

Africa Centre

Club Location: 9538 107 ave, Edmonton AB (side doors by the playground)

Club Coordinator Contact: 780-264-4326

Thursday- Cohort 1 12:30pm to 5:30pm / Saturday Cohort 2 10:00am to 12:30pm & Cohort 3 1:30pm to 4:00pm



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
of Edmonton & Area

Program Schedule for Africa Centre

Week #1 February 2 - February 6, 2021

Please complete daily COVID19 screening online prior to sending your child to programming

Tuesday Feb 2 No Club	Wednesday Feb 3 No Club	Thursday Feb 4 12:30pm to 5:30pm <u>Cohort 1</u>	Friday Feb 5 No Club	Saturday Feb 6 <u>Cohort 2</u> -10:00am- 12:30pm <u>Cohort 3</u> - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -1:15: BeBetter4U WARM UP- Gratitude Game 1:15 -2:45: Coping Strategies Activity # 1– Stress Balls Activity # 2 - Calm Down Jars		10:30 -11:30 – STEAM Program Activity #1 : 3...2...1 Blast off Rocket Science 11:30 – 12:15: Physical Activity
				12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:30: Outdoors/Physical activity		12:30pm- 1:30pm : Club closed for sanitization
		3:30 -5:00: Art & Culture Introduction of Culture Club Culture Club: Australia Art activity: Australian Indigenous "Dot Art"		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEAM Program Activity #1: 3...2...1 Blast Off Rocket Science
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Program Schedule for Africa Centre

Week #2 Feb 8 –Feb 13, 2021

Tuesday No Club	Wednesday No Club	Thursday 12:30pm to 5:30pm Cohort 1	Friday No Club	Saturday Cohort 2 -10:00am- 12:30pm Cohort 3 - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -2:00: BeBetter4U Coping Strategies Part #2 Activity #1 Craft Breathing Dragon		10:30 -11:30 – STEAM Program Activity : Floating Ink 11:30 – 12:15: Physical Activity - Hungry Hungry Wolf - Kids Choice
		2:00- 2:45: Activity #2 Anger Fortune Teller		12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:15: Outdoors/Physical activity - The Maze game - Tap the Tree		12:30pm- 1:30pm : Club closed for sanitization
		3:15 -4:00: STEAM: - Floating Ink experiment 4:00- 5:15: ART Valentine/friendship/compassion cards		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEAM Program Activity: Floating ink
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity - Hungry Hungry Wolf - Kids Choice
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Program Schedule for Africa Centre

Week #3 Feb 15 – Feb 20, 2021

Tuesday Feb 16 No Club	Wednesday Feb 17 No Club	Thursday Feb 18 12:30pm to 5:30pm Cohort 1	Friday Feb 19 No Club	Saturday Feb 20 Cohort 2 -10:00am- 12:30pm Cohort 3 - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -2:00: BeBetter4U - Gratitude game - Creation of Gratitude Jar		10:30 -11:30 – STEAM Program Activity: Design a Robot 11:30 – 12:15: Physical Activity - “Goin on a Picnic” game - Lions Den
		2:00- 2:45: Flex Your Head! Activity: Whats Hot and Whats not! Activity: Me as and Individuals, me in a group		12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:15: Outdoors/Physical activity - Superhero Yoga Poses - Volley Ball		12:30pm- 1:30pm : Club closed for sanitization
		3:15 -5:00: Art & Culture Culture Club: Belgium Art activity: Comic Strips		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEAM Program Activity: Design a Robot
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity - “Goin on a picnic” game - Lions Den
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Thursday- Cohort 1 12:30pm to 5:30pm / Saturday Cohort 2 10:00am to 12:30pm & Cohort 3 1:30pm to 4:00pm



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Program Schedule for Africa Centre

Week #4 Feb 22- Feb 27, 2021

Tuesday No Club	Wednesday No Club	Thursday 12:30pm to 5:30pm Cohort 1	Friday No Club	Saturday Cohort 2 -10:00am- 12:30pm Cohort 3 - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -2:00: BeBetter4U Healthy eating habits / Nutrition - Recipe Sharing		10:30 -11:30 – STEM Program Activity: ZoeTropes 11:30 – 12:15: Physical Activity - Four Corners
		2:15- 2:45: Energy Ball Recipe		12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:15: Outdoors/Physical activity - Body Bingo - Four Corners		12:30pm- 1:30pm : Club closed for sanitization
		3:15 -5:00: Art & Culture Review of the week prior Culture Club: Chad Art activity: Camel Drawing		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEM Program Activity : Zoetropes
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity - Four Corners
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Program Schedule for Africa Centre

