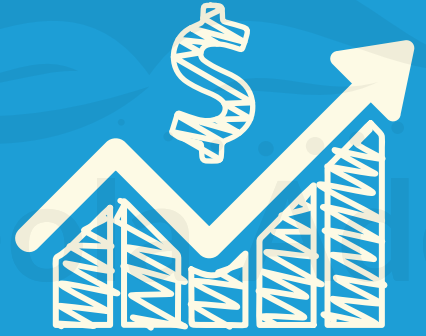




THE GAME CHANGER RESOURCE

A Fresh Approach To
Learning & Self-Discovery

Deola Ade

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Lesson Suitability Guide - Age/Level Colour-Coded Icon for Quick Visual Reference

To help educators and youth professionals easily identify which story, lesson, or activity is best suited for different age groups, please refer to the quick visual reference below. While reviewing the Table of Contents, pay attention to the color-coded icon next to each title. This icon corresponds to the visual reference guide below, which highlights the suitability and age appropriateness of each story, activity, or lesson.

Story/Lesson/Activity	Age Group	Appropriate For
<i>Net Dreams and Family Fusion</i>	11-13 years	 (Middle School Learners)
<i>Embracing Identity</i>	11-18 years	  (Middle & High School Students)
<i>The Sweetest Gift</i>	14-18 years	 (Intermediate/High School Students)
<i>Karma Never Misses</i>	14-25+ years	  (High School - Post-Secondary Pupils)
<i>Communication Beyond Words</i>	11-25+ years	 (For All Levels)
<i>The Math Isn't Mathing</i>	18-25+ years	 (Post-Secondary Students & Beyond)
<i>Situationships</i>	18-25+ years	 (Post-Secondary Students & Beyond)

- : Middle School Learners
- : Intermediate/High School Students
- : Post-Secondary Students & Beyond
- : For All Levels

QUALITIES LINKED TO A NAME

Learning Objective: By focusing on the qualities linked to your name, you will explore how your name reflects your cultural background and personal identity and engage in a holistic learning experience that promotes self-exploration and cultural awareness. Thus, developing a deeper understanding of your identity and how it connects to broader cultural and historical narratives, empowering you to contribute positively to your communities and society.

SCAN THE QR CODE



Self-Identity: Create a multimedia presentation that illustrates the cultural significance of your name, including its history, meaning, and how it shapes your identity within the context of your community and society at large.

Skill: Identify and think of a playlist of song titles that include names—what are some that come to mind? Examine and evaluate how the use of the name in the song adds depth to the lyrics.

Intellect: Explore the significance of names and the cultural importance of naming ceremonies during birth and infancy.

Criticality: Research and explore the significance of names that symbolize triumph, celebrate diversity, and are unisex.

Joy: Discover the meaning of your name in a different culture and celebrate the richness and beauty of that culture.

Make copies of this activity for student use as needed.

Building Generational Wealth

Teacher, age 25

I love discovering untold, overlooked, and sidelined stories, such as that of Fawn Weaver, founder of Uncle Nearest Whiskey, a billion-dollar Black-owned business. The power of saying "NO"- not selling out or shortchanging your people - is immense. Generational wealth is crucial. "Own the land, own the brand!" as Fawn Weaver brilliantly advocates. Watch this Forbes documentary about the beautiful legacy being built: How Uncle Nearest Founder Fawn Weaver Built a Billion-Dollar Whiskey Business.

https://www.youtube.com/watch?v=XtH9o_UxqEc

Fawn Weaver stood on the porch of the old distillery, the sun setting behind her, casting a warm glow on the weathered wood. She marvelled at how history emanated from every crack and crevice of the building. After years of research and relentless determination, she had finally uncovered the forgotten and untold story of Nathan "Nearest" Green, the enslaved man who taught Jack Daniel the art of whiskey-making. As she gazed over the rolling Tennessee hills, Fawn felt a profound sense of fulfillment. This was more than just a business for her; it was a mission to honour a legacy, rewrite a narrative, and illuminate the contributions of a man whose skill and expertise had been overlooked for far too long. She smiled, knowing that with every bottle of Uncle Nearest whiskey, a piece of history was being reclaimed and celebrated.

