

Option EPP Help Sheet

1. Physical Education, Health & Wellness

- Physical activity log - playtime outside, chores, walks, walking the dog, etc.
- Organized sports
- Nutrition awareness
- Awareness of mental wellness - yoga, meditation, walking, journaling, art therapy, listening to music

2. Careers and Technology Foundations

- Carpentry
- Cooking & Baking
- Mechanical
- Photography
- Programming
- Fashion
 - Sewing, knitting, crocheting
- Agriculture - gardening, farming, looking after livestock
- First Aid

Note: This sheet contains some ideas to help you complete your option EPP. It is by no means meant to limit learning possibilities. If you have creative ideas for the defined study areas, please discuss them with your facilitator.

3. Technology

- Work with tablet apps
- Work with Google suite - docs, Meet, slides, sheets
- Photo Editing
- Programming
- Keyboarding
- Movie making and editing

4. Fine Arts

- Drama - reading or watching or creating plays
 - Creating puppet shows
- Music - lessons - voice, guitar, violin, piano, etc
 - Music appreciation - create a song list, have a preferred genre
- Art - follow Youtube art creation lessons
 - Crafts
 - Sculpting (playdough)
 - Create clay animations
 - Pottery
 - Wood crafts

5. Religion (Optional)