

#RISINGYOUTH VIRTUAL PROJECT IDEAS



BASIC TOOLS FOR A VIRTUAL PROJECT



Select a meeting platform such as Google Meet, WebEx, Zoom or Skype...



...or use phone calls or teleconferencing



Reach out to speakers who are willing to educate your attendees on your chosen topic



Create a Google Form or Eventbrite to collect RSVPs. You can also create an email and simply instruct individuals to send you an RSVP

BASIC BUDGET



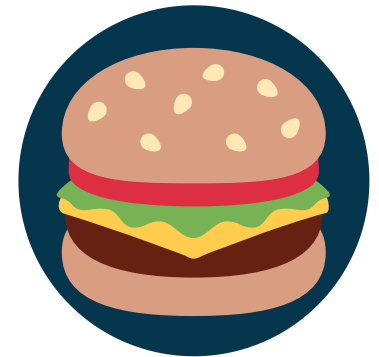
Subscription for an
online meeting
platform



Honourariums for
speakers and
educators



Poster prints and
paid promotion on
social media

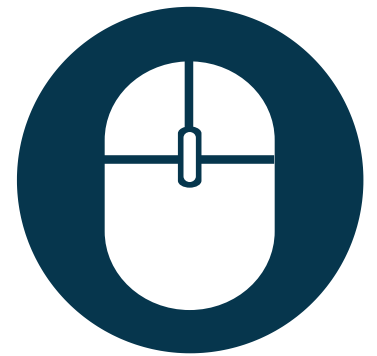


Gift cards for food
delivery services
such as Skip The
Dishes and Uber Eats

EXAMPLES OF PROJECT IDEAS & BUDGETS

Board Games Online

Invite your neighbours to break up the social isolation by playing some classic board games online, or learning some new ones together! Grant includes a subscription (1yr.) for four people to a popular online board game site with dozens of titles available, and a food delivery to everyone's door for their first night of game together.



\$250 Grant:

- BoardGame Arena Subscription ($\$37.50 \times 4 = \150.00)
- First Game-night Snacks: ($\$25 \times 4 = \100)

\$750 Grant:

Put a call out on social media or deliver door to door flyers to help people in isolation get connected and engaged! Grant includes purchases of a couple of games for 20 people or subscriptions for 12 people, and a food delivery to everyone's door for their first night of games together.

- Digital Board Game Purchase ($\$22.50 \times 20 = \450) OR BGA Subscription ($\$37.50 \times 12$)
- First Game-nights Snacks ($\$15 \times 20 = \300) OR ($\$25 \times 12$)

Online Workshops & Events

Create an opportunity for youth across the country to interact! Due to social distancing, we don't get the chance to meet with others like we do in the classroom or at events. This will allow youth to continue to be involved with social activism and stay connected with one another.

\$250 Grant:

Have an online dance party event with other youth across the country! Simply pick a theme, make a playlist, gather youth and have fun!

- Ad-free music subscription (\$10)
- Online subscription for a meeting platform (\$20)
- Food delivery service gift card (\$20x11= \$220)

\$750 Grant:

For educational workshops and events:

- Online subscription for a meeting platform (\$20)
- Honourarium for speakers/educators (\$100x3= \$300)
- Food delivery service gift card (\$20x20= \$400)
- Posters and advertisement (\$30)

\$1500 Grant:

For educational workshops and events:

- Online subscription for a meeting platform (\$20)
- Honorarium for speakers/educators (\$75x6= \$450)
- Food delivery service gift card (\$25x40= \$1000)
- Posters and advertisement (\$30)



Online Book Clubs

Get some friends and community members together for a socially-distant reading group! Invite your neighbours, or connect online to enterprising readers, and schedule a weekly session to meet and talk about what you read!

\$750 Grant:

- Books purchase - physical or e-reader ($\$30 \times 15 = \450)
- Advertising, flyers to neighbours or social media ad ($\$25$)
- Tea and Snacks (be safe!)($\$18.33 \times 15 = \275)

\$1500 Grant:

Help a group of parents and teenagers who are out of school develop healthy reading groups and social spaces to interact with each other!

Learn who is in your neighbourhood with young readers at home, and work on building some reading groups together - what can you learn from what people have written before, and what can we do to stay together as communities while we are apart physically?

- E-readers - ($\$150 \times 6 = \900)
- E-books - ($\$10 \times 30 = \300)
- Food for each family ($\$50 \times 6$)



Online Learning Groups

Communication is important, more now than ever before - over 200 languages were reported as being spoken in Canada during our most recent census! Learning new languages together and having conversational partners through it can be a great way to stay connected.

\$250 Grant:

- Duolingo Plus ($\$10 \times 3\text{mo.} \times 5 \text{ people} = \150)
- Food For Study Sessions ($\$20 \times 5 = \100)

\$1500 Grant:

A lot of people report greater senses of satisfaction with their lives, and better mental health when they're learning something that they want to learn - online classes are everywhere, and offer us powerful ways to stay connected, and understand our roles in our communities. Connect with your peers, find out what they want to learn, and develop some new skills to strengthen your bonds to each other and to your community!

