When we are well, we feel more energized, alert, and happy. In this program, children look at what kinds of choices they can make in regard to nutrition, exercise, and sleep. Participants are exposed to the concept that little changes - like skipping the snooze button - can make a big difference.

This session is available for children of all ages and registration will not be separated by age group.

[REGISTER HERE!](#)

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[ACTIVITY PACKET FOR AGES 5-7](#) ● [ACTIVITY PACKET FOR AGES 8+](#)

Questions about a session or the event? Contact worklife@gmu.edu or Human Resources & Payroll at (703) 993-2600.