




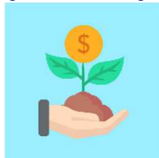




# Online Programs – Spring 2020

May 18 - 22

	Monday May 18 <sup>th</sup>	Tuesday May 19 <sup>th</sup>	Wednesday May 20 <sup>th</sup>	Thursday May 21 <sup>st</sup>	Friday May 22 <sup>nd</sup>
<p>DATES: May 18<sup>th</sup> – 22<sup>nd</sup></p> <p>IMPORTANT NOTES:</p> <p><u>Morning Session</u> 10:00 am – 12:00 pm</p> <p><u>Afternoon Session</u> 1:00 pm – 3:00 pm</p> <p><u>Evening Session</u> 6:00 pm – 8:00 pm</p>	No Programs Scheduled for Stat Holiday!	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm
		<p><b>Healthy Life #1</b> Learn about the importance of a healthy and balanced diet!</p> 	<p><b>Healthy Life #2</b> What are Portion Sizes? How have they changed!? Learn how to master portion control.</p> 	<p><b>Healthy Life #3</b> Learn how sugar hides in our everyday foods, and how it can affect our bodies!</p> 	<p><b>Healthy Life #4</b> Learn ways to keep your WHOLE body healthy, from body to brain!</p> 
		1:00 – 3:00 pm	1:00 – 3:00 pm	1:00 – 3:00 pm	1:00 – 3:00 pm
		<p><b>JobSmart #7</b> Learn key skills to become a Savvy Shopper.</p> 	<p><b>JobSmart #8</b> Learn how to successfully manage your money!</p> 	<p><b>JobSmart #9</b> Identify benefits of researching product and effective questions to ask when shopping!</p> 	<p><b>JobSmart #10</b> Fantasy Friday!</p> 
		6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm
	<p><b>Monday + Tuesday Evening Online Social Nights Starting Next Week!</b></p> <p>Monday: Poetry in Motion Tuesday: Self-Expressive Arts</p>			<p><b>Art Club</b> Hangout with friends and create beautiful clay sculptures!</p> 	<p><b>ENJOY YOUR Weekend</b></p> 

*Note: Activities listed may be subject to change without notice.*

# Program Overview

Program Name: Day 1 – May 19<sup>th</sup>

## Program Description

This week's program begs the question "How can I learn to maintain a healthy lifestyle?" To have a healthy and happy future, it is important for [us] to determine what health means and find ways to start as well as maintain healthy habits. Participants will gain knowledge about living a healthy lifestyle and tools for a healthier life!

*Adapted from Transitions – Volume 3: Life Management (Stanfield, 2020)*

## Neat Nutrition

This week we will be exploring various topics related to healthy eating and food effects on our bodies! Staying healthy requires developing and maintaining healthy eating habits. A healthy diet includes foods from the four major food groups. Participants will learn about the importance of a balanced and healthy diet!

*Adapted from Transitions – Volume 3: Life Management (Stanfield, 2020)*

### Lesson Outcomes:

1. Learn to select and use food from the four food groups as a requirement for a healthy life.
2. Learn about mindful eating habits and how to practice mindful eating.

## Daily Lesson Plan – May 19<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Four Food Groups Discussion (35 minutes)
- ➔ Exercise Break (25 minutes)
- ➔ How Do We Enjoy our Food? (20 minutes)
- ➔ Special Meal Brainstorming Activity (15 minutes)

# Program Overview

Program Name: Day 2 – May 20<sup>th</sup>

## Program Description

This week's program begs the question "How can I learn to maintain a healthy lifestyle?" To have a healthy and happy future, it is important for [us] to determine what health means and find ways to start as well as maintain healthy habits. Participants will gain knowledge about living a healthy lifestyle and tools for a healthier life!

*Adapted from Transitions – Volume 3: Life Management (Stanfield, 2020)*

## Portion Distortion + Wacky Wednesday

This week we will be exploring various topics related to healthy eating and food effects on our bodies! Staying healthy requires developing and maintaining healthy eating habits. A healthy diet includes foods from the four major food groups. Participants will learn about the importance of a balanced and healthy diet!

Today we will look at the portion sizes, how they have changed over the years, and what individuals can do to prevent weight gain from current portion sizing!

### Lesson Outcomes:

1. Learn about and compare Portions vs. Serving Sizes.
2. Learn about healthy weight levels and how to avoid excessive portion recommendations.

## Daily Lesson Plan – May 20<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Portions vs. Service Sizes (25 minutes)
- ➔ Nutrition PowerPoint Game (10 minutes)
- ➔ Wacky Wednesday (45 minutes)

## Supplementary Activities

### Wacky Wednesday

Ready for a mid-week break! Keeping it light, during Wacky Wednesday participants will engage in a crazy game of Freeze Dance, learn to draw Unicorns, and a bunch of other active and exciting games.



