Week 1: April 20th - April 23rd

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Channel	Monday 20-Apr	Tuesday 21-Apr	Wednesday 22-Apr	Thursday 23-Apr
Buyilding a Stonger you - Mind Body and Spirit	Mind, Body and Spirit with Emphasis on Mind - Creating a Stress Ball			
	What does it mean to build a stronger 'You' Mind, Body and Spirit?	"Let it Go"	The glass as Half Empty vs. Half full.	Define Meditation
College 101 - A Different World	What is Post Secondary			
	Career/ Interest Surveys	College QUIZ/FUN (WHODUNIT)	College Prep Checklist	O*Net
DIY Arts and Crafts	Paper			
	Pen and Paper and Digital Scrapbook	Origami	Quilling	Marble Paper
Game of Life - Navigating Edition	Interview Skills			
	Resumes/ Cover Letters & Jargon	Applications & Interviews	Interviewing Attire	Mock Interviews
Healthy Living and Fitness	Stretching/Nutrition/Careers	Cardio /Nutrition/Careers	Strength Training /Nutrition/Careers	Core Training /Nutrition/Careers
	Intro to Health & Fitness Channel	Intro to Cardio	Introduction to Strength Training	Pt. 1 Food is Fuel Pt.2 Building a Strong Core
Kitchen Creations	Cooking Basics			
	Cooking Terms	Kitchen Basics	Knife skills: making salsa	Cooking methods
Maker Space	Modelling Mondays	Technology Tuesdays	Wacky Design Wednesdays	Tinker Thursday
	Intro to TinkerCad	Phone photography	Paper tower challenge	Bicycle tune up
Media and Preforming Arts	Overview			
	Intro + Project Brainstorming	Written Media	Electronic/Sound Media	Visual Media
Music and Audio Engineering	Intro To Music	Studio & Recording	Music Applications (Theory & Learning)	DAWs and Software
SPORTZ	Manic Monday	Technique Tuesday	Workout Wednesday	eSports Thursday
	Intro to Sports	Mechanics of Football	Workout for Health	Intro to What is E-Sports
Travel the World with C2 Pipeline	DISNEY Parks			
	Intro + Virtual Tour	Budeting: What are my expenses?	Cuisine: Grilled Cheese	Where Should I Stay?
Tutoring, Homework and Test Prep	Tutoring, Homework and Test Prep			

Week 2: April 27th - April 30th

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Channel	Monday 27-Apr	Tuesday 28-Apr	Wednesday 29-Apr	Thursday 30-Apr
Buyilding a Stonger you - Mind Body and Spirit	**Mind - Creating a Worry Stone**			
	Self-Control Through Mindse	Mind Your Own Business	Interpretation	Learning /Worry Stone Activity
College 101 - A Different World	**College Planning - Show Me Money**			
	Scholarships, Grants or Parent Money	Work/School/Life Balance	Where To Go & How to Pay	Recomendation, Acceptance, etc.
DIY Arts and Crafts	**Interior Design**			
	String Bowl	Jars	Rock Magnets	Floral Wall Hanging
Game of Life - Navigating Edition	**Houshold Tasks**			
	Laundry 101	Deep Cleaning	Organizational Skills	Household Maintenance
Healthy Living and Fitness	Stretching/Nutrition/Careers	Cardio /Nutrition/Careers	Strength Training /Nutrition/Careers	Core Training /Nutrition/Careers
	General Household Maintenance	Cardio Part 2	Strength training exercises and smoothie prep	Pt.3 Creating Body Balance Through Nutrition Pt.4 How to Strengthen Your Core
Kitchen Creations	**Breakfast**			
	Eggs multiple ways	Butter milk pancakes	Homemade Bread	Homemade Cinnamon Rolls and easy baked eggs
Maker Space	**Modelling Mondays**	**Technology Tuesdays**	**Wacky Design Wednesdays**	**Tinker Thursday**
	3D modelling with assembly	Camera accessories	Structural engineering with playing cards	Stop motion puppets
Media and Preforming Arts	**Pre-Production**			
	Genre + Outline	Job assignment + Character Dev.	Storyboards	Project Review
Music and Audio Engineering	Essentials of Music	Applied Music	Essentials of Music	Applied Music
SPORTZ	**Manic Monday**	**Technique Tuesday**	**Workout Wednesday**	**eSports Thursday**
	Intro to Sports: Recap last week	Mechanics of Baseball	Healthy Workout	E-Sports Activity
Travel the World with C2 Pipeline	**Paris, France**			
	Virtual Tour + Tourist Attractions	Budgeting	Cuisine: Crepes	Where Should I Stay?
Tutoring, Homework and Test Prep	Tutoring, Homework and Test Prep			

