

# Family Contribution Task

Coop NOV 2020 M. OSullivan

In the event of a workplace shutdown, a modified coop schedule or self-isolation at home, I want to assign meaningful work and experiential work **when your home is your workplace!** The challenge is that I must respect OCSB distance learning safety protocols:

## Coop Safety through distance education

Educators must not direct students to:

- use tools, equipment, products or chemicals that pose a safety risk,
- perform tasks or activities that pose a safety risk or require supervision, or
- ask students to purchase resources or materials for project work from their local store.

**With that in mind, I would like to ask students and parents the following:**

1. Is there a current task at home for which you already have materials?
2. Is this a task that you can complete without direct parentsupervision?
3. Do you normally do this task and your parent does not think it is a risk to your health and safety ( i.e. cooking something that is safe and you have done this type of task before)?

## Assignment- Family Contribution Task ( two to five hour duration)

With the approval of a parent, complete what you and your parents know is a safe task in your home that will contribute to the overall well being of you and your family.

**SEND a one minute recording or video about what you did or you can just record yourself doing the task. Please share this on Google Drive or attach it to an email addressed to michelle.osullivan@ocsb.ca**

This could involve so many tasks. Here are some ideas:

- Download the 519 Garage app and register all of your family`s bikes so that Ottawa Police can have a record of your bikes in case they are taken.
- Organize closets, drawers, rooms. Netflix has a show called The Home Edit if you want to watch that for inspiration
- Re-decorate an area ( if you have materials) <https://www.pinterest.com/heytherehome/teen-bedroom-ideas/>
- Safely clean something.... Have you ever cleaned out a fridge? A microwave? Carpeting? Etc.
- Plant an indoor garden if you have pots, dirt and seeds
- Organize family photos
- Take the free Financial Literacy Course from McGill University ( anyone can register and take it until the end of 2020). <https://www.rcinet.ca/en/2019/12/13/mcgill-university-offers-free-online-financial-literacy-course-for-everybody/>
- Learn how to do something called bullet journaling if you have a spare notebook ( I started doing this myself during the pandemic) . There are Canadians who make a living from their bullet journaling:  
Amanda Rach Lee <https://www.youtube.com/watch?v=xkFrGGnd-ko>  
Caitlin`s Corner [https://www.youtube.com/channel/UCSm9WJDmpZDM\\_m6YvkACuxg](https://www.youtube.com/channel/UCSm9WJDmpZDM_m6YvkACuxg)

- Practice a new skill in greater depth ( i.e. learn something new in music that your family would like to hear)
- Learn how to make each family member`s favourite dish ( in my home that is homemade Caesar salad)
- Teach your parents something that you learned this year and would like to teach to them
- Interview a relative about his or her life (by phone) and record it if possible. Grandparents would be great to interview. My father passed away a few years back and the recordings I have of his voice are precious to me. Ask them to tell you their life story. You can make a book in Book Creator about it as a family gift for someone for a birthday or Christmas. There are also recordable books that you can get and a loved one can record it ... so that the story has the voice of that loved one. This is a great gift for young children or seniors.
- Learn how to sew a rip in clothing with a needle and thread.
- Safely make something in the kitchen. There are recipes called "No bake recipes"
- Plan a fun activity for a parent or a sibling and surprise them by having it planned out and set up ( a spa day for your mom, a picnic in the backyard, a treasure hunt, etc.)
- Do some second language learning of a language that other family members speak
- Find a podcast ( and subscribe to it) to help you learn about something that you have always wanted to learn about . I like Revisionist History, Hidden Brain, Radio Lab and The Psychology Podcast ( episode on how to have a Good Day During a Global Pandemic). I listen to these when I am driving or having trouble falling asleep.
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- Plan a fitness schedule and execute it (for yourself that you could do alone.... or with a family member ) .to stay healthy through winter
- -create a career portfolio ( in a zipped up binder) that includes report cards, letters of reference, your resume, certificates, etc. You can create a digital one as well [https://charityvillage.com/career\\_portfolios\\_give\\_you\\_a\\_competitive\\_edge/](https://charityvillage.com/career_portfolios_give_you_a_competitive_edge/). Make a Linked in account as soon as you can to help you network so that employers can find your professional online presence.
- Print out the Life Skills Checklist at <https://media.focusonthefamily.com/fotf/pdf/magazine/checklist-4-lifeskills.pdf> and check off what you can do and then start working on what you still don't know how to do with the guidance of a parent
- Other? Something safe that you and a parent agree on!

**Some of my past quarantine projects that contributed to the family and home....**



children`s books inventory



Garage makeover

**Yard clean up**