# Program Overview

Program Name: Day 3 – May 21<sup>st</sup>

## Program Description

This week's program begs the question "How can I learn to maintain a healthy lifestyle?" To have a healthy and happy future, it is important for [us] to determine what health means and find ways to start as well as maintain healthy habits. Participants will gain knowledge about living a healthy lifestyle and tools for a healthier life!

*Adapted from Transitions – Volume 3: Life Management (Stanfield, 2020)*

## The Not So Sweet Effects of Sugar + Immune System

This week we will be exploring various topics related to healthy eating and food effects on our bodies! Staying healthy requires developing and maintaining healthy eating habits. A healthy diet includes foods from the four major food groups. Participants will learn about the importance of a balanced and healthy diet!

Today we will look at how sugar hides in our everyday foods and how a little, to a lot, of sugar can effect our brains and body! Even though we can work hard to protect our bodies, our Immune System has our back to protect our body from harm. Participants will learn about the function of our Immune System and we get sick!

### Lesson Outcomes:

1. What is Sugar and how does it effect our bodies.
2. Understand the role and function the body's immune system.
3. Understand how we get sick, how our bodies fight illness, and how we can avoid getting sick.

## Daily Lesson Plan – May 21<sup>st</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Ted Talk Video - How Sugar Affects the Brain (5 minutes)
- ➔ Sugar + How it Effect the Body (35 minutes)
- ➔ Colouring Activity (25 minutes)
- ➔ Immune System + What Makes Us Sick (15 minutes)
- ➔ Mold! Activity (30 minutes)

## Supplementary Activities

### Let's Make Mould!

Have you ever wondered how those little blue spots end up on your bread!? Participants will have the opportunity create their own Mold Experiment! Complete with a test and control subject, participants will test high-touch areas in their house to create their own mold.

# Program Overview

Program Name: Day 4 – May 22<sup>nd</sup>

## Program Description

This week's program begs the question "How can I learn to maintain a healthy lifestyle?" To have a healthy and happy future, it is important for [us] to determine what health means and find ways to start as well as maintain healthy habits. Participants will gain knowledge about living a healthy lifestyle and tools for a healthier life!

*Adapted from Transitions – Volume 3: Life Management (Stanfield, 2020)*

## Health Living

This week we will be exploring various topics related to healthy eating and food effects on our bodies! Staying healthy requires developing and maintaining healthy eating habits. A healthy diet includes foods from the four major food groups. Participants will learn about the importance of a balanced and healthy diet!

### Lesson Outcomes:

1. Understand the benefits of living a healthy lifestyle.
2. Learn and review ways to be keep your whole body healthy, from body to brain.

## Daily Lesson Plan – May 22<sup>nd</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Keys to Good Health PowerPoint (10 minutes)
- ➔ Healthy Brain Strategies (25 minutes)
- ➔ Plant Herb Garden (25 minutes)
- ➔ Loop Cards Activity (10 minutes)
- ➔ Workout Activity (10 minutes)

## Supplementary Activities

### Mini Herb Garden

Participants will plant their very own her garden to nurture and grow from home. Using recycled egg cartons, we will plant our seed and watch them sprout!

# Program Overview

Program Name: Day 1 – May 19<sup>th</sup>

## Program Description

Continuing with the LifeSmart Curriculum, this week's program will focus on MoneySmart skills. In MoneySmart, [participants] will learn what experts consider to be the most important money management skills for success!

*Adapted from LifeSmart Curriculum: MoneySmart (Stanfield, 2020)*

## MoneySmart 1: Financial Fitness Strategies

[Participants] will learn about the pitfalls of compulsive shopping, the common ways people throw away money, and how to avoid trouble when shopping.

*From MoneySmart1: Financial Fitness Strategies (Stanfield, 2020)*

### Lesson Outcomes:

1. Understand the pitfalls of compulsive shopping.
2. Learn key skills to become a Savvy Shopper.

## Daily Lesson Plan – May 19<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ What's In Your Budget Activity (20 minutes)
- ➔ MoneySmart PowerPoint + Videos (30 minutes)
- ➔ Guardians of the Galaxy Activity (30 minutes)
- ➔ MoneySmart Videos (20 minutes)

## Supplementary Activities

### Super Hero Saving Smash

Test your knowledge and become a Super Hero saver with a fun activity page.



# Program Overview

Program Name: Day 2 – May 20<sup>th</sup>

## Program Description

Continuing with the LifeSmart Curriculum, this week's program will focus on MoneySmart skills. In MoneySmart, [participants] will learn what experts consider to be the most important money management skills for success!

*Adapted from LifeSmart Curriculum: MoneySmart (Stanfield, 2020)*

## MoneySmart 1: Financial Fitness Strategies

[Participants] will learn about the pitfalls of compulsive shopping, the common ways people throw away money, and how to avoid trouble when shopping.

*From MoneySmart1: Financial Fitness Strategies (Stanfield, 2020)*

### Lesson Outcomes:

1. Learn about Budgets and how to create a personal Budget
2. Understand the importance of researching what you want to buy.