Week 3: May 4th - May 7th

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Channel	Monday 4-May	Tuesday 5-May	Wednesday 6-May	Thursday 7-May
Buyilding a Stonger you - Mind Body and Spirit	Body - Creating you Own Worry Doll			
	Yoga and the Mind	Understanding Meditation	Forms of Meditation	Understanding the Body (Science)/Worry Doll Activity
College 101 - A Different World	Career Week			
	Finding Your Parachute Colors	How to see what's out there	Major Career Path	Forensic Science
DIY Arts and Crafts	Fiber Arts			
	DIY Face Masks and Pillows	Embroidery	Crochet	Finger Weaving
Game of Life - Navigating Edition	Finance			
	What is credit?	Monthly Budget Challenge	Consumer Affaris	The Stock Market
Healthy Living and Fitness	Stretching/Nutrition/Careers	Cardio /Nutrition/Careers	Strength Training /Nutrition/Careers	Core Training /Nutrition/Careers
	Stretching with Yoga	Zumba Workout	Bodyweight Workout- Upper Body	Crunches and Plank Challenge
Kitchen Creations	International Foods			
	Sushi	Rice and Stew	Shish Kabob and pilaf	Homemade Pasta
Maker Space	Modelling Mondays	Technology Tuesdays	Wacky Design Wednesdays	Tinker Thursday
	3D modelling incorporating everyday items	Photography Editing and Apps	Paper Bridge Challenge	Recyle Bin Sculptures
Media and Preforming Arts	Production			
	Filming 101	Acting 101	Sound and Lighting 101	Project Review
Music and Audio Engineering	Music Checklist	Music Studio Tours	Vison & Resources	Legal & Musical Obligations
SPORTZ	Manic Monday	Technique Tuesday	Workout Wednesday	eSports Thursday
	Intro to Soccer	Survival in the Outdoors	Apps for Sports and Fitness	E-Sports Activity
Travel the World with C2 Pipeline	Eastern Europe			
	Virtual Tour + Tourist Attractions	Budgeting	Cuisine	Where Should I Stay?
Tutoring, Homework and Test Prep	Tutoring, Homework and Test Prep			

Week 4: May 11th - May 14th

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Channel	Monday 11-May	Tuesday 12-May	Wednesday 13-May	Thursday 14-May
Buyilding a Stonger you - Mind Body and Spirit	Body / Mind - Creating a Zen Coloring Page			
	Body Image and false expectations	How self-aware are you?	Movement for Stress Release	Turning into the body pt 2/Zen Coloring Page Activity
College 101 - A Different World	Relationships			
	Start Now: Steps I Can Take In High School	Recognize My Charaacter Traits	Where to find assistance	The Importance of Knowing yourself
DIY Arts and Crafts	Cardboard			
	Organization Box	String Art	Pen Holder	Picture Frame and Letters
Game of Life - Navigating Edition	Communication			
	Manners Basics	Who's Listening?	Bridging the Gap	Face Up to Social Media
Healthy Living and Fitness	Stretching/Nutrition/Careers	Cardio /Nutrition/Careers	Strength Training /Nutrition/Careers	Core Training /Nutrition/Careers
	Pilates Workout	HIIT Workout	Bodyweight Workout- Lower Body	The Importance of a Strong Core
Kitchen Creations	Lunches			
	Pizza Bagels	Peanut butter and jelly pinwheels and Homemade Pizza Dough	Italian Sausage w/crusty bread	Mac and Cheese
Maker Space	**Modelling Mondays**	**Technology Tuesdays**	**Wacky Design Wednesdays**	**Tinker Thursday**
	3D Modelling...	Photography Perspectives: Light and how it works,and recording good Audio	Egg Drop Challenge	Marshmallow Catapult Challenge
Media and Preforming Arts	Production			
	Filming 201	Acting 201	Sound and Lighting 201	Project Review
Music and Audio Engineering	Logic DAW Software	Logic DAW Software	Ableton DAW Software	Online Music
SPORTZ	**Manic Monday**	**Technique Tuesday**	**Workout Wednesday**	**eSports Thursday**
	Intro to Basketball	Basketball Fundamentals	Play Jeopardy!	E-Sports Activity
Travel the World with C2 Pipeline	Asia			
	Virtual Tour + Tourist Attractions	Budgeting	Cuisine	Where Should I Stay?
Tutoring, Homework and Test Prep	Tutoring, Homework and Test Prep			