Week #5 March 1- March 6, 2021

Tuesday No Club	Wednesday No Club	Thursday 12:30pm to 5:30pm Cohort 1	Friday No Club	Saturday Cohort 2 -10:00am- 12:30pm Cohort 3 - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -2:00: BeBetter4U - Friendship Pizza		10:30 -11:30 – STEAM Program Activity #1: Catapult! 11:30 – 12:15: Physical Activity - Rainbow Run
		2:00- 2:45: STEAM - Catapult!		12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:15: Outdoors/Physical activity - Rainbow Run		12:30pm- 1:30pm : Club closed for sanitization
		3:15 -5:00: Art & Culture Review of the Week Prior Culture Club: Costa Rica Art: 3D Frog on Lily Pad		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEAM Program Activity #1: Catapult!
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity - Rainbow Run
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Week #6 March 8- March 13, 2021

Tuesday No Club	Wednesday No Club	Thursday 12:30pm to 5:30pm Cohort 1	Friday No Club	Saturday Cohort 2 -10:00am- 12:30pm Cohort 3 - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -2:30: BeBetter4U - How to set personal goals - Positivity Canvas - Group share		10:30 -11:30 – STEAM Program Activity : Marble Run 11:30 – 12:15: Physical Activity - Obstacle Course
		2:30- 2:45: Mindfulness Break		12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:15: Outdoors/Physical activity - Obstacle course		12:30pm- 1:30pm : Club closed for sanitization
		3:15 -5:00: Art & Culture Review of last week's group Culture Club: Nicaragua Activity : Rocking Shark		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEAM Program Activity: Marble Run
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity - Obstacle Course
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Week #7 March 15 - March 20, 2021

Tuesday No Club	Wednesday No Club	Thursday 12:30pm to 5:30pm Cohort 1	Friday No Club	Saturday Cohort 2 -10:00am- 12:30pm Cohort 3 - 1:30pm -4:00pm
		12:30-1:00 pm: Screening/hand washing and Snack		10:00- 10:30 : Cohort 2 Screening/Hand washing and Snack
		1:00 -2:15: BeBetter4U Review of the weeks prior- What have we discovered? Activity: Positive thinking Jeopardy		10:30 -11:30 – STEAM Program Activity: MAD scientist Thunderstorm Science 11:30 – 12:15: Physical Activity - Captains coming
		2:15- 2:45: STEAM: Hot Air Balloon Pressure		12:15 – Clean up 12:30 – Club End/ Pick ups
		2:45- 3:15: Outdoors/Physical activity - Captains coming		12:30pm- 1:30pm : Club closed for sanitization
		3:15 -5:00: Art & Culture Review of the last few weeks Culture Club: Zimbabwe discovery Activity: African Continent Coloring page Activity : African Drumming		1:30pm to 2:00pm: Cohort 3 Screening/hand washing and Snack 2:00 -3:00: STEAM Program Activity: MAD scientist Thunderstorm Science
		5:15-5:30 pm: Clean up/Club Care		3:00 -3:45 : Physical Activity - Captains coming
		5:30- Club End- Home		3:45 – Clean up 4:00 – Club End/ Pick ups

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Week #8 March 22 - March 27, 2021

Tuesday No Club	Wednesday No Club	Thursday 12:30pm to 5:30pm Cohort 1 <i>End of Term 3</i>	Friday No Club Club Closure	Saturday Club Closure
		12:30-1:00 pm: Screening/hand washing and Snack		
		1:00 -2:00: BeBetter4U Review of the program Highlights Activity: Friendship bracelets		
		2:00- 2:45 Activity: Healthy Recipe Book		
		2:45- 3:15: Outdoors/Physical activity		
		3:15 -5:00: Art & Culture Culture Club: Vietnam Activity: Paper Hand dragon Activity : Vietnamese Kites		
		5:15-5:30 pm: Clean up/Club Care		
		5:30- Club End- Home		

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