Enjoy these videos, activities, and exercises that focus on the power of saying "No," maintaining integrity, and building generational wealth through brand and cultural recognition.

<https://youtu.be/0L3HMLuhQNA?si=NwzJ0T7dxgs7Bkq7> & https://youtu.be/-0BIiX_FEFY?si=AqTXKehQt5bIaYLx

- **Integrity Case Studies: Lessons from Leadership**

1. **Objective:** Analyze real-world examples of leaders who faced critical decisions regarding integrity, including President Ibrahim Traoré.

Activity: Examine key moments in Traoré's leadership and compare them to cases from businesses and other public figures. Discuss how maintaining integrity, even under pressure, leads to long-term trust and impact. Participants will reflect on the outcomes of these decisions and apply lessons to their own leadership or business strategies.

- **Storytelling for Brands: Leadership Narratives**

2. **Objective:** Learn how storytelling can shape brand identity and inspire trust, drawing lessons from the leadership of President Ibrahim Traoré.

Activity: Conduct a storytelling workshop where participants craft and share narratives highlighting their brand's values, mission, and resilience. Analyze how Traoré's communication style and leadership story have influenced public perception. Discuss how businesses can use similar strategies for marketing and engagement.

- **Social Media Strategy Development: Influence & Engagement**

3. **Objective:** Leverage social media to strengthen brand presence and connect with audiences, inspired by the digital influence of modern leaders like President Ibrahim Traoré.

Activity: Develop a comprehensive social media strategy that includes authentic content creation, audience engagement tactics, and performance tracking. Explore how leaders use digital platforms to shape narratives and mobilize support. Participants will implement and review their strategies regularly to refine their impact.

Flights not Feelings

Female, age 21

I just turned twenty-one, and you know what that means? The world is my playground. My goal? Pack my suitcase, grab my passport, and see the world. Imagine this – I'm at the airport, waiting to board the plane, with one-way tickets to destinations unknown. No plans, just a hunger for new experiences and a craving for the thrill of the unfamiliar.

First stop: Montego Bay, Jamaica. Fresh fruit, beaches, raft rides, and some of the most amazing food. I'm drooling just thinking about it. From the serene seaside spots and the colourful local markets, I'll constantly be on my toes.

Next, I'm off to Santorini. Sunsets to die for. Mediterranean living. Greek salads and all. Trying to learn how to surf, while making friends with people just like me. It's like stepping into an island dream!

Not only am I discovering new places, but pieces of myself. The world is my new classroom, and every encounter is a lesson in embracing the unknown.

Sure, there will be challenges – flight delays, language barriers, and the occasional questionable street food choice. But each experience is a story, a badge of honour in my journey of young adulthood.

Right now, I'm reimagining myself. My identity... I'm no longer just a student. I'm a risk-taker, a storyteller, a 21-year-old with a passport full of stamps and a memory full of experiences abroad. I'm finally living. Not for anyone else, but for me.

- * Develop a visual travel bucket list for each destination.
- * Conduct a brief Google search to discover three foreign restaurants (ideally local, meaning off of the resort) in each country that you plan to visit. Please mention the restaurant's name and specify the cuisine featured on the menu.
- * Which souvenirs do you anticipate buying at each destination?

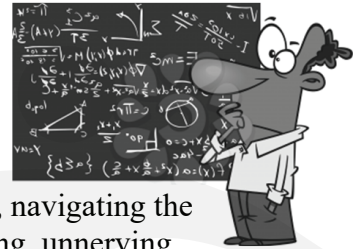


SOCIAL MEDIA

Establishing a responsible digital footprint on social media is essential in today's connected world. The content we share and the interactions we engage in contribute to our online identity, influencing how others perceive us both personally and professionally. Practicing mindfulness with what we post helps ensure that our digital presence reflects our values and respect for others, creating a positive and credible reputation. A responsible digital footprint not only opens doors to opportunities but also protects our privacy and cultivates a trustworthy online environment.

