

## Weekly Lesson Plan

**Week of: December 13, 2021**

**Age Group: 3 – 18 yrs**

<b>Monday</b>	<b>Virtual Field Trip</b>
Join Caitie as she takes you on a field trip to the Toronto Railway Museum to learn all about trains: <a href="https://www.youtube.com/watch?v=zKkwlvH3szM">https://www.youtube.com/watch?v=zKkwlvH3szM</a> <i>Supplies &amp; Resources needed: computer/laptop/tablet and internet</i>	
<b>Tuesday</b>	<b>Brain Games</b>
Create your own dot and box game or use the attached sheet to get your brains to work and have fun! <i>Supplies &amp; Resources needed: worksheet, pencil/pen, a partner to play with</i>	
<b>Wednesday</b>	<b>Let's Get Cooking</b>
Practice cracking eggs and making an omelet. <a href="https://www.kids-cooking-activities.com/kids-cooking-lessons-cit-2.html">https://www.kids-cooking-activities.com/kids-cooking-lessons-cit-2.html</a> <i>Supplies &amp; Resources needed: egg, pan, stove and adult supervision</i>	
<b>Thursday</b>	<b>What about me? Helping Children Cope</b>
Help kids manage anger with this anger catcher. Sheet attached <a href="https://www.homestoriesatoz.com/printables/help-kids-manage-anger-free-printable-game.html">https://www.homestoriesatoz.com/printables/help-kids-manage-anger-free-printable-game.html</a> <i>Supplies &amp; Resources needed: poster and parental supervision</i>	
<b>Friday</b>	<b>Full STEAM ahead!</b>
Ever wonder how clouds are formed? Try this science experiment and make a cloud in a jar! <a href="https://www.youtube.com/watch?v=x-r8jIBaloo">https://www.youtube.com/watch?v=x-r8jIBaloo</a> <i>Supplies &amp; Resources needed: 1 glass jar, hairspray, 1 Lid, Ice Cubes, hot water and parental supervision</i>	
<b>Saturday</b>	<b>The Great Outdoors</b>
This Scavenger Hunt is a fun way to explore outdoors in your front and back yard! Poster attached. <i>Supplies &amp; Resources needed: worksheet and parental supervision</i>	

*\*After completing the weekly activities, please complete the online form at [www.future-promise.org/afterschoolplus](http://www.future-promise.org/afterschoolplus)*

*\*\*For any questions, concerns and help on these activities please reach out to us at [support@future-promise.org](mailto:support@future-promise.org) or visit [www.future-promise.org/afterschoolplus](http://www.future-promise.org/afterschoolplus)*

***Have fun, stay safe and have a wonderful week!***

## DOTS AND BOXES GAME

### HOW TO PLAY DOTS AND BOXES

#### You Will Need

- Dot grid paper
- Two pencils, pens, or other writing utensils
- Someone to play with

