

WEEKLY WORKSHOP TOPICS

Week: December 7 – 11, 2020



Money Fundamentals

Topic: Paying for Items

Notes: --



Sense of S.E.L.F.

Topic: Exploring Emotions – Anger/Angry

Notes: Bring paper and drawing tools (markers, pencil crayons, etc.). A journal or notebook is encouraged to keep your work all in one place.



Money Management

Topic: Holiday Shopping

Notes: Please have an idea of what you would like to be purchasing this holiday season,



Self-Advocacy and Activism

Topic: Advocacy: Growing Communication Skills

Notes: Please bring a pen/pencil, paper, and colouring tools.



Striving for Success

Topic: Interview Series - Part 1

Notes: --



Dream BIG!

Topic: Understanding ME: Finding My Strength

Notes: Please bring a pen/pencil, paper, and colouring tools.



Live Well

Topic: Climbing Through the Chakras - Throat

Notes: You will need: open space, water, paper and drawing tools (markers, pencil crayons, etc.) A journal or notebook is encouraged to keep your work all in one place.



Creative Studio

Topic: Salt Dough Ornaments (Part 1)

Materials: 2 cups flour, 1 cup warm water, 1 tbsp oil, mixing bowl, rolling pin, cookie cutters, straw, baking tray, parchment paper, food colouring

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Skills for Life

Topic: Caring for a Pet

Notes: Cats and dogs and fish—oh my! Everything you need to know about owning a pet (or babysitting one!)



In the Kitchen

Recipe: Jam Thumbprint Cookies

RECIPE ATTACHED ON NEXT PAGE

You will need:

- Mixer
- Bowls
- Spatulas
- Parchment paper
- Baking tray
- Oven



Let's Talk

Topic: Human Rights Day

Notes: Dec. 10th is the United Nations Human Rights Day! Let's talk about our rights, why they matter, and times we have stood up for ourselves.



Karaoke Dance Party!


Topic: Your Choice!


Notes: This month it's up to you! Choose your own songs and show off your own dance moves.

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