Week 5: May 18th - May 21st

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Channel	Monday 18-May	Tuesday 19-May	Wednesday 20-May	Thursday 21-May
Buyilding a Stonger you - Mind Body and Spirit	Mind - Hot Chocolate Breathing Activity			
	Mind Body Relaxation	Mind Body Relaxation Pt 2	Mindful Eating	Boosting You Immunity
College 101 - A Different World	First Year In			
	Roadmap: How to Locate Resources	Math Genius: Understanding A Checking Account	OTJT, Apprenticesips, Kelly Srv.	Community College vs Four Year University
DIY Arts and Crafts	Kitchen Crafts			
	Playdough	Slime	Lip Balm & Lip Scrub	Water Candle
Game of Life - Navigating Edition	Problem Solving			
	Problem Solving...What is it?	Issues at the Workplace	Accountablity	Scenarios and Jeporday
Healthy Living and Fitness	Stretching/Nutrition/Careers	Cardio /Nutrition/Careers	Strength Training /Nutrition/Careers	Core Training /Nutrition/Careers
	Stretching Before Workouts	Interval Workout	Body Weight Control	Plank Challenge
Kitchen Creations	Dinner			
	Garlic and herb chicken Potatoes	Tomato Basil Soup	chicken and cheese enchiladas	Steak and loaded baked potatoes
Maker Space	Modelling Mondays	Technology Tuesdays	Wacky Design Wednesdays	Tinker Thursday
	3D Modelling...	Video editing Apps.- Make your own slideshow	Sink or Float Challenge	Paper Airplanes
Media and Preforming Arts	Post Production			
	Putting the Pieces together: How to Edit	Film Editing Basics	Continuity & Advanced Film Editing	Project Review
Music and Audio Engineering	Music Production	Music Production	Music Production	C2 Jam Session
SPORTZ	Manic Monday	Technique Tuesday	Workout Wednesday	eSports Thursday
	Camping Basics	Mountian Biking 101	Endurance Workout	E-Sports Activity
Travel the World with C2 Pipeline	Africa			
	Virtual Tour + Tourist Attractions	Budgeting	Cuisine	Where Should I Stay?
Tutoring, Homework and Test Prep	Tutoring, Homework and Test Prep			

Week 6: May 25th - May 28th

C2 Pipeline

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Channel	Monday 25-May	Tuesday 26-May	Wednesday 27-May	Thursday 28-May
Buyilding a Stonger you - Mind Body and Spirit	Body - Studen Voice and Choice Activity			
	Yoga and the Mind	Understanding Meditation	Forms of Meditation	Understanding the Body (Science)
College 101 - A Different World	Financing & Budgeting			
	Scholarship Search	Living On MY Own - Bean Game	How to Budget in College	Math Genius: Understanding A Savings Account
DIY Arts and Crafts	Art of the Moment			
	Body Art	Fashion Accessories	Outdoor Art	Design Contest - Show and Tell
Game of Life - Navigating Edition	Finance			
	The Stock Market	Spending Money/Saving Money	You have a car...now what?	Lease..What Lease?
Healthy Living and Fitness	Stretching/Nutrition/Careers	Cardio /Nutrition/Careers	Strength Training /Nutrition/Careers	Core Training /Nutrition/Careers
	Stretching with Yoga	H.I.I.T	Isometric Holds and why they are important	Excercises to Strengthen the Core
Kitchen Creations	Desserts			
	Mini apple Pies and poke cake	Strawberry Shortcakes and peach cobbler	Homemade ice-cream	Popovers
Maker Space	**Modelling Mondays**	**Technology Tuesdays**	**Wacky Design Wednesdays**	**Tinker Thursday**
	3D Modelling...	Video Slideshow Showcase	Balancing Acrobat Challenge	Designing a Parachute
Media and Preforming Arts	Post & Premiere			
	Sound Mixing/Editing	Editing: Finishing Touches	How to Market Your Project	World Premiere
Music and Audio Engineering	Post-Production	Music Business	Networking	Music Entrepreneurship
SPORTZ	**Manic Monday**	**Technique Tuesday**	**Workout Wednesday**	**eSports Thursday**
	Kayaking 2.O	Fishing	Intro to Interval Training	E-Sports Activity
Travel the World with C2 Pipeline	North America			
	Virtual Tour + Tourist Attractions	Budgeting	Cuisine	Where Should I Stay?
Tutoring, Homework and Test Prep	Tutoring, Homework and Test Prep			