#### How to Play the Dot Game (Instructions)

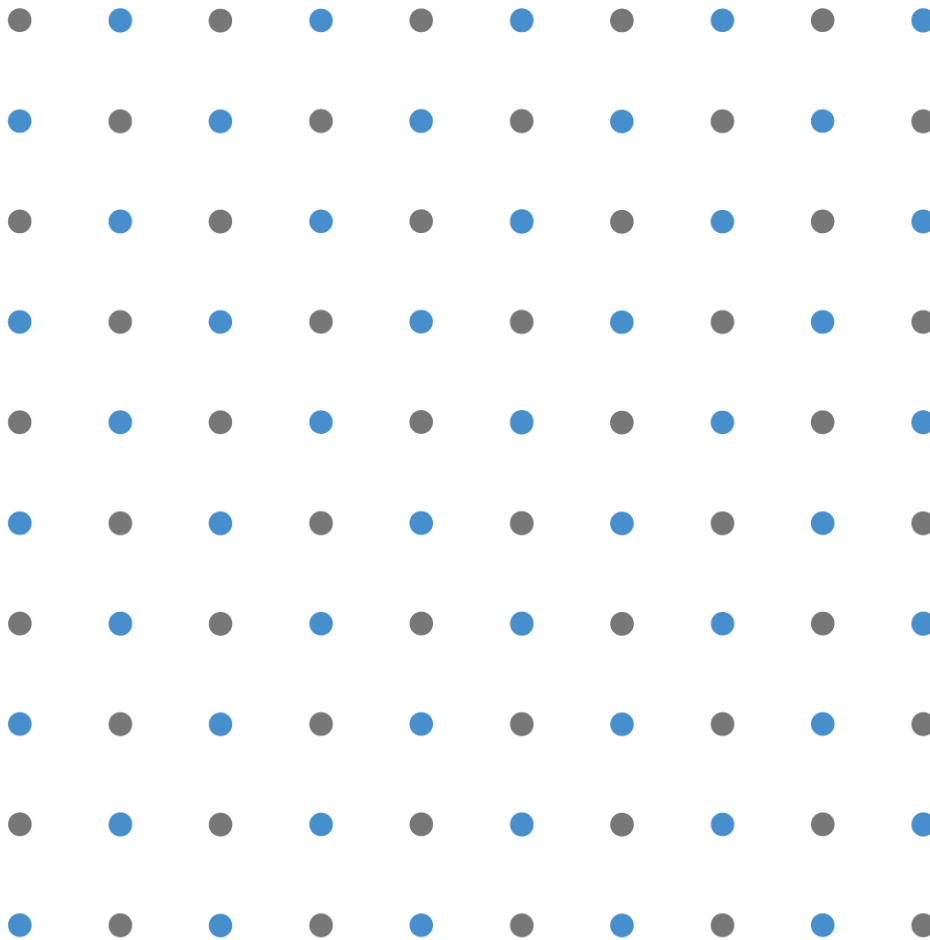
1. The **first player draws a line** between two of the dots on the page vertically or horizontally. You can only draw vertical lines or horizontal lines between dots. You cannot draw diagonal lines.
2. The **second player draws a line** between two of the dots for the next turn.
3. The **players alternate** back and forth each drawing **one line for each turn**.
4. If the line you draw is the fourth side of a box, the player to finish the box **marks that box as their own**. This is usually done by coloring in the box a certain color or writing an initial in the box.
5. **When a player completes a box, they get another turn**. Sometimes a player will have many turns in a row completing boxes before the other player gets a turn again.
6. Continue taking turns drawing lines and marking completed boxes.
7. The game ends when **the entire grid has been completed**.
8. The player with the most completed boxes at the end of the game is the winner.
9. Only small boxes between four adjacent dots counts as a box.

You can also refer to the below mentioned video to understand how to play this fun game.

[https://www.youtube.com/watch?v=FKv5KBzFW\\_s](https://www.youtube.com/watch?v=FKv5KBzFW_s)

Create your own dot and box game or use the attached sheet to get your brains to work and have fun!

# DOTS-AND-BOXES



**ANGER CATCHER DIRECTIONS**

1. Cut out the anger catcher and turn it face down.
2. Fold each corner towards the center so that the numbers and colors are facing you.
3. Turn it over and again fold each corner into the center so that the color names are visible.
4. Fold it in half so that the color names are touching and the numbers are on the outside. Now open it and fold it in half the other way.
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
6. Close the anger catcher so only the numbers show.

**TO USE:** Pick a number and open and close the anger catcher that number of times. Next, pick a color and spell out the color name, opening and closing the anger catcher for each letter. Then pick a color that is visible and open that flap. Read what it says and practice that anger management technique! This game can be played with one or two players and is a great way to teach self-soothing techniques.

**YELLOW**  
9  
2  
Listen to music.

**GREEN**  
Imagine a beautiful and peaceful place.

**BLUE**  
3  
6  
Take a few deep breaths.

**PURPLE**  
Write down everything you are feeling.

**ORANGE**  
7  
8  
Get a drink of water and splash cold water on your face.  
You can handle "this!"  
"Calm down."  
Tell yourself:

**BROWN**  
1  
2  
3  
4  
5  
6  
7  
8  
9  
Get exercise.  
Play outside.  
Ride a bike.  
Jump rope.  
Shoot hoops.  
Talk it out with a trusted adult or friend.

**PINK**  
www.HomeStoriesAtoZ.com

## The Scavenger Hunt

  
**OUTDOOR  
SCAVENGER HUNT**

CHECK THE BOXES AS YOU FIND EACH ITEM.



- A RED FLOWER
- A FLAT ROCK
- A BUG
- A WHITE ROCK
- A PURPLE FLOWER
- A PIECE OF BARK
- A PIECE OF TRASH YOU CAN RECYCLE
- AN ITEM SMALLER THAN YOUR THUMB
- SOMETHING THAT STARTS WITH "M"
- A SEED OR A BERRY
- SOMETHING SMALL
- SOMETHING SOFT
- SOMETHING YELLOW
- SOMETHING ROUND
- THREE STICKS



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