

ELLA

- Flight
  - Beginner's Hang Gliding Lessons in Outer Banks
    - Guide scheduled lesson for September 20<sup>th</sup> at 4 p.m. with Kitty Hawk Kites Hang Gliding School Group chose not to participate in scheduled lesson
      - Student chose not to participate in lesson
  - Indoor Sky Diving
    - iFly in Cincinnati, Ohio
- Jet skiing
  - Rent jet skis in Outer Banks
- Planets and the stars
  - Travel to see differences in visible stars/planets depending on location and light pollution
  - Observatory options
    - Personal telescope
    - Observatory telescope
    - Planetarium display
      - Student purchased multiple at home planetarium projectors
    - Carnegie Science Center SkyWatch Class
      - Planetarium performance and use of Buhl rooftop observatory
      - Tickets purchased for May 27 at 8:45 p.m.
  - Use of Sky Guide iPhone app that overlays stars in sky identifying names and constellations
    - Outer Banks
- Technology
  - Programming basics
    - Marble game that applies coding concept
    - Go further in explanation of binary and language of coding; apply to coding
  - Student's dad: lessons in coding
- Butterflies 
  - Life cycle: from caterpillars to butterflies
  - Get caterpillars to observe and do hands on research as they evolve into chrysalis then butterfly
- Learn How to Do Archery
  - Research experience options, classes
- Continue the Violin
  - Group Music Classes
    - Kathy's Music
      - Music Theory: class canceled due to low attendance
      - Group Ensemble
      - Audio Engineering
      - Sign up to begin in November 2022
      - Students limited to 3 classes to begin with

- HAFHS partnering with a local music school to create ensemble groups that travel to performing for various local community groups
    - Placed student on wait list & will be informed when program begins
    - As of 3/15, no notification of program in near future \*\*
- Continue to participate and learn martial arts with in person Premier Martial Arts classes on the black belt track (transitioned from basic track in September 2022)
- Learn another language
  - Home Away From Home School Spanish Class?
  - HAFHS Sign Language Class if additional options offered during year?
  - Babbel app?
  - Duolingo app
- Learn glass work
  - Pittsburgh Glass Center Beginner's Classes
    - Registered: 5/2/23 Glass Blowing Terrarium Class ✓
    - Options:
      - Teen 2 hour classes
      - Teen All day programs
      - Middle School or High School Camp options (1 or 2 week options in summer)
      - Family Fusion program
      - All ages classes
- Participate in Art Class
  - HAFHS Art Class offered once a week, Mondays 2 p.m.-3 p.m.
  - Find Teen Art Class also
    - Pittsburgh Glass Center
      - Registered for Teen Paperweight Workshop, 6/3/23 @ 1:30 p.m.
      -
- Participate in Cooking Classes
  - Pittsburgh Flour Power Family Cooking Events
    - Italian Themed 1/29/23 ✓
    - Valentine's Themed 2/12/23 ✓
- Participate in Hiking Group
  - Dreams of Hope Queerness and Nature event(s)
  - ?
- Participate in LGBTQIA+ Group
  - Research family activities in local LGBTQIA+ community
    - Pittsburgh Equality Center
    - Dreams of Hope
    - Trevor Space online community (ages 13-24)?
    -
  - Research individual/group teen LGBTQIA+ activities
    - Dreams of Hope
      - Provides Pittsburgh's LGBTQ youth a welcoming environment to grow in confidence, express themselves and develop as leaders by creating art. Through the program, youth create visual art, music,

films, poetry, theatre and dance routines. Their creative contributions educate audiences, build awareness and increase acceptance.