- Online Course registration ($\$50 \times 2 \text{ courses} \times 8 \text{ people} = \800)
- Food for Study Sessions ($\$50 \times 8 = \400)
- Pen-and-paper Supplies ($\$37.5 \times 8 = \300)



Remote Arts and Crafts Sessions

Use art as a creative outlet and remind fellow youth to take a mental break. Reach out to friends in other homes and have virtual craft sessions together! Curate a list of activities, whether it be a Bob Ross painting tutorial, paper crafts, colouring sheets, or making DIY home decor with inspiration from Pinterest- there is something for everybody! You can also select themes for your art that relate to festivities such as the changing seasons.

\$250 Grant

- Clay (\$5x8= \$40)
- Popsicle sticks (\$6x10= \$60)
- Glue (\$4x10= \$40)
- Markers (\$2x10= \$20)
- Set of cardstock paper (\$6x10 = \$60)
- Outdoor chalk (\$3x10= \$30)

\$750 Grant

- Paint: red, blue, yellow, white (\$8x25= \$200)
- Paint brush set (\$5x20= \$125)
- Canvas (\$5x20= \$125)
- Friendship bracelet strings: 3 colours (\$3x25= \$75)
- Cardstock paper (\$5x25= \$125)
- Clay (\$5x20= \$100)



Online Workout Sessions

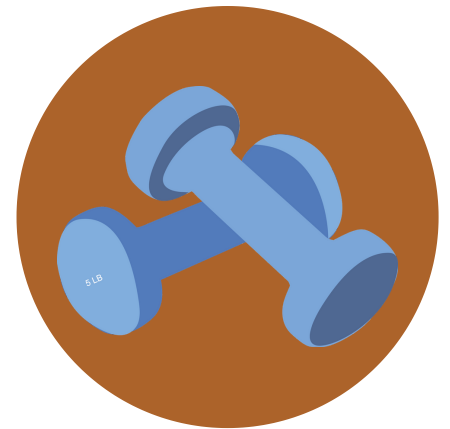
Stay active while practicing physical distancing! Compile a list of resources such as YouTube videos, fitness websites, and online classes that youth can refer to while creating their workout plans. Using the grant, purchase workout equipment online such as exercise mats, resistance bands, jump ropes, and core sliders. To avoid leaving your home to deliver items, you can place orders separately and send the equipment directly to your recipients. You can also coordinate a time to work out together a few times a week or decide on a weekly check in time to see how everybody is doing mentally and physically!

\$250 Grant

- Set of resistance bands ($\$25 \times 4 = \100)
- Jump ropes ($\$10 \times 4 = \40)
- Exercise mat ($\$25 \times 4 = \100)

\$1500 Grant

- Set of resistance bands and gliding discs ($\$35 \times 20 = \700)
- Jump ropes ($\$10 \times 20 = \200)
- Exercise mat ($\$25 \times 16 = \400)
- Foam roller ($\$15 \times 10 = \150)



Wellness Webinar Workshops

Create an opportunity for youth to learn about ways they can continue to take care of their physical health and mental health. Reach out to different professionals to share knowledge that supports well-being, using the grant to fund honourariums for your guest speakers. Examples can include:

- Nutritionists: speaking about nutritional meals and snacks you can make at home
- Psychologist: coping mechanisms for stressors such as the anxiety that COVID-19 may be causing
- Mindfulness meditation coach: share meditation and mindfulness exercises

\$250 Grant

-Honourariums ($\$50 \times 5 = \250)

\$750 Grant

-Honourariums ($\$125 \times 6 = \750)



Digital Devices for Digital Inclusion

While physical distancing we rely on technology to stay in touch with our loved ones. For students, technology is an especially important resource to have for school as all learning has been shifted online due to closures. Using the grant, purchase mobile devices such as phones and tablets to distribute to youth who face barriers accessing online supports. If possible, connect with a local organization or network to distribute your items.

\$750

-Amazon Fire Tablet (\$79.29x9= \$713.61)

\$1500 Grant

-Lenovo Tab M7 (\$75x20= \$1500)



Mindfulness While Colouring

Share a reminder of the importance of mindfulness by purchasing colouring books, crayons and markers to be distributed through local networks, community organizations, community housing, etc. Colouring is a fun and relaxing activity that everybody in a family can benefit from, that can also serve as a daily family activity.

