



RECREATIONAL
RESPITE

January 2022 - Children & Youth (5+)

Program Title	Description
<i>January 13th, 20th, & 27th</i> Friendship Bubble Circle	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!
<i>January 12th</i> Winter Warm-Up: Sledding <i>January 19th</i> Winter Warm-Up: Build a Snowman <i>January 26th</i> Winter Warm-Up: Hiking	The <i>Winter Warm-Up</i> series is a twist on our always popular Muscles & Me programs. During these sessions, participants will explore physical literacy in a way that supports and promotes outdoor activity in the winter months. The facilitator will guide participants through movements and exercises that will benefit them in their exploration of new and/or familiar winter hobbies. Participants will also be guided through a relaxing wind-down stretching segment that can be practiced after they return to the comfort of their homes. Participants will be encouraged to take advantage of the winter season with sledding, hiking, and building a snowman. This series aims to support physical and mental wellbeing, gross motor development, and socialization.
<i>January 10th</i> Escape Room: Pop Culture	The Hollywood sign has been stolen and the letters have been hidden all around the city within Pop Culture! We need to work together to find all the letters and put the sign back together before anyone notices. This program aims to foster creative problem-solving, teamwork, attention to detail, and communication skills
<i>January 11th</i> Chloe's Friend Den: Capturing Kindness	During this program, participants will explore concepts such as kindness, gratitude, generosity, and advocacy through the lens of art and self-expression. With the guidance of the facilitator, participants will be encouraged to discuss anti-

	bullying approaches to difficult situations and positive responses when engaging with peers. This program aims to foster empathy, emotional-regulation, active listening, and communication.
<i>January 14th</i> TGIF - Movie Talk Cost: Free	Join us for our Friday night Movie Talk! 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 in their cozy movie night attire, with snacks, and/or a list of their favorite movies!
<i>January 17th</i> Online Trip: 7 Wonders of the World	During this program, participants will virtually explore the 7 man-made wonders of the world. With the guidance of the facilitator, participants will discover the history behind these ancient monuments - from the Colosseum in Italy to the Taj Mahal in India. This program aims to support curiosity and questioning skills, socialization, and a broadened perspective of the world.
<i>January 18th</i> STEM Lego: Disaster Island	Participants will be encouraged to join this program with their favorite building/Lego blocks (coloring materials are an optional modification). With the guidance of the facilitator, participants will build their own island one step at a time. Each step, participants will encounter new challenges and barriers which they must overcome by building solutions. This program aims to support critical and strategic thinking, patience, resilience, creative problem-solving, and a growth mindset.
<i>January 21st</i> Art & Mixed Media: Snowflakes	During this interactive, hands-on program, participants will contrast the distinctiveness of snowflakes with their own individuality. Using a variety of provided patterns, as well as their own creativity, participants will create a variety of unique paper snowflakes and decorate them with their personal flare. This program encourages fine motor skills, artistic expression, empathy, and socialization.
<i>January 24th</i> Escape Room: Making Choices	You and your friends are travelling through space when suddenly, the commander pilot tells you there is a malfunction on the ship! He does not believe that you and your friends can make the right choices to help fix the problem; you all want to prove him wrong! You must work together with your team and make the right choices to fix the

	malfunction; but hurry you only have 1 hour before the ship blows up! This program aims to foster team building skills, creative problem-solving, healthy decision-making, and communication.
<i>January 25th</i> Chloe's Friend Den: Rhythmic Round Circle	During this program, participants will be encouraged to express themselves using music, rhythm, and movement. With the use of traditional and non-traditional instruments, the group will build on each rhythm to create their own piece of music. Music helps with cognitive, social-emotional, and behavioral development, which is what makes this program essential for self-regulation, coping, and creating an inclusive and safe environment.
<i>January 28th</i> Art & Mixed Media: Suncatchers	During this hands-on art program, the facilitator will guide participants through a step-by-step tutorial on how to make their own suncatchers. Participants will be encouraged to add their personal flare to their crafts to express their individuality. This program will discuss the importance of finding beauty and light during the darker winter months, which aims to promote mental well-being, emotional-regulation, and relaxation.
<i>January 31st</i> Online Trip: The Amazon Rainforest	In this program, participants will have the opportunity to virtually explore the Amazon Rainforest together. With the guidance of the facilitator, the group will explore the many hidden beauties of the rainforest, the unique creatures that live there, and even dance with an Indigenous tribe! This program aims to foster empathy, environmental awareness, socialization, and questioning skills.