

## Activities included in the 3 programs F & B Consulting proposes to offer

	Grade 4-5	Grade 6-7	Grade 8-9	Grade 10-11-12
Workshop #1 - Resiliency Super Powers (Grade 6 to 11)	N/A	<ul style="list-style-type: none"> <li>- Different physical activities including individual, group, rhythmic and games</li> <li>- Musical and art performance activities: highlight the central importance of making mistakes and trial and error approaches to succeed in life outside of school</li> <li>- Slide show and storytelling leading to sharing of experiences between the presenters and the students and a conversation about the inescapable suffering in life and the beauty and meaning beyond it</li> <li>- Practice of basic mindfulness meditation to increase focus and well being</li> <li>- Practice of one simple breathing exercise to regulate mood and behaviour</li> <li>- Watch short movies about the achievement of a focused and centered mind</li> </ul>	<ul style="list-style-type: none"> <li>- Grounding exercises and discussion re. the value of body awareness</li> <li>- Musical and art performance activities: highlight the central importance of a vision and goal, making mistakes and trial and error approaches in life outside of school</li> <li>- Slide show and storytelling leading to sharing of experiences between the presenters and the students and a conversation about the inescapable suffering in life and the beauty and meaning beyond it</li> <li>- Role play with subsequent group conversation: gaining clarity about what we have control over, and what we do not</li> <li>- Practice of basic mindfulness meditation to increase focus and well being</li> <li>- Practice of simple breathing exercises to</li> </ul>	<ul style="list-style-type: none"> <li>- Grounding exercises and discussion re. brain- body connection</li> <li>- Accordion performance of presenter: highlighting the central importance of curiosity, intrinsic motivation, making mistakes and trial and error approaches in life outside of school</li> <li>- Slide show and storytelling leading to sharing of experiences between the presenters and the students and a conversation about the inescapable suffering in life and the beauty and meaning beyond it</li> <li>- Discussion on experiences and benefits with self-care practices leading to a group practice of basic mindfulness meditation to increase focus and well-being, and</li> <li>- Breathing exercise to regulate mood and behaviour</li> </ul>

		<ul style="list-style-type: none"> <li>- Role play with subsequent group conversation: healthy vs unhealthy coping mechanism</li> <li>- Watch slide show and discuss impact of energy drinks, alcohol, vaping, cannabis and other mind-altering substances – focus on social acceptance, peer pressure, etc.</li> </ul>	<ul style="list-style-type: none"> <li>regulate mood and behaviour</li> <li>- Watch short movies about the achievement of a focused and centered mind</li> <li>- Watch slide show and discuss impact of energy drinks, alcohol, vaping, cannabis and other mind-altering substances – focus on scientific and physiological aspects happening in brain and body</li> </ul>	<ul style="list-style-type: none"> <li>- Watch short movies about achievement of a focused and centered mind</li> <li>- Role play with subsequent group conversation: healthy vs unhealthy coping mechanism</li> <li>- Watch slide show and discuss impact of energy drinks, alcohol, vaping, cannabis and other mind-altering substances – focus on effects on student’s life (health), relationships, effectiveness, professional and sports performance</li> </ul>
Workshop #2 - Finding the Courage (Grade 4 to 12)	<ul style="list-style-type: none"> <li>- Different physical activities including individual, group, rhythmic and games, incl. embodiment exercises</li> <li>- Watch short movie about gorillas interacting in the wild to illustrate our own behavioural tendencies and discuss with students</li> <li>- Play emotion recognition games (e.g. charades) to increase emotional literacy</li> <li>- Social media activity: What was your last ‘like’ on Facebook or Instagram, and why? - through conversation explore the key</li> </ul>	<ul style="list-style-type: none"> <li>- Grounding /embodiment exercises</li> <li>- Watch short movie about self-motivation and the power of visioning and discuss benefits</li> <li>- “Social media charades”: Who do you follow on Facebook, Instagram and why? Have you ever unfriended somebody, why? What was your last ‘like’? Through questions like the above, students using their phones and sharing examples, initiate conversation that explores</li> </ul>	<ul style="list-style-type: none"> <li>- Grounding exercises and discussion re. brain- body connection</li> <li>- “Social media charades”: Who do you follow on Facebook, Instagram and why? Have you ever unfriended somebody, why? What was your last ‘like’? Through questions like the above, and students using their phones and sharing examples initiate conversation that explores the key insidious aspects of social media</li> <li>- Slide show and storytelling combination: through</li> </ul>	<ul style="list-style-type: none"> <li>- Grounding exercises and discussion re. brain- body connection</li> <li>- The ‘like’ button: through conversation explore the key insidious aspects of social media, includes scientific studies, sharing of personal experiences, etc.</li> <li>- Slide show and storytelling combination: through provocative juxtaposition of pictures explore the self-destructive nature of bullying and the long-term benefits of kindness</li> </ul>

