



Suggested Programming	Actions / Supplies
<p>Theme: Getting to know each other game</p> <p>a) Opener: What is one thing you use/consume (almost) daily that you can't live without?</p> <p>b) Announcements (social or fundraising)</p> <p>c) Rapid Fire Questions The goal of the session is to get to know a whole lot of (random!) stuff about your group. The person leading asks the questions and each person who wants to answer has to do it as fast as possible – so the first thought that comes to mind. There are many resources for questions so you can pick the ones you like! Examples: https://conversationstartersworld.com/random-questions-to-ask-a-girl/ http://www.rtwexperiences.com/troy-travels-blog/250-unique-rapid-or-quick-fire-questions</p> <p>d) Closer: Think of one thing you can do <u>for yourself</u> this week. Homework? Actually do it!</p>	<ul style="list-style-type: none"> • No supplies needed
<p>Theme: Making lunch for your kids</p> <p>a) Opener: What is your favourite food?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) Thinking outside the [lunch] box Set the stage by having group members sit around the circle and ask if anyone is starting to struggle with making kids lunches. Share that the session will focus on making this daily task easier for everyone by sharing some tried and true ideas that are working for other group members. Tape up sheets of paper around the room with the following topics:</p> <ol style="list-style-type: none"> Instagram/blogs to follow Quick pick-ups Thermos ideas: Entrees/Sandwich Ideas Snacks <p>Ask members to add their ideas to the papers Take pictures of each paper (or type it out) and email it around post-session</p> <p>d) Closer: Set a goal for the following week.</p>	<ul style="list-style-type: none"> • 5 sheets of paper • Tape • Enough pens for each person in the group
<p>Theme: Entitlement & behaviour management</p> <p>a) Opener: Did you achieve the goal you set last week? Go around the circle and ask people to share their goal and whether they fulfilled it.</p> <p>b) Announcements (social, fundraising, etc.)</p> <p>c) Part I: Entitlement</p> <ul style="list-style-type: none"> • To prime the discussion, share the articles below with group members to read prior to the discussion. The first outlines some signs of entitlement in children. The second article gives some helpful strategies to correct the issue. https://www.psychologytoday.com/blog/singletons/201511/9-signs-child-has-entitlement-issues 	<ul style="list-style-type: none"> • No supplies needed



Suggested Programming	Actions / Supplies
<p>https://www.today.com/parents/avoid-raising-entitled-child-5-strategies-really-work-t44576</p> <ul style="list-style-type: none"> • Read through the first article's signs and ask members to raise their hand if they feel the point is relevant in their home. • Walk through the suggested strategies to correct issues and discuss each point. Do group members agree? Disagree? What other strategies do people use in their own homes? Part 2: Behaviour management • Parents use all kinds of tools to keep their households running smoothly. Sticker charts, allowance, punishments (i.e. no screen time), privileges (stay up later), and treats are just some. Ask group members what strategies they use in their homes that they feel works and discuss. <p>d) Closer: Before running back into the chaos, ask your entire group to close their eyes and take three slow, deep breaths. Now GO!</p>	
<p>Theme: Board games</p> <p>a) Opener: The superlatives game. People in the group must arrange themselves in order from smallest to largest, shortest to tallest, closest to furthest away etc. Leader to ask the following questions (or make up your own!) Arrange yourself by... The number of letters in your last name Height Your birthplace relative to Toronto Your street number Your oldest child's birthdate</p> <p>b) Announcements (socials, fundraising, etc.)</p> <p>c) Board Game Bonanza Depending on what games the members of your group own, bring in a few simple games that the group can play and set up game stations around the room. Have more games for larger groups and less for smaller ones...ideally all group members should be able to play at the same time. The games that work best have few (or very easy) rules / or you can modify the rules to just do the fun parts</p> <ul style="list-style-type: none"> • Pictionary • Sorry • Twister • Scattergories • Taboo <p>Yell switch halfway through the session time so members can swap stations and play with new group of members.</p> <p>d) Closer: Making time for family play time isn't always easy. Make a plan to book a special activity with your family and don't let chores / dinner prep get in the way!</p>	<ul style="list-style-type: none"> • Ask members to bring in board games



<p>Theme: Painting party</p> <p>a) Opener: What is one thing that you are very proud of? It could be anything.</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) Paint time (Note: requires members to contribute extra \$ for supplies) Design a pattern by taking the painter's tape and placing it on your paper / canvas to create a pattern. Paint in all the un-taped areas When dry, peel off the tape and admire your work! Here are a few examples: https://www.giftofcuriosity.com/tape-resist-watercolor-painting/ http://www.crayola.com/crafts/tape-resist-painting-craft/ https://i.pinimg.com/originals/2e/68/93/2e68934ec344e08a33f121f237b60155.jpg</p> <p>d) Closer: What do you do with your kid's art. Keep or toss?</p>	<p>Depending on your group's budget, you will need the following supplies</p> <ul style="list-style-type: none"> • Canvases (Dollarama), white paper or watercolour paper • Water bowls • Paint (craft, tempera or watercolour) • Brushes or sponge brushes • Painter's tape • Drop cloths / newspaper
<p>Theme: Teaching kids about money</p> <p>a) Opener: What personal item do you like splurging on?</p> <p>b) Announcements (social, fundraising etc.)</p> <p>c) Ways to teach your children about money To prime the discussion, share the following articles below with the group prior to the discussion. https://www.parents.com/kids/responsibility/money-management/lessons-teach-kids-about-money/ https://www.daveramsey.com/blog/9-ways-to-teach-your-kids-about-money Discuss how you were taught about money in your household growing up? Did you have a piggy bank, an allowance, chores, were you encouraged to get a job? Discuss the strategies outlined in the articles. Do group members agree? Disagree? What other strategies do people use in their own homes?</p> <p>d) Closer: What's the best money saving strategy you use?</p>	<ul style="list-style-type: none"> • No supplies needed
<p>Theme: Soup making</p> <p>a) Opener: What's your go to comfort food?</p> <p>b) Announcements (social, fundraising)</p> <p>c) Soup Making Leaders bring in the recipe and ingredients, and group members help by bringing in the cooking utensils and containers for the food. Often the group divides up, so small groups work on chopping different ingredients, stirring the soup, preparing a salad, washing the dishes etc. Then at the end of the group everyone takes home a family-size container of soup and salad.</p> <p>d) Closer: Think of one thing that you are grateful for, it can be as simple as a hot coffee.</p>	<ul style="list-style-type: none"> • Soup ingredients • Cooking utensils • Tupperware containers