

Weekly Lesson Plan

Week Of: November 29, 2021

Age Group: 3 – 18 yrs

Monday	Virtual Field Trip
You're the Scientist! A Virtual Field Trip about Citizen Science, Frogs, and Cicadas! https://www.youtube.com/watch?v=Wpkb3jmXaac&t=67s <i>Supplies & Resources needed: computer/laptop/tablet and internet</i>	
Tuesday	Brain Games
Find the hidden pictures! Worksheet attached <i>Supplies & Resources needed: worksheet and pencil/colors</i>	
Wednesday	Let's Get Cooking
You can grow a lot of vegetables from scraps. Did you know that? https://www.kids-cooking-activities.com/grow-food-from-scraps.html <i>Supplies & Resources needed: computer/laptop/tablet, internet, vegetables listed and parental supervision</i>	
Thursday	What about me? Helping Children Cope
The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety: Poster attached <i>Supplies & Resources needed: computer/laptop/tablet and internet and parental supervision</i>	
Friday	Full STEAM ahead!
Learn about atoms and build your own atoms! https://kidsactivitiesblog.com/7833/atom-for-kids/ <i>Supplies & Resources needed: craft pom-poms in three colors in equal amounts, craft wire, hot glue gun or regular glue and patience and parental supervision</i>	
Saturday	The Great Outdoors
Make a magic carpet! - All you need are some objects from nature—and a soaring imagination! Worksheet attached. <i>Supplies & Resources needed: objects from nature, worksheet, glue or tape 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*

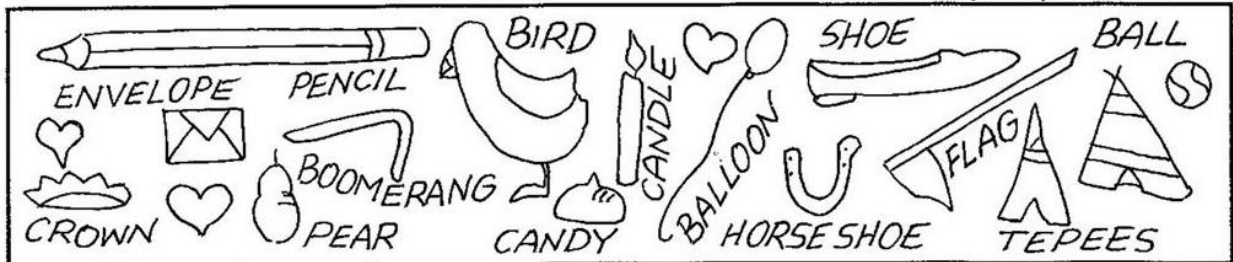
Have fun, stay safe and have a wonderful week!



Find the hidden pictures!



www.hiddenpicturepuzzles.com



“Inspiring, Connecting and Empowering Communities to Collaborate for Social Impact”

EIN: 82-3387200 | email@future-promise.org | 770-702-0655 | 7171 Jonesboro Rd, Morrow, GA 30260

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THE 5-4-3-2-1 COPING TECHNIQUE

EASE YOUR STATE OF MIND IN STRESSFUL MOMENTS.

ACKNOWLEDGE

5

THINGS YOU CAN
SEE
AROUND YOU.



ACKNOWLEDGE

4

THINGS YOU CAN
TOUCH
AROUND YOU.



ACKNOWLEDGE

3

THINGS YOU CAN
HEAR
AROUND YOU.



ACKNOWLEDGE

2

THINGS YOU CAN
SMELL
AROUND YOU.



ACKNOWLEDGE

1

THING YOU CAN
TASTE
AROUND YOU.



Make a Magic Carpet

In storybooks, magic carpets whisk characters off to strange and wonderful places. But this is an autumn-colored carpet you can make yourself—out of strange and wonderful objects from nature!

This carpet will fly only in your imagination, but you can make it as beautiful as any storybook version.

HERE'S HOW:

1. Build a frame of sticks. (See illustration below.)
2. Search for treasures from nature—such as colorful fall leaves, seedpods, acorns, bark, pinecones, berries—to fill the frame. Arrange them to make beautiful designs. (Just be sure not to take things that are still alive or touch anything poisonous.)
3. Leave your carpet for others to discover and enjoy. Or come back yourself to see how it changes over time.



Art by John Dawson