The Math Isn't Mathing

Female, age 19



I've been an active social media user since the age of eleven, and I must say, navigating the pitfalls of social media unsupervised feels like I've been riding a never-ending, unnerving rollercoaster. Instagram and TikTok are my faves, but social media is chaotic, flooded with bots and scammers, constant competition, and has its fair share of uncertainties. Yes, it's also a space where bold acts of innovation and genuine connections occur regularly, but the cons outweigh the pros.

I've tried taking breaks from social media for a month or so, but the pull is strong because nowadays, having a social media presence is intertwined with life. Engaging with schools, the government, workplaces, and healthcare providers, among others, makes communication challenging without being online. In my generation, maintaining anonymity and privacy is no longer practical. Everyone is compelled to establish a digital footprint, and some footprints reveal more than others.

My friends are avid users of social media and don't exercise caution regarding their posts. They enjoy sharing their locations and relationship status, and never opt in for privatization of their accounts. In comparison, I prioritize responsibility more than many others and face ridicule for it.

I'm relieved that I grasped the true implications of online posting early on. Despite the anger I felt discovering what some of my "friends" shared about me online, it prompted a necessary conversation with them—an essential talk that allowed me to part ways with most. I maintain distance from my frenemies and observe them from afar now.

- * What does the phrase "the math isn't mathing" mean?
- * Name alternative phrases for "something doesn't add up" without checking online.
- * Who among the Real Housewives of Atlanta coined the phrase, "Somethin' in the buttermilk ain't clean?"

RELATIONSHIPS

Establishing healthy relationships is essential for emotional well-being and personal growth. Positive relationships provide support, encourage self-confidence, and create a sense of belonging, helping us navigate life's challenges. Healthy connections are built on trust, respect, and open communication, allowing us to feel valued and understood. By nurturing these relationships, we create a strong foundation for happiness, resilience, and mutual growth in both our personal and professional lives.

Karma Never Misses

Female, age 17

My child's father is irresponsible and hasn't even met our seven-week-old daughter. He hasn't informed his parents about her either. I'm a seventeen-year-old high school student currently not working, and while I dislike relying on my family for financial backing, I intend to put him on blast and child support because he should take responsibility for our child. Despite claiming financial struggles as an Athletic Scout, he frequently goes out drinking with friends and bought a new car in October. My friends see him out clubbing all the time.

Recently, he contacted me in a panic, screaming, "My parents just called me, saying I got some mail." I provided my lawyer and the courts with the only address I knew. Lo and behold, he moved out of his parents' basement and now lives in New York City with his fiancée. It's about time he established his independence at the age of twenty-eight.

I find this turn of events to be hilarious, but I'm also nervous. Will he show up at another high school sporting event and ignore me this time? Is karma catching up with him for mistreating me during my pregnancy? He ghosted me ever since he found out I was pregnant.

While it's not the ideal way for his parents to discover, at least they are now aware of our baby girl. He's irate, but I urged him to tell them while I was still pregnant, which he didn't do. During the Christmas holidays, he, along with his parents and fiancée, travelled to Bermuda. Upon their return, life had a surprising welcome for his parents in the form of those papers. Today will surely be eventful—unintentionally, I killed two birds with one stone.

At least he still has the opportunity to tell his fiancée on his terms.

- * Is it appropriate to charge this man with statutory rape in connection with the pregnancy of a 17-year-old girl?
- * Describe the concept of karma using the analogy "Karma is like a boomerang."
- * Find three interesting quotes or sayings about karma and relate them to a real-life situation.
- * What does the proverb 'kill two birds with one stone' mean, and how does it illustrate efficiency in problem-solving?