	<p>insidious aspects of social media</p> <ul style="list-style-type: none"> <li>- Practice breathing exercise to regulate mood and behaviour</li> <li>- Slide show and storytelling combination: through provocative juxtaposition of pictures explore the self-destructive nature of bullying and the long-term benefits of kindness</li> <li>- Role play about setting healthy boundaries, victimhood, helper, etc.</li> </ul>	<p>the key insidious aspects of social media</p> <ul style="list-style-type: none"> <li>- Demo and group practice of basic breathing exercise to regulate mood and behaviour</li> <li>- Slide show and storytelling combination: through provocative juxtaposition of pictures explore the self-destructive nature of bullying and the long-term benefits of kindness</li> <li>- Role play about setting healthy boundaries, victim role, helper role, etc.</li> <li>- Demo and group practice of meditation to increase focus and well being</li> </ul>	<p>provocative juxtaposition of pictures explore the self-destructive nature of bullying and the long-term benefits of kindness</p> <ul style="list-style-type: none"> <li>- Watch short movie about the physiological impact of bullying vs kindness</li> <li>- Demo and group practice of breathing exercise to regulate mood and behaviour</li> <li>- Demo and group practice of mindfulness meditation to increase focus and well being</li> <li>- Role play about setting healthy boundaries, victim role, helper role, etc.</li> <li>- Getting unplugged does not mean substance abuse: watch short movie and discuss coping mechanisms</li> </ul>	<ul style="list-style-type: none"> <li>- Watch short movie about the physiological impact of bullying vs kindness</li> <li>- Discussion on experiences and benefits with self-care practices leading to a group practice of basic mindfulness meditation to increase focus and well-being, and</li> <li>- Breathing exercise to regulate mood and behaviour</li> <li>- Getting unplugged does not mean substance abuse: watch movie and discuss coping mechanisms</li> <li>- Role play about setting healthy boundaries, victim role, helper role, etc.</li> </ul>
<p>Workshop #3 - Grad Transition Workshop (Grade 12 only)</p>	N/A	N/A	N/A	<ul style="list-style-type: none"> <li>- Grounding exercises and discussion re. brain- body connection</li> <li>- Musical/art performance of presenters and or students (depending if on zoom or in person): highlight the importance of making mistakes and trial-and-error</li> </ul>

				<p>approaches in life outside of school</p> <ul style="list-style-type: none"> <li>- Short movie to illustrate the rewards of commitment and effort (including behaviour)</li> <li>- Illustrate adventurous, playful lifelong learning through slide show and storytelling (using the life path of real people) with ongoing discussion/interaction with students</li> <li>- Guided reflection activity for students: using creative imagination to envision adventurous, playful, lifelong learning and its impact in personal future; sharing experiences back to group and discuss</li> <li>- Getting unplugged – pitfalls of social media, substance abuse and others - watch movie and discuss coping mechanisms</li> <li>- Role play about setting healthy boundaries, victim role, helper role, etc.</li> <li>- Building a resiliency tool box throughout the workshop (slide show will support this activity)</li> </ul>
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