

Cadet Activity Planner (CAP) – Alternative Delivery Model
Daily Overview

Tasked to:	NOA	OSLA	SEOA	NGTA	COA
Events	Monday	Tuesday	Wednesday	Thursday	Friday
Theme	CAF Familiarization	Citizenship	Outdoor Adventure	Healthy Living	Mental Health Awareness
Wellness Session	Boot Camp Challenge	No Gym? No Problem	Stretching	Zumba	Mindfulness / Meditation Yoga
Guest Speakers (Ted Talks)	The Memory Project:	Mayor of Ottawa	Free Climbing with Alex Honnold	Jeffery Siegel: What Makes Muscles Grow?	Elizabeth Manley Olympic Figure Skater
	Simon Sinek: Why Leaders Eat Last	Youth Ottawa (re Active Citizenship Initiative)	What is at the bottom of the Atlantic Ocean with Victor Vescovo	Emma Bryce: What is a Calorie?	Interview: Capt (Padre) Fowler
			Extreme wing suit flying with Ueli Gegenschatz	George Zaidan: What is Fat?	Adam Avin: Mindfulness in Education to lower stress and Violence
			Inside the world's deepest caves with Bill Stone	Mia Nacamulli: How the food you eat affects your brain	
			Why I'm rowing across oceans with Roz Savage	Cuisinart Culinary School (Multiple Videos)	
				Reinventing Healthy Living, by Melanie Carvell	
Virtual Tours	Life in the Royal Canadian Navy	Canadian Museum of History	Nasa: Space X's CRS-21 Mission to the Space Station	Canadian Sports Hall of Fame	CF Morale and Welfare Services
	Life in the Canadian Army	Canadian Museum for Human Rights	The Nature Conservancy – Virtual Field Trip		Mindfulness for Teens
	Life in Canada's Air Force	Canadian Museum of Immigration at Pier 21	Expeditions Modern Explorer		
	History of the CAF	National Gallery of Canada	Exploring inside WW11 Navy Ship USS LCS		
	What wearing the uniform means.	CanadianCitizenshipChallenge.ca	Explore Death Valley Geology		
	Many more videos...		Climbing K2 the most dangerous mountain		
			Exploring USS Kidd Virtual Tour		
Daily Challenges	Build a Boat Challenge	Cadet Citizenship Bingo (attached)	Backyard Shelter	Prepare a Healthy Meal from Scratch	Yoga Challenges
	Build a Plane Challenge	Visit a Memorial in your City or town? Do you recognize any names? Research names.	Snow Sculpture	Take a 10KM walk	Mini-Mindfulness Moment Challenge
	Build a Tank Challenge	Research the name of your street, school, local park, cadet unit, affiliated unit. How was it named? If it references a person what was their achievement?	Geocaching Challenge	Start the 21 push-ups in 21 day challenge	Journaling Challenge
		Learn about local indigenous tribes in your area.	Town Scavenger Hunt (Photo Challenge)	Cadet Fitness Assessment	Letter writing / Card Making Challenge
		Research environmental issues impacting your community.			Reach out Challenge
		Find out how you can use your local library during the pandemic. Check out an item or sign up for a virtual event.			

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