DATING TIPS & BITTER TRUTHS

Dating is an exciting journey, but it comes with its share of tips and hard truths. Key advice includes being authentic, setting boundaries, and communicating openly to foster real connections. But it's equally important to recognize some bitter truths: not everyone will be a perfect match, and rejection is a natural part of the process. Sometimes, even strong connections don't work out due to timing or differences in values. Understanding these realities can make dating less daunting and help you approach each experience with a balanced, realistic perspective.

Be Strategic

Female, age 25

The best questions to ask someone you're getting to know/Dating.

- * What's your one red flag 🚩? What's your one beige flag 🚩?
- * What's the strangest thing that catches your attention?
- * What's your most embarrassing fear?
- * What's something hard to guess about you?
- * How do you make time for your family and friends with so much going on in your life?
- * What inspires you?
- * If you lost everything financially, what would you do to rebuild?
- * What are you looking for in a relationship?
- * If you're not courting for marriage, what's your reason for dating?
- * What does your work-life balance look like?
- * Who is the person you talk to the most?
- * What was your first impression of me?
- * How do you handle conflict?
- * How big of a role does social media play in your life?
- * Who was your first celebrity crush?
- * What was the first foreign country you visited?
- * What was the first vinyl record or CD you purchased back in the day?
- * What's your favourite childhood movie/film?
- * What does your ideal weekend look like?
- * Do you live alone?
- * Do you like cooking for yourself and others?
- * If you could live anywhere in the world, where would it be?
- * What's the best gift you ever bought yourself?
- * What are you looking for in a boyfriend, spouse, or partner?
- * Are you looking for something serious or casual right now?
- * Do you have any personal milestones?
- * What do you think is your life's purpose?

Sorting Activity: Divide the participants into small groups and provide each group with a set of question cards. Feel free to use the questions provided above, and you can also add any additional ones to the list. Each card should have a different question written on it. Ask the groups to sort the questions into categories such as "Icebreakers," "Getting to Know You," "Deep Conversation Starters," and "Fun and Light-hearted."

The Bonnets of Salvation

Teacher, age 23

Guys often try to be slick and disrespect women who wear silk bonnets. Let's be real, there's a stigma around bonnets. Real quick lesson: hair bonnets are protective headgear for women's hair and edges, and we usually wear them while sleeping at night.

Now, the ongoing debate is this: Just as it was once considered weird for women to go out with foam pink rollers in their hair, the same stigma applies to bonnets. Personally, I don't wear my bonnet outside, but many girls and women do. Comedian Mo'Nique started a viral discussion when she encouraged Black women and girls to avoid wearing bonnets, pyjamas, slippers, and blankets in public places such as airports and retail stores.

During my time as a high school teacher, I've seen students of all races wearing pyjamas and slippers to school. But when it comes to bonnets, that's a different story altogether.

Truthfully, the term "bonnets" has French roots, yet they are primarily linked with Black women. Could you explain the rationale behind this?

- * How does the polished aesthetic of Black Dandyism challenge or reinforce respectability politics, especially when juxtaposed with the criticism faced by Black women who wear bonnets in public spaces?
- * Which African country is credited with giving rise to a unique form of Dandyism that uses fashion as a powerful tool for cultural expression, resistance, and identity?
- * Were you familiar with the term *Dandyism* before engaging in this exercise, and what did it initially bring to mind?
- * Picture yourself in a Family Feud scenario. The question displayed reads, "In a survey, one million men were asked to name one item women wear to bed that they dislike." To secure the win, what do you anticipate the top three responses will be?



DRUGS

Learning Objective: Recognize the impact of drug use on physical, mental, and emotional health, understanding the risks and long-term consequences.

Skittles

Male, age 17

Who knew prescribed drugs would be digested like Skittles in this day and age? My best friend is addicted to OxyContin, Percocet, and Opioids. All these big-pharma prescriptions can be easily found in a parent's medicine cabinet. I think adults should throw out their prescriptions if they're not using the meds, and if they are, keep them out of sight.

My friend Kevin has an addiction to the "Skittles" he uses. Over time, the preferred medication ceased to produce the desired effects for him, prompting him to begin experimenting with heroin and meth.

