

Weekly Lesson Plan

Week Of: November 22, 2021

Age Group: 3 – 18 yrs

Monday	Virtual Field Trip
<p>We're bringing Marineland Dolphin Adventure to you! Enjoy this virtual field trip - it's fun for the whole family!</p> <p>https://www.youtube.com/watch?v=nGImD-h0eFQ</p> <p><i>Supplies & Resources needed: computer/laptop/tablet and internet</i></p>	
Tuesday	Brain Games
<p>Grab your markers, crayons, or colored pencils, and get busy coloring and creating and also enjoy the thanksgiving word search. Worksheets attached.</p> <p><i>Supplies & Resources needed: markers, crayons, or color pencils</i></p>	
Wednesday	Let's Get Cooking
<p>Simple fun ideas for how to get the kids involved in the Thanksgiving preparation</p> <p><i>Supplies & Resources needed: Kids thanksgiving recipe card, ingredients and parental supervision</i></p>	
Thursday	What about me? Helping Children Cope
<p>Managing Anger: Fun yoga for kids. Poster attached.</p> <p><i>Supplies & Resources needed: worksheet and parental supervision</i></p>	
Friday	Full STEAM ahead!
<p>Make some music – make a kazoo!</p> <p>https://www.youtube.com/watch?v=nXm457zu_Xg</p> <p><i>Supplies & Resources needed: toilet paper roll, scissors, rubber bands, wax paper and parental supervision</i></p>	
Saturday	The Great Outdoors
<p>Play a leaf memory game!</p> <p>Worksheet attached.</p> <p><i>Supplies & Resources needed: leaves, index cards, glue or tape and parental supervision</i></p>	

**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, Happy Thanksgiving and have a wonderful week!



Be the reason someone smiles today

Write about an act of kindness to surprise a friend or family member.



A Thanksgiving Feast

DIRECTIONS: Find and circle the delicious Thanksgiving food in the grid. Look for the words in all directions including backwards and diagonally. What's your favorite Thanksgiving food?

S	W	A	L	D	T	W	B	E	J	V	Z	N	Q	Z	O	R	V	Y	S	S
N	C	R	A	N	B	E	R	R	Y	S	A	U	C	E	C	J	U	G	P	S
E	Q	K	A	X	B	T	F	V	P	B	P	T	H	P	O	M	S	P	V	G
E	M	I	B	Q	B	Z	M	B	P	U	I	R	E	A	R	S	A	X	U	C
R	S	C	L	W	S	A	P	Q	Z	B	H	A	S	U	N	S	D	I	C	Z
G	W	N	S	F	E	H	S	A	U	Q	S	N	T	Y	B	D	E	G	E	U
D	E	T	A	E	M	E	C	N	I	M	T	M	N	X	R	R	L	R	W	Z
R	E	Q	D	E	Z	Q	Y	D	Y	U	V	Q	U	X	E	E	O	A	V	B
A	T	C	E	T	B	S	B	X	R	P	T	W	T	W	A	S	R	V	F	R
L	P	U	U	M	S	N	T	K	N	C	U	E	S	L	D	S	E	Y	L	U
L	O	Y	B	N	J	S	E	U	P	L	J	M	W	Y	W	I	S	P	H	S
O	T	T	N	A	Z	Y	Y	E	F	O	W	H	P	A	Y	N	S	M	F	S
C	A	D	V	K	E	O	C	E	R	F	I	E	H	K	W	G	A	Q	F	E
P	T	L	S	S	X	Q	K	I	K	G	I	F	I	K	I	Z	C	L	H	L
Y	O	P	W	A	K	J	S	F	Y	S	M	N	I	P	K	N	E	C	F	S
X	E	S	E	E	H	C	D	N	A	C	A	M	G	Z	N	Y	P	L	S	P
Q	S	Z	I	F	N	O	Q	E	B	N	N	N	U	V	A	A	K	I	R	R
S	E	O	T	A	T	O	P	D	E	H	S	A	M	I	Y	Q	C	O	E	O
A	S	T	I	U	C	S	I	B	D	Q	T	B	T	N	A	G	L	E	U	U
E	I	P	E	L	P	P	A	L	E	W	B	U	E	K	M	L	O	K	P	T
P	P	N	H	P	K	Q	B	R	H	B	T	Q	I	U	S	G	C	U	G	S

- GREEN BEANS
- MAC AND CHEESE
- MASHED POTATOES
- MINCEMEAT
- PEAS
- PECAN PIE
- PUMPKIN PIE
- ROLLS
- SQUASH
- STUFFING
- SWEET POTATOES
- TURKEY
- YAMS

- APPLE PIE
- BISCUITS
- BRUSSEL SPROUTS
- CASSEROLE
- CHESTNUTS
- COLLARD GREENS
- CORNBREAD
- CRANBERRY SAUCE
- DRESSING
- GRAVY

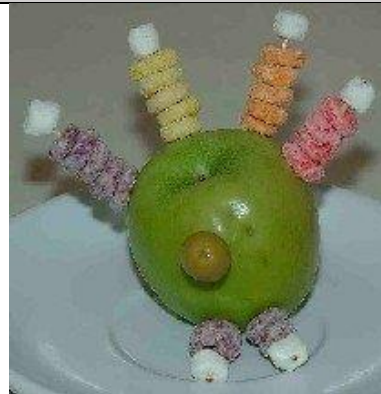


Kids Thanksgiving Recipes

We've included here kids Thanksgiving recipes and Thanksgiving ideas for kids. Thanksgiving recipes can often be time consuming or a whole gourmet meal, but we have some simple fun ideas for how to get your kids involved in the Thanksgiving preparation.

Fruit Loop Apple Turkey

Each child can have their own apple to work with. Have the adult or kid chef place 5 toothpicks into the apple. Have a bowl of fruit loop cereal (or other circle O shaped cereal) available. Kids can fill up the toothpicks until the turkey feathers are all full. Place a mini marshmallow on the top to keep the fruit loops from falling off. For a turkey head use a toothpick and insert raisins almost to the end then place a green olive at the end. These turkeys are lots of fun for kids to put together.



Turkey Fun Toast Snack

Cut out a turkey from a piece of bread with a turkey shaped cookie cutter. Have kids add candy corns for feathers and a raisin for an eye with peanut butter or cream cheese as their glue. Pieces of fruit leather also work well for feathers.



Turkey Pancakes

Using something as easy as pancakes of different sizes and fruit slices you can create a fun breakfast, brunch or addition to the Thanksgiving table.



CALM DOWN **ANGER** WITH YOGA



I AM AN ELEPHANT

I CAN BEND OVER AND
RELEASE MY ANGER.



I AM A JACKAL

I CAN EXHALE AND LET GO
OF MY FRUSTRATIONS.



I AM A CROCODILE

I CAN FEEL MY BODY
CALMING DOWN.



I AM A HIPPO

I AM "OKAY". I AM
SURROUNDED WITH LOVE.



I AM A LION

I AM SAFE. I CAN FEEL MY
WHOLE BODY RELAXED.

LEAF MEMORY GAME

Collect leaves from trees and shrubs and use them to play a memory game with a friend.

What You Need

- 8 to 12 pairs of matching leaves
- Index cards
- Glue or tape

What You Do

1. **Find Leaves**
First, find 8 to 12 pairs of matching leaves. (For example, two oak leaves, two maple leaves, and so on.)
2. **Glue Leaves to Index Cards**
Glue or tape each leaf to an index card.
3. **Play the Game**
 - Spread out all the cards face down. Take turns flipping over two cards at a time. If you get a match, you get to keep those cards and take another turn.
 - The player with the most pairs at the end wins.