## Daily Lesson Plan – May 20<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Review MoneySmart Videos (15 minutes)
- ➔ Avengers Comic Activity (30 minutes)
- ➔ Create Your Own Budget (15 minutes)
- ➔ Money Smart Videos (30 minutes)

## Supplementary Activities

### Create Your Own Budget

Participants will identify their personal income and expenses to develop their own Budget, describing how they want to spend and save money each month.

# Program Overview

Program Name: Day 3 – May 21<sup>st</sup>

## Program Description

Continuing with the LifeSmart Curriculum, this week's program will focus on MoneySmart skills. In MoneySmart, [participants] will learn what experts consider to be the most important money management skills for success!

*Adapted from LifeSmart Curriculum: MoneySmart (Stanfield, 2020)*

## MoneySmart 1: Financial Fitness Strategies

[Participants] will learn about the pitfalls of compulsive shopping, the common ways people throw away money, and how to avoid trouble when shopping.

*From MoneySmart1: Financial Fitness Strategies (Stanfield, 2020)*

### Lesson Outcomes:

1. Identify personal benefits of researching products and shopping comparatively.
2. Identify negative consequences of not comparing products and prices.
3. Identify and develop effective questions to ask salespeople.

## Daily Lesson Plan – May 21<sup>st</sup>

- ➔ Welcomes & Warm-Ups (10 minutes)
- ➔ Complete MoneySmart Episode 2 (20 minutes)
- ➔ Game Time! (45 minutes)
- ➔ Money Saving Jar Activity (30 minutes)
- ➔ MoneySmart Videos (20 minutes)

## Supplementary Activities

### Money Saving Jar

The physicality of money can be more psychologically powerful than the concept of money on its own. Participants will create a personalized savings jar to start saving up for a want purchase of their own!



# Program Overview

Program Name: Day 4 – May 22<sup>nd</sup>

## Program Description

Continuing with the LifeSmart Curriculum, this week's program will focus on MoneySmart skills. In MoneySmart, [participants] will learn what experts consider to be the most important money management skills for success!

*Adapted from LifeSmart Curriculum: MoneySmart (Stanfield, 2020)*

## Fantasy Friday

[Participants] will learn about the pitfalls of compulsive shopping, the common ways people throw away money, and how to avoid trouble when shopping.

*From MoneySmart1: Financial Fitness Strategies (Stanfield, 2020)*

### Lesson Outcomes:

1. N/A Fantasy Friday

## Daily Lesson Plan – May 22<sup>nd</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Harry Potter Slime (30 minutes)
- ➔ Chapter 3 – Letters from No One Reading & Video (40 minutes)
- ➔ Harry Potter Quiz (10 minutes)

## Supplementary Activities

### Make Harry Potter Slime

Potion Slime! A whole new take on slime. Participants will whip up their own Harry Potter slime with their own magical twist!

# Online Social Nights

Thursdays – May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9

Each weeknight, we offer young adults the chance to hang out and meet friends online! The aim is to make connections, develop new skills and participate in the comfort of your own home.

## Thursday Theme: Art Club

### Calendar of Events

Date	Activity/Theme
May 7	Mothers Day Gift
May 14	Personalized Tote Bags
May 21	Modeling Clay Sculptures
May 28	Light it Up!
June 4	Art and Air
June 11	Make Your Own Jewelry
June 18	Fathers Day Gift
June 25	Canada Day Celebrations
July 2	Art & Science
July 9	Edible Art

*Note: Activities listed may be subject to change without notice.*

# Activity Descriptions

Online Social Nights – Thursdays (May 7 – July 10)

## Mothers Day Gift – Presented by: Landon Penner

Create a beautiful self-care spa gift for a special lady in your life!

## Personalized Tote Bags – Presented by: Landon Penner

Decorate an art storage bag for all the supplies the participants will collect through the session.

## Modeling Clay Sculptures – Presented by: Landon Penner

Dive in and create a beautiful sculpture from natural modeling clay.

## Light It Up! – Presented by: Landon Penner

Make glittering fairy light jars and a shadow lamp.

## Art and Air – Presented by: Landon Penner

Make a gorgeous kite, and use bubbles to make a beautiful painting project!

## Make Your Own Jewelry – Presented by: Landon Penner

A great way to show off your art... let's make it wearable!

## Fathers Day Gift – Presented by: Landon Penner

Let's celebrate a special guy in your life by making them a mug to drink their morning coffee out of!

## Canada Day Celebration! – Presented by: Landon Penner

Let's show our Canadian pride by making a wind sock, tote bag, and red and visor!

## Art and Science – Presented by: Landon Penner

Make homemade slime, string art paintings, and a glittering kaleidoscope!

## Edible Art – Presented by: Landon Penner

For our last day, we will be making art we can eat! A fun way to end our time together!