I never thought drugs and homelessness could change someone's looks so much. The last time I saw Kevin downtown, he was being arrested. He pretty much does anything to get high.

Now he's in and out of jail for robbery, stealing cheques (forging and cashing them) and partaking in carjackings. His family tried to help him countless times, but he didn't listen. Out of anger, Kevin breaks into their homes and steals. They've since disowned him and moved provinces/states. Can you blame them? I don't. It must have been really hard witnessing and dealing with his downward spiral first-hand.

- * Provide five alternative ways for declining offers of drugs or alcohol.
- * List 10 activities that induce euphoria.
- * What does it mean to be sober-minded?

STRESS MANAGEMENT

Learning Outcome: Develop critical thinking skills to analyze and solve problems effectively in various contexts.

The Fellowship Hiatus

Female, age 16

Over time, I realized I was missing empathy, understanding and love in my life. We relocated a lot because of my dad's engineering job, so I was used to being the new kid every few years. Having long-distance friendships can be hard, and we usually end up drifting apart, but through the years, I've learned to avoid becoming overly attached to people. And it's working thus far.

Odd enough, it was only after recently visiting a friend's house that I realized the effect my constantly changing childhood environment had on me. I have all the necessary material things I want, but you know what? It's the small stuff that counts and makes the biggest difference in a person's life.

So, I'm the oldest child of four. I was brought up in a pretty religious family with old-school values, but I hate going to church. I kind of lied to my parents about getting a part-time job, just to avoid our Wednesday and Sunday arguments about attending church with them and my siblings. Two times a week, I go to Justine's house for a few hours to avoid attending service. Justine's parents are religious but only go to church for New Year's, Thanksgiving, Christmas, and Easter services. I wish my parents weren't such hardcore Bible Thumpers, hitting up church like it's their second home twice a week. But hey, they're devout Christians who take the "Me and my household will serve the Lord" commitment seriously. I just don't share that same belief anymore.

I am hoping they don't find out that I'm not working. Justine and I are out here hustling, searching for jobs together. With any luck, we'll both land something real soon.

- * Can you describe the disciplinary measure known as "tomato staking," typically used on children and teenagers who lie? Answer without consulting online sources first and then research the practice. Did your initial prediction closely resemble the actual definition?
- * As a parent, do you think it's appropriate to search through your teenager's room and belongings?
- * Play the game Two Truths and a Lie.
"Two Truths and a Lie" is a popular icebreaker or party game where participants take turns sharing three statements about themselves: two truths and one lie. The other players then try to guess which statement is the lie. The game is designed to encourage interaction, spark conversation, and reveal interesting or surprising facts about the players.

Family Dynamics

Learning Objective: Recognize the impact of family relationships on individual well-being, and develop skills to navigate and communicate effectively within your family environment.

Kinship Chronicles

Male, age 16

I'm only allowed to go to the beach at night and practice my fútbol techniques during sunrise or sunset. Have you guessed which colorist culture I come from, because there are many around the world? If you were thinking of a Filipino family, you guessed right. I'm on the darker side of the spectrum of complexions, but I can get away with not lightening my skin because I'm a guy and my family now lives in Toronto.

However, if you're a dark skin girl within my culture, your mother most likely has mixed skin whitening cream in your body lotion from infancy. Fairer skin tones on girls are favoured over darker ones. Just look at the most famous Filipino celebrities, they're generally mixed with European blood.

Ever since we moved to Canada, I'm no longer bombarded by skin-lightening commercials, billboards, magazines, TV shows and social media ads. Everywhere you go and turn in the Philippines, colorism is smack dab in your face. I'm not saying racism and colorism don't exist in Canada, it's just more covert and hidden. Come to think of it, that can be more harmful.

Nevertheless, my family may hate my dark skin, but the ladies and I love it!

- * In what ways do colorism and colour privilege impact how you view yourself and those around you?
- * List five reminders to prevent the spread of colorism in your life, family, and community.
- * Research the terms provided within the parentheses/brackets (racism, discrimination, prejudice, bias, bigotry, xenophobia, intolerance, the caste system, skin bleaching, self-hate, racial segregation/apartheid and embracing a colonial mindset).