- Queerness and Nature

- Participate in Carnegie Science Center Fab Labs (\*\*add on as of January 2023)
  - Registered for 3D Printing Lab 101 on 4/14/23
  - Registered for Basic Circuitry and Soldering on 4/28/23
- Participate in Archery lessons/club

## NATE

- Quad
  - Online research of types/comparison of quads ✓
  - How to drive one
  - Research options for renting a quad for an off road course experience
  - Off road experience (minimum in dirt or backyard) for fun not competition
    - Mines and Meadow ATV/RV Resort—Trails, ATV Riding & Dirt Bike Riding experience
  - Research dirt bike safety attire (cost, options)
  - Research kids version of quad
    - Razor Dirt Quad
- Learn about NASA
  - Research NASA visitor centers
    - 14 centers around the U.S.
      - <http://www.visitnasa.com/nasa-visitor-centers>
    - Kennedy Space Center (Florida)
- RC Collection (in order of priority)
  - Traxxus Ford Fiesta (\*ordered for student's August birthday) ✓
  - Traxxus TRX4 chassis with Land Rover body Kit (\*ordered 9/28/22) ✓
  - Traxxus TRX6 Mercedes Bends 6x6
  - Traxxus Electric version of The Bandit
  - Traxxus TRX4 Ford Bronco
  - Insanity Buggy
    - Student requested after 5 less expensive RC's then a more expensive item is chosen
    - Student suggested purchases over the course of a year calculating 1 every 2 months
    - Research and travel to BMX and skate parks to drive RC's & attempt jumps, flips, etc.
- Participate in weekly Pokémon Club at HAFHS on Fridays at 1 p.m. ✓
- Participate in Carnegie Science Center Fab Labs (\*\*add on as of January 2023)
  - Registered for 3D Printing Lab 101 on 4/14/23
  - Registered for Basic Circuitry and Soldering on 4/28/23
- Participate in Family Cooking Classes
  - Pittsburgh Flour Power Family Cooking Classes
    - Italian Themed 1/29/23 ✓
    - Valentine's Themed 2/12/23 ✓
- Space
  - Carnegie Science Center
    - SkyWatch Class

- Planetarium performance and use of Buhl rooftop observatory
- Tickets purchased for May 27 at 8:45 p.m.
- Nerf Weapons---Air Rifle
  - Enter into mutually agreed upon contract
  - Research Nerf options
  - Research Air Rifle options
  - Purchase agreed upon products on a monthly basis
  - Research locations for use of products
    - Nerf War @ Gymsport Bridgeville
    - Air Rifle range? Class? other?

## FIONA

- How to be a Roblox developer
  - How to make clothing
    - Ella assist with previous experience?
  - Roblox takes % of any profits developer makes (?)
- Learn to cook
  - Family cooking time
    - Pittsburgh Flour Power Family Cooking Classes
      - Italian Themed 1/29/23
      - Valentine's Themed 2/12/23
  - Things would like to make: Apple pie
  - In person cooking class
    - Mom and me cooking class?
    - Family cooking
    - USC Rec Center?
- Increasing baking skills
  - Baking class
    - One Sweet Morsel?
    - Private lessons: student would like to try private classes then may move to group
  - How to bake apple pie
- Participate in and learn about:
  - Parkour class
    - Steel City Parkour
      - Location: ~1 hr away
      - Private Lesson
      - Parkour Classes
    - Gymsport Athletic Center
      - Location: 98 Vanadium Drive, Building C, Bridgeville PA 15017
      - Parkour Classes (ages 6 & up)
      - Ultimate Warrior Classes
      - Private Lesson
  - Family Circus class
    - Pittsburgh Circus School
      - Student requested a private lesson with guide, oldest student and self
        - \*\*guide unable to participate due to medical issues until May 2023
      - Student would like to learn how to use a silk
  - Bungie jumping activity
    - “I would have to build courage to jump. It would help with my fear of heights”
    - Pittsburgh Circus Center

- Group classes; student declined
- Indoor Sky Diving
  - iFly Indoor Skydiving (Cincinnati, King of Prussia; both ~4 hours drive)
- Participate in Carnegie Science Center Fab Labs (\*\*add on as of January 2023)
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## GROUP GOALS

