

Weekly Schedule
January 17th - January 21st

Time Slots	Monday 01/17/22	Tuesday 01/18/22	Wednesday 01/19/22	Thursday 01/20/22	Friday 01/21/22
9:00-9:40 AM	MINDFULNESS & STRETCHING Guided breathing and stretching OR CRITICS CORNER: FAVOURITE RESTAURANT Share all about your go-to places to dine at!	CHEF'S CORNER: PANCAKES Nothing STACKS up to this simple breakfast! (Ingredients: pancake mix & labelled ingredients on box) OR LITERACY PRACTICE: READING COMPREHENSION "Anna and her Basketball Adventure"	MINDFULNESS & STRETCHING Guided breathing and stretching OR CARTOON DRAWING: CLIFFORD THE BIG RED DOG Calling all artists! Bring your crayons, pencil crayons, markers, or paints!	SPELLING BEE Choose a category and spell it out! OR CRITICS CORNER: FAVOURITE SPORT Let's have a ball sharing our favourite sports!	MINDFULNESS & STRETCHING Guided breathing and stretching OR LITERACY PRACTICE: STORY READING "Sunny Meadows"
10:00-10:40 AM	FITNESS: PICK A CARD CARDIO OR CARTOON DRAWING: TWEETY BIRD Calling all artists! Bring your crayons, pencil crayons, markers, or paints!	FITNESS: ARMS & LEGS Strengthen your arms and legs with these simple exercises OR MATH PRACTICE: GEOMETRY Let's get our math skills into SHAPE!	FITNESS: ZUMBA Soca Style! OR CHEF'S CORNER: AVOCADO TOAST This easy and delicious snack will GUAC your world! (Ingredients: toast bread, 1 ripe avocado, spices of choice. Optional: fried egg)	FITNESS: CARDIO & ABS Guided core strength and cardio exercises to get your body moving! OR LIFE SKILLS: INTERNET SAFETY Learn to navigate the internet safely with these tips and tricks!	FITNESS: ZUMBA 90s Mix! OR RIDDLES CORNER: HOUSEHOLD ITEMS Guess the item to solve the riddle!
11:00-11:40 AM	SPELLING BEE Choose a category and spell it out! OR MATH PRACTICE: WORD PROBLEMS	SCIENCE: THE HUMAN BODY - THE HEART Learn about the function of the heart OR RIDDLES CORNER: ONE-LINE RIDDLES Use the clues to solve the riddle!	TRAVEL THE WORLD: MONTREAL Exploring Culture, Food and Landmarks! OR MATH PRACTICE: NUMBERS AND COUNTING	ANIMALS: PENGUINS Let's CHILL with these COOL animals! OR LITERACY PRACTICE: VERBS	KARAOKE: LET'S SING! Choose and perform your favourite songs OR LANDMARKS: STATUE OF LIBERTY
12:00-12:40 PM	FOOD SCIENCE: BREAD You're going to LOAF learning about how bread is made!	HEALTH AND WELLNESS: SLEEP CYCLES I need beau-tea-sleep OR LUNCH N'CHAT Enjoy your lunch in the company of good friends	ESCAPE GAME: THE ZOO Let's take a trip to the zoo! Solve the puzzles to see all the animals. OR LUNCH N'CHAT Enjoy your lunch in the company of good friends	FOOD SCIENCE: CHEETOS Let's get cheesy! Learn how Cheetos are made. OR LUNCH N'CHAT Enjoy your lunch in the company of good friends	CRITICS CORNER: FAVOURITE BOOK OR LUNCH N'CHAT Enjoy your lunch in the company of good friends
1:00-1:40 PM	EARTH SCIENCE: REPTILES You're guana love learning about these scaly friends! OR LIFE SKILLS: GROCERY SHOPPING Learn how to make grocery lists using recipes!	FOOD SCIENCE: GUMMY BEARS Learn how gummy bears are made! OR TRAVEL THE WORLD: ARGENTINA Exploring Culture, Food and Landmarks!	SPELLING BEE Choose a category and spell it out! OR EARTH SCIENCE: SEASONS Learn all about the 4 seasons and why we have them!	KAHOOT: NAME THAT TUNE Put your music knowledge to the test! OR MONEY MANAGEMENT Practice counting coins and bills	DRAMA CLUB: ACT IT OUT Lights, Camera, Action... let's re-create the classic Disney-Pixar film, Finding Nemo OR CARTOON DRAWING: WEDNESDAY - ADDAMS FAMILY Calling all artists! Bring your crayons, pencil crayons, markers, or paints!
2:00-2:40 PM	SEVEN WONDERS: MACHU PICCHU Learn about the wonders of this heritage site! OR LITERACY PRACTICE: RHYMING WORDS It's your TIME to SHINE!	ONLINE GAMES: PARTICIPANT CHOICE GAME ON! Choose your game and challenge your friends. OR SPORTS: FOOTBALL Let's touchdown into the world of football!	ANIMALS: KOALA BEARS Spend some KOALA-tea time learning about these furry friends! OR KARAOKE: LET'S SING! Choose and perform your favourite songs	ONLINE GAMES: DEAL OR NO DEAL Win BIG in this friendly fun game! OR TIME TRAVEL: DINOSAURS What a RAWR-some time to learn all about dinosaurs!	SPORTS: HOCKEY Let's skate into the world of hockey! OR CHEF'S CORNER: RICE KRISPIE TREAT IN A MUG (Ingredients: mini marshmallows, rice krispie cereal, butter)
3:00-3:40 PM	ONLINE GAMES: HANGMAN Let's hang out and play! OR DROP IN & HANGOUT Chat with your friends!	CROSSWORDS: MARTIN LUTHER KING Cross your way UP and DOWN OR DROP IN & HANGOUT Chat with your friends!	ONLINE GAMES: MOVIE TRIVIA Test your movie knowledge in this interactive trivia game! OR DROP IN & HANGOUT Chat with your friends!	PET THERAPY Calling all pet lovers! OR DROP IN & HANGOUT Chat with your friends!	ONLINE GAMES: PARTICIPANT CHOICE GAME ON! Choose your game and challenge your friends. OR DROP IN & HANGOUT Chat with your friends!