\$250 Grant

- Colouring Books ($\$5 \times 25 = \125)
- Pencil Crayons ($\$5 \times 25 = \125)

\$750 Grant

- Colouring Books ($\$5 \times 50 = \250)
- Pencil Crayons ($\$5 \times 50 = \250)
- Markers ($\$5 \times 50 = \250)



Board Games to Overcome Boredom

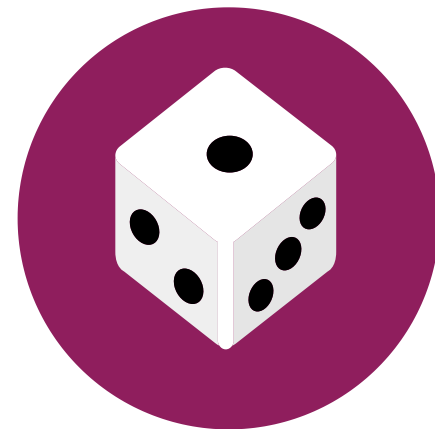
Staying indoors for most of the day can definitely create some boredom. Utilize the grant to provide a fun board game to households in your neighbourhood. To ensure your safety, find online stores that are able to deliver the games straight to the homes of others or connect with a local organization to distribute the items accordingly.

\$250 Grant

- Uno ($\$7 \times 5 = \35)
- Monopoly ($\$20 \times 5 = \100)
- Apples to Apples ($\$22 \times 5 = \110)

\$750

- Pictionary Air ($\$25 \times 5 = \125)
- Quick Cups ($\$20 \times 5 = \100)
- Monopoly ($\$20 \times 21 = 420$)
- Uno ($\$7 \times 15 = \105)



Music Madness

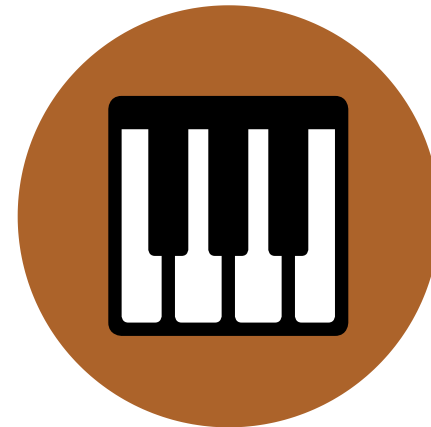
Use the time indoors to pick up a new skill such as learning a new instrument! Curate a list of video lessons and tutorials that youth can refer to upon receiving their instrumentals. Using the grant, purchase beginner musical instruments for your friends and neighbours. You can do weekly learning and playing sessions to stay in touch, share tips, and recommend songs!

\$750

- Keyboard (\$80x4= \$320)
- Ukelele (\$42x5= \$210)
- Guitar (\$90x2= \$180)

\$1500 Grant

- Keyboard (\$80x10= \$800)
- Ukelele (\$50x5= \$250)
- Guitar (\$90x5= \$450)



Recipe Swap

Gather your friends and do a recipe swap! Each member of the group can select their own healthy recipe, and take turns guiding the group through the cooking process. You can choose to cook together every day, every week, or every weekend- while also using this time to check in on each other. Distribute the grant amongst your group to cover the cost of ingredients. If possible, discuss your recipes ahead of time to avoid multiple trips to the store.

\$750

-Ingredient budgets ($\$75 \times 10 = \750)

\$1500 Grant

-Ingredient budgets ($\$75 \times 20 = \1500)



YouTube Capsules

Use your creativity and create your very own YouTube channel to share your knowledge, advice, workshops, recipes, or DIY projects. You can also use the online platform to speak about issues such as mental health and bring on professionals to speak about the topic, and promote activities such as ways to stay active while practicing physical distancing during COVID-19.

\$250

- Starter video camera (\$100)
- Honourariums for professional guests ($\$25 \times 2 = \50)
- SD Card (\$25)
- Tripod (\$25)
- Materials such as ingredients for recipe sharing (\$50)

\$750

- Starter video camera (\$100)
- Honourariums for professional guests ($\$25 \times 8 = \200)
- SD Card (\$25)
- Tripod (\$25)
- Materials such as ingredients for recipe sharing (\$350)



Movie Nights

Using platforms such as Netflix Watch Party, set up a movie night with your friends and neighbours! You can even choose to make every Friday a movie night, start a series together, or watch a movie together every day! Using the funds from the grant, evenly distribute the funds to households to help cover costs for snacks such as popcorn, candy and drinks, as well as a movie platform subscriptions. Use this as an opportunity to check up on one another as well!

\$250

- Netflix Subscription Premium Plan to watch on 4 screens at the same time ($\$17 \times 2 = \34)
- Snacks and drinks ($\$27 \times 8 = \216)

\$750

- Netflix Subscription Premium Plan to watch on 4 screens at the same time ($\$17 \times 6 = \102)
- Snacks and drinks ($\$27 \times 24 = \648)



MORE INFORMATION

Click here for an extensive list of items you can purchase online to limit your trips to the store. If you have any questions or would like further support, please feel free to contact us at anytime!



**Send us an email at
funding@takingitglobal.org**

OR



**Apply online at
www.risingyouth.ca**