

Weekly Lesson Plan

Week Of: November 15, 2021

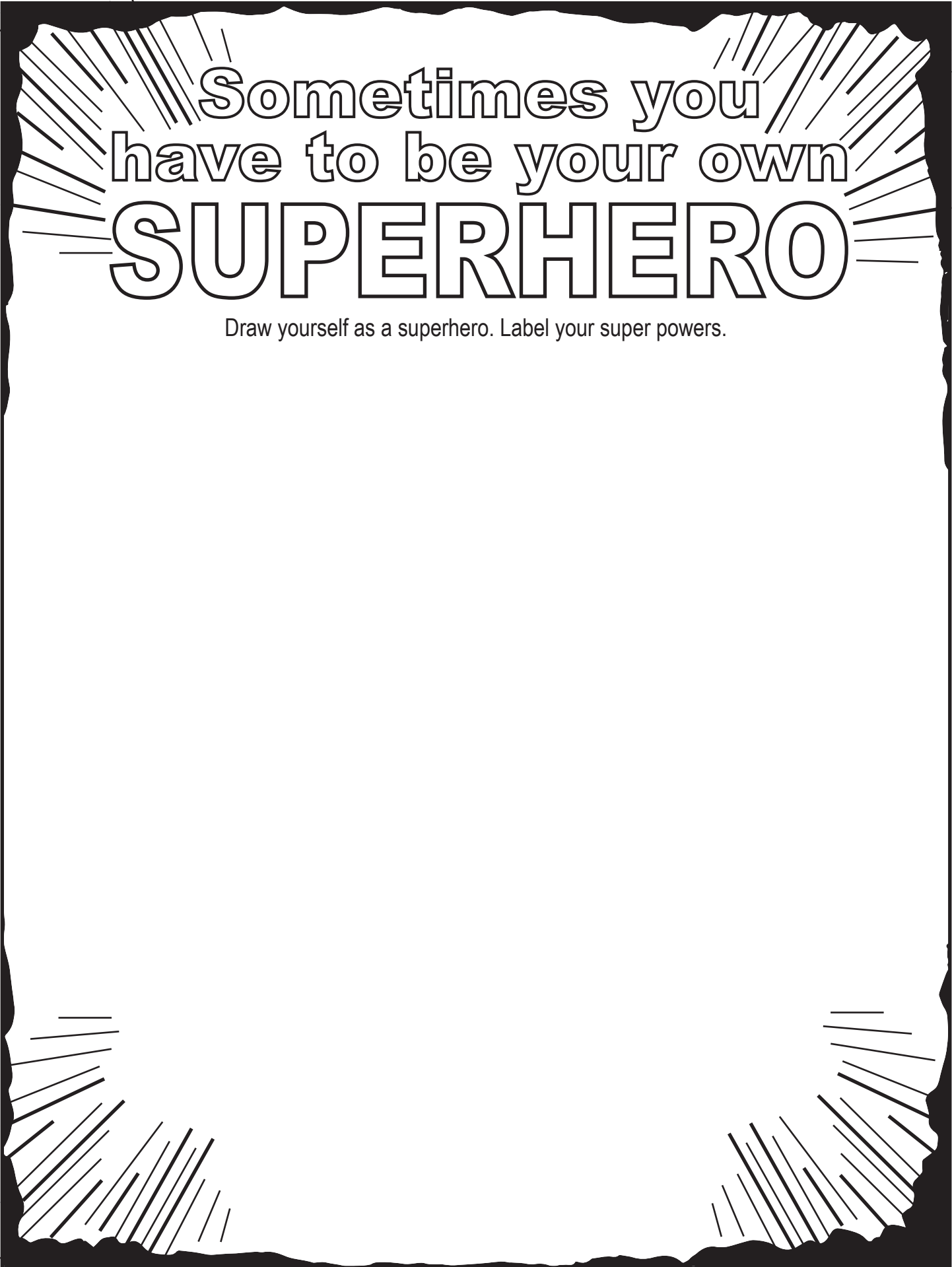
Age Group: 3 – 18 yrs

Monday	Virtual Field Trip
Ever wondered what it's like to be president? Visit the White House to see where he lives! https://artsandculture.google.com/partner/the-white-house <i>Supplies & Resources needed: computer/laptop/tablet and internet</i>	
Tuesday	Brain Games
Grab your markers, crayons, or colored pencils, and get busy coloring and creating. Worksheet attached. <i>Supplies & Resources needed: markers, crayons, or color pencils</i>	
Wednesday	Let's Get Cooking
Kitchen Safety: Chart attached Watch the video at: https://youtu.be/DoSq9T6OejA <i>Supplies & Resources needed: kitchen safety chart and parental supervision</i>	
Thursday	What about me? Helping Children Cope
Calming Anxiety: Deep Breathing -> Square Breathing Worksheet attached <i>Supplies & Resources needed: worksheet and parental supervision</i>	
Friday	Full STEAM ahead!
Explore Force and Motion https://innovationkidslab.com/force-and-motion-steam-activities-for-kids/ <i>Supplies & Resources needed: watercolors or kids paint, paper or board and parental supervision</i>	
Saturday	The Great Outdoors
Full movement games using paper plates. https://meaningfulmama.com/getting-kids-moving-fun-exercise-games.html <i>Supplies & Resources needed: paper plates and parental supervision</i>	

**After completing the weekly activities, please complete the online form at www.future-promise.org/afterschoolplus*

***For any questions, concerns and help on these activities please reach out to us at support@future-promise.org or visit www.future-promise.org/afterschoolplus*

Have fun, stay safe and have a wonderful week!



Sometimes you
have to be your own
SUPERHERO

Draw yourself as a superhero. Label your super powers.



Turn off stove and oven when done cooking.

Do not play around the stove.



Make sure all handles on pots and pans are turned toward the back of the stove.

Kitchen Safety Chart



No licking utensils or fingers.

Use clean hands.



No sharp knives for small children. Keep them out of reach and out of sight.



Always clean items that were in contact with raw meats and eggs immediately after using.

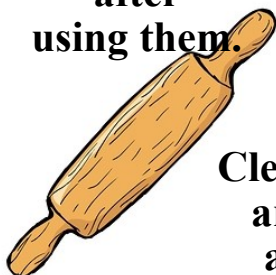
Always use supervision



Put items away after using them.



Keep appliances away from Water.



Clean counter tops and dishes well after cooking.

Square Breathing

Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