The Greatest Grad Prank Ever

Male, age 18

On the evening of graduation, some of the seniors came up with the perfect idea for a going-away prank.

Determined to leave our mark on the school in a memorable way, we devised a fearless plan, and we came up with a prank that would be talked about for years. Our target? The school's main office, which is on the first floor, plus the second and third-floor hallways.

One night, with crates and blankets, we went to a nearby farm and bought three pigs. We then put the pigs into crates and covered them with blankets to keep them calm and quiet overnight.

We were so excited. The three pigs each had spray-painted numbers 1, 2, and 4 on either side, purposely leaving out “3” to cause confusion.

The next day, exactly at 1:45 p.m., we set our plan in motion. We went to school dressed in black wearing masks. Right when we got inside the building, we let one pig loose on each floor of the school. Within seconds, students and teachers started screaming. It was so funny. Some of the teachers were running around trying to catch them, but they were too slow for the pigs.

Due to the senior prank, school ended a few minutes earlier than usual, prompting the arrival of police officers and news crews to the school grounds to address the unfolding unusual situation. Around 6:30 p.m. that evening, they were able to catch all three pigs, which were labelled 1, 2 and 4, but they were still searching for the pig labelled “3”, which didn’t exist: unknown to the news broadcasters. It was one of the funniest things to happen this year. To think that everyone watching on TV was seeing all these police officers, school administrators, and teachers running around searching for the elusive “third” pig, was hilarious.

To this day, the school never found out who was responsible for the grad prank, which is what makes it so memorable.

- * How do you suppose the police and school administration discovered that there was never a fourth pig, labelled with the elusive number 3?
- * Some might argue that this prank was not only harsh but also bordered on animal cruelty. What are your thoughts?
- * Do you have any entertaining graduation prank stories to share?
- * Love them or hate them, pranks have become a rite of passage before high school graduations. Let’s hope that from now on, students choose pranks that are clever, thoughtful, and bring a smile to educators' faces.

Embracing Identity

Female, age 12

I'm already learning so much about identity at such a young age. My father is Vietnamese, and my mother is Italian, so I understand a bit about the challenges of being mixed-race. One night, my mom said something really strange to me over dinner.

She said, "Jasmine, I think it's time you changed your last name," and she said it calmly. I was so confused. Change my last name for what? Why?

"From now on, you'll be Jasmine Marino," my mom said. She didn't even ask me if I was okay with it. I was mad. My parents got divorced a really long time ago, and I always had my father's last name. I told her, "Why would you even say something like that?" I was just so shocked and confused.

My mother sighed at me. "Jasmine, I know it's a lot to take in, but think about it. With a last name like Marino, you could pass for white. You wouldn't have to deal with the judgment or discrimination that comes with being biracial."

I was so sad to hear her say this. Why has she suddenly become embarrassed about my father's last name and culture? Will changing my last name make life easier for me?

"Mom, I don't want to change it. Phan is my last name, and I like it." We didn't talk for the rest of dinner, but I knew one thing for sure – my identity was mine to decide.

- * Is racial fluidity advantageous, or does it present drawbacks, considering the longstanding history of stories about passing?
- * Suppose Jasmine confided in her father and shared what happened; how should he approach discussing this issue with his ex-wife?

Emotions

Learning Outcome: Participants will recognize and gain a better understanding of emotions, develop strategies for identifying and managing them effectively, and enhance their ability to empathize with others, cultivating emotional intelligence and healthier relationships.

Defining Generations

Each succeeding generation often cries that the subsequent one is spoiled or the most challenging. Could you identify the generation following Alpha and the generations preceding Millennials? Refrain from searching for information online.

