



## December 2021 - Children & Youth (Ages 5+)

Program Title	Description
<p><i>December 2nd, 9th, &amp; 16th</i>  <b>Friendship Bubble Circle</b></p>	<p>These groups encourage safe talk and activity spaces for children and youth to come together. This program runs 1X per week for 1 hour each, over the course of 3 weeks. These programs aim to be directed by the participants and supported by our Recreation Therapists. These programs offer a safe space for self-expression and nurturing new relationships. It encourages conversations that address self-awareness and sense of self and will help to identify new interests or hobbies. Participants are welcome to have a family member or friend join on their screen at home!</p>
<p><i>December 1st</i>  <b>STEM: Volcanoes</b></p>	<p>What is lava? Why do volcanoes erupt? Are there volcanoes still around today? We will explore all the fascinating ins and outs of volcanoes! We will construct our very own mini volcanoes and explore a chemical reaction. This program aims to support questioning skills, gross motor development, patience, and socialization.</p>
<p><i>December 3rd</i>  <b>Escape Room: This Is Me!</b></p>	<p>Meet Sam. Sam is 25 years old. When Sam was a baby, their voice was stolen from them. Without a voice, Sam went through their whole life NEVER expressing themselves. No one ever learned who Sam is, or what Sam wants and loves. Now Sam feels lost, and without a future. Join us as we travel back in time together to help Sam to express themselves in different ways! This program aims to support communication, self-expression, team building, and socialization.</p>
<p><i>December 6th</i>  <b>Online Trip: The North Pole</b></p>	<p>Participants will take part in interactive activities and increase their research skills while exploring the North Pole. They will learn how one builds and lives in igloos, meet animals that can survive the harsh cold weather, and design their very own igloo. This program aims to foster critical thinking, creativity, empathy, and socialization.</p>
<p><i>December 7th</i>  <b>Art &amp; Mixed Media: Holiday Cards</b></p>	<p>Gather up your favourite craft supplies and come join us as we listen to some festive tunes and get inspired to make unique and personalized holiday cards. This program lends to creativity, fine and gross motor skills, emotional regulation, and socialization.</p>

<p><i>December 8th</i> <b>Muscles &amp; Me: Ninjas</b></p>	<p>During this program we will get moving with skills like jumping, dodging, kicking, fast hand movements. Interactive games will encourage movement, and physical wellness. This program is has a variety of activities that lend to physical literacy, spatial awareness, communication, and socialization.</p>
<p><i>December 10th</i> <b>TGIF - New Year's Party</b> (1 hour)  Cost: Free</p>	<p>Join us for our Friday night New Year's Party! This program encourages individuals to come together with peers to play games and socialize, in a safe and inclusive space to talk, laugh, engage and discover new interests and friends. Participants are welcome to join the program dressed up, with snacks, and/or music to share with their peers!</p>
<p><i>December 13th</i> <b>Online Trip: Jurassic Park</b></p>	<p>We will explore the historic world of dinosaurs. With the guidance of our facilitator, we will identify different types of dinosaurs, how they lived, and why they went extinct. As a special bonus, we will create our own fossil crafts. This program aims to foster research and questioning skills, creativity, socialization and empathy.</p>
<p><i>December 14th</i> <b>Bake Off! Gingerbread Houses</b></p>	<p>We will build and decorate our very own gingerbread houses! Maybe you have a kit, or maybe you have graham crackers, icing, and candy; either way you will have a great time building these festive homes with your peers. This program aims to support fine and gross motor development, patience and resilience, creativity, and socialization.</p>
<p><i>December 15th</i> <b>STEM: Slime!</b></p>	<p>This interactive and hands-on program where we will be exploring the compounds of slime! With the guidance of our facilitator, participants will learn what slime is made of, why it is a unique compound, and even how to make their own! This science-based program allows participants to explore, get creative, ask questions, and socialize with their peers.</p>
<p><i>December 17th</i> <b>Games: Minecraft Board Game</b></p>	<p>This Minecraft-themed virtual board game will have participants travel through different biomes collecting armor and resources. Fight off dangerous mobs and trade with villagers to advance and get bonuses. Watch out for creepers as we venture into dark caves. Repair the broken End portal and battle the Ender Dragon to get her coveted Egg and win the game! This program fosters critical thinking, self-esteem, socialization, and numeracy.</p>