



Programs for Children (ages 5-12)

<i>Title</i>	<i>Description</i>	<i>Outcomes</i>
<i>Chloe's Friend Den (series)</i>		
Super You!	During this program, participants will have the opportunity to create their own superhero and storyline. Participants will be encouraged to collaborate on ideas with their peers and use their imaginations to come up with unique ideas.	Aims to promote empathy, self-regulation, and the basics of literature through artistic expression, specifically the creation of a comic book
My Brain	This program explores how all individuals think and feel differently from one another. Participants will engage in various activities to help them understand how their own mind works, and coping mechanisms for more challenging situations.	Explores the scientific mechanics of emotions with the goal to support regulation, stress management, and the importance of a growth mindset.
Capturing Kindness	Through the practice of photography, participants will be encouraged to consider how kindness is expressed. participants will explore the concept of random acts of kindness and anti-bullying approaches to socialization.	This program promotes technical skill development, empathy, and anti-bullying.
Rhythmic Round Circle	Participants will have opportunities to build relationships, practice social skills, and creatively express themselves through the exploration of music and sound.	This program lends to creativity, emotional regulation, and socialization.

<p>Making Choices</p>	<p>This program explores how to navigate challenging situations with an anti-bully approach. Participants will navigate through a series of activities and scenarios to help build strategies for real life decision making.</p>	<p>Lends to the improvement of social skills, empathy, and communication.</p>
<p>Storytelling Yoga</p>	<p>During this program, participants will have the opportunity to explore the body mind connection through yoga, with a twist of silly story telling. With the guidance of the facilitator, participants will practice various yoga poses and create short stories along the way.</p>	<p>This program supports self-awareness, communication, and emotional regulation through the connection and practice of movement and breathing.</p>
<p>Building Relationships</p>	<p>During this program, participants will explore various strategies to lend towards healthy relationships and social interactions. Participants will be presented with various scenarios and work together with their peers to determine how to be successful in their goals.</p>	<p>This program aims to directly address the social and emotional skill sets that lend to building and keeping positive relationships; this is explored through the practice of gratitude, kindness, and communication.</p>
<p>Fostering Acceptance</p>	<p>During this program, participants will explore their own emotions and how they respond to challenging situations. Participants will be provided with tools and strategies to help navigate acceptance and regulate emotions when things don't go as expected.</p>	<p>During this program, participants will explore how to express compassion for themselves and others and learn how individuals within a group can have many different perspectives.</p>
<p>Warrior Cats</p>	<p>During this program, participants will explore the fictitious world of Warrior Cats, a popular children's book series. Participants will explore various activities and have opportunities to share in discussion with their peers.</p>	<p>Encourages a group of like-minded individuals to explore and improve skill sets such as teamwork, social skills, and creativity.</p>

<p>Muscles & Me</p>	<p>This physical activity program encourages participants to move their bodies in fun and interactive ways. Through various games and activities, participants will challenge themselves and their peers using healthy competition and sportsmanship.</p>	<p>This program aims to promote balance and coordination, positive sportsmanship, and emotional regulations through the practice of various movements and activities.</p>
<p>S.T.E.M</p> <ul style="list-style-type: none"> ● Boats ● Volcanos ● Slime ● Paper Airplanes ● Lego: Disaster Island ● Lego: Bridges ● Lego: Mighty Machines ● Lego: Skyscrapers 	<p>Science, Technology, Engineering, and Mathematics. During these programs, participants will explore various hand-on challenges involving building structures. Participants will be encouraged to use their creativity to solve problems and make improvements, collaborating with their peers along the way.</p>	<p>These programs aim to promote critical thinking, gross/fine motor development, communication, and a growth mindset.</p>
<p>Silly Science</p> <ul style="list-style-type: none"> ● Exploring Sound ● Chemical Reaction ● Absorption ● Exploring Touch ● Surface Tension 	<p>These hands-on programs bring science to life, blending the sharing of knowledge and new concepts with exploration and curiosity. Participants will have the opportunity to engage in a small experiment which aims to reinforce their learning.</p>	<p>These programs offer participants a safe space to express curiosity, critical thinking, and creativity through the hands-on exploration of the scientific method and sensory input.</p>

<p>Art & Mixed Media</p> <ul style="list-style-type: none"> ● Colour Wheel Art ● Build a Stuffy ● Draw with Me! ● Minecraft Landscape ● Puff Paint Show ● Seasonal Art: Snowflakes ● Holiday Cards ● Valentines ● Suncatchers 	<p>These programs give participants a hands-on approach to creativity. With various activities, participants will be guided through the step-by-step process to create their own piece of art and leave with the skills and knowledge to continue their practice outside of the program.</p>	<p>The creativity and artistic expression promoted in these programs aims to support gross/fine motor development and attention to detail while lending to skills such as stress management, socialization, patience, and resilience.</p>
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<i>Program Title</i>	<i>Description</i>	<i>Outcomes</i>
<i>Escape Rooms (virtual)</i>		
<ul style="list-style-type: none"> ● Disaster Island (Growth Mindset) ● Memory Masters ● Eco Squad ● Capturing Kindness ● Pop Culture ● Wilderness Skills ● Emotional Toolbox ● Making Choices ● This Is Me! 	<p>These programs involve a series of clues, riddles, and puzzles. Participants must work together with their peers to solve the various challenges as they work their way to the final goal Each program consists of an underlying theme to help capture various skills sets along the way.</p>	<p>Virtual Escape Rooms aim to promote teamwork and communication skills, critical and strategic thinking/problem solving, patience, and resilience.</p>

<ul style="list-style-type: none"> ● Avengers ● Dungeons & Dragons ● Warrior Cats 		
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Exploration (Online Trips)

<i>Program Titles</i>	<i>Program Description</i>	<i>Program Outcomes</i>
<ul style="list-style-type: none"> ● 7 Wonders of the World ● Guatemala Mayan Ruins ● Northern Lights ● The Ocean ● Space ● The Zoo ● Ancient Egypt ● Jurassic Park ● Amazon Rainforest 	<p>During these programs, participants will have opportunities to explore various areas of the world and delve into the local scenery, culture, language, and more! These programs incorporate various relevant crafts and activities to help enhance the understanding and exploration of different parts of the world and beyond!</p>	<p>These programs support global awareness, curiosity, empathy, and socialization through the explorations of various areas and cultures around the world</p>