- Website
  - Categories: reading logs per student, field trip Fridays, objectives, images, calendar?, links to community projects
- Ongoing Community Giving Back Project
  - Option 1: Partners In Health
  - Option 2: Cuddle + Kind (10 meals per toy purchase)
  - Option 3: Place/Organization for individuals who have lost their job
  - Research additional organizations
    - Nose 2 Tail Cat Rescue
- Adopt an animal/bird at the National Aviary
  - Guide:
  - Ella:
  - Nate:
  - Fi:
- Book Club
  - Food Friday followed by Book Club/Tea Time
- Cooking/Baking Together
  - Each student with guide as sous chef where student chooses meal or baked good, shops for ingredients, assembles ingredients and cooks meal or dessert for family group.
  - Students and guide work together to create meal or baked good(s) with each student taking a turn choosing the food item, shopping for ingredients, and directing group during cooking/baking.
- Monthly financial gifts to organizations
  - Research options
  - Decide on amounts, set up gifts, send gifts
- One time donations to organizations
  - Ocean safety/rescue/cleaning
    - Nature Conservancy: one of most effective and wide-reaching environmental organizations in the world that works to conserve both lands and waters on which all lives depend
    - The Seas
  - Tree preservation/reforestation
    - Nature Conservancy (see above)
    -
  - Ukraine community
    -
  - Animals
    -

- World Wild Life Foundation (Christmas eve tradition to sponsor 3 animals in kids' names & receive adoption kit with stuffed animal representative of animal sponsorship, education literature, certificate, and tote)
- One time purchase of Fahlo bracelet
  - Able to see where chosen sponsored animal is moving/living and set up app to track/learn more about animal's family, diet, habitat, etc.
- Self-Care
  - Ongoing attempts to implement on daily basis
    - Lists created by everyone for self
    - Lists of Calming Strategies on poster of Peace Table
    - Happy Corners/Boxes in bedrooms
    - Peace Table
    - Sand trays
    - Play kits to take to quiet designated place (i.e., tent in room?)
- Travel goal locations:
  - Future:
    - Hawaii (Fi)
    - Australia
    - Austin, Texas
    - Washington D.C.
    - Canada
    - State Parks Tour
    - Montana Dude Ranch experience
    - Oregon Beach
    - Other West Coast Beach destination
    - Lake Tahoe
    - Main or similar beach destination
  - Day or Overnight Trips
    - Wolf rescue area
    - Other:
  - Travel Activities
    - Indoor Skydiving (Ohio)
    -

## **WEEKLY OPTIONS:**

### **Greatness Mondays:**

- Learn a new word (in English or another language); culture day where each month we learn about a culture; awesome people day where we learn about people who have done great things (i.e., Ruth Bader Ginsburg, Black entrepreneurs/inventors/activists, Indigenous people/tribes, astronauts, archeologists, kids...); ...

### **Crafty Tuesdays:**

- Arts/Crafts
  - Participate in art/craft project including puzzles
  - Learn about art genre, skill, person
  - Chinese Ink Drawing: learn about art specific to a culture

### **Music Day Wednesdays:**

- Learn instruments with Ella
- Online concert options
  - Prerecorded live concerts to listen to/watch as we work
  - YouTube stations to find new music or artists
- Pick an instrument to learn about
- Pick a genre of music
- Pick a culture to learn about instruments, music specific to
- Family band practice

### **Active Adventure Thursdays:**

- Try a new exercise (i.e., boxing, martial arts, yoga, meditation, tai chi, KB, rock climbing, arial yoga, etc)
- Obstacle course
- Outdoor fun/exercise (i.e., hike, climb a tree, find waterfalls, look at fall leaves, rate best park, explore Botanical Garden more, ...)

### **Friday Foodie (see additional word doc)/Book Club:**

- Renamed Fun Food Friday per group discussion

### **Fun Food Friday**

- Research recipes
- Purchase ingredients with grocery order set by Tuesday before
- Primary chef or Chef of the Day with rest of group serving as assistants

### **Daily:**

- Family Coping Practice Time
  - To earn Bursey Bucks
  - Each learning member chooses a coping strategy to try that could be used through week when needed
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