Defining Generations Exercise

- | | |
|----------------|--------------------|
| • ? | – born 1901 – 1927 |
| • ? | – born 1928 – 1945 |
| • ? | – born 1946 – 1964 |
| • ? | – born 1965 – 1980 |
| • Millennials | – born 1981 – 1996 |
| • Generation Z | – born 1996 – 2012 |
| • Gen Alpha | – born 2013 – 2025 |
| • ? | – born 2026 – 2039 |

* After completing the exercise, explore the reasons why successive generations frequently criticize the following one(s) as being spoiled or particularly challenging.



FINANCIAL FLUENCY

Unscramble Your Way To Financial Freedom	Rearrange these letters to form the word that will fill in the blank(s).
Diversify _____ streams: Explore multiple sources of _____, such as side hustles, investments, or passive income streams.	MOEINC
Create a budget: Track your income and _____ to ensure your money is allocated wisely.	SESNXEPE
Spend less than you earn: Live within your means and _____ saving and investing.	TEZPIRRIHO
Build an _____ fund: Save enough money to cover at least three to six months' worth of living expenses.	GMEEYCRN
Educate yourself about _____: Learn the basics of _____ and choose investment vehicles that align with your risk tolerance and financial goals.	SNTIVGNEI
Practice delayed _____: Avoid impulse spending and prioritize long-term financial security over short-term pleasures.	TIRCTANFIAIGO
Cultivate a healthy relationship with _____: Develop positive _____ habits, such as saving, investing, and giving, while maintaining a balanced lifestyle.	NYOME
Set financial goals: Establish clear _____ for saving, investing, debt repayment, and retirement planning.	EVITBEJCSO
Eliminate high-interest debt: Prioritize paying off debts with the highest interest rates to reduce _____ burdens.	LIACNNFIA
Invest early and consistently: Start investing as soon as possible and _____ regularly to take advantage of compounding returns.	BROENTCUTI
Be mindful of taxes: Understand the tax implications of your financial decisions and seek _____ to minimize tax liabilities legally.	TAESIESRGT
Invest in _____: Continuously seek opportunities for personal and professional development to increase earning potential.	OFERSYLU
Pay yourself first: Save a _____ of your income before spending on other expenses.	ORONTPI

Culinary Choreographer: Mastering Meal Planning

Associate each word, phrase, or statement in the left column with the corresponding term from the right column. Indicate your selection by writing the corresponding letter in the space provided to the left of the numbers listed.

PLANNING A MEAL: MEAL APPEAL

VOCABULARY

___ 1. Baked, Broiled, Stir-fried, Fried, BBQ, Boiled, Air fried. ___ 2. Indicates the quantity or amount of food produced by following the recipe's instructions. ___ 3. The available assets, materials, or capabilities that can be used to accomplish a particular goal or task. ___ 4. This resource stands out due to its inability to be accumulated or stored for future use, yet offers flexibility in its utilization, with effective time management being crucial for its optimal handling. ___ 5. Means consuming a variety of nutrients in appropriate proportions to support overall health and well-being. ___ 6. Comprehensive resources that offer dietary recommendations and guidelines to promote healthy eating habits and nutritional adequacy. ___ 7. The tools, utensils, appliances, and other devices used to facilitate cooking, baking, and meal preparation processes. ___ 8. The visual presentation, aroma, taste, texture, and overall sensory experience, which contribute to its desirability and enjoyment by the consumer. ___ 9. The process by which organisms obtain and utilize nutrients from food for growth, metabolism, and overall health maintenance. ___ 10. Hot, Cold, Warm. ___ 11. The physical dimensions or proportions of ingredients, portions, utensils, or equipment used in cooking or serving dishes. ___ 12. Bland, Sweet, Sour, Spicy/Hot, Tangy, Salty, Tart, Bitter. ___ 13. Crisp, Crunchy, Smooth, Puree, Soft, Chewy, Creamy, Smooth, Tender ___ 14. The pleasant or distinctive scent emitted by food or other substances, which contributes to the overall sensory experience. ___ 15. Encompass the abilities, techniques, and knowledge required to prepare, cook, and present food effectively and proficiently. ___ 16. This is typically the first resource that comes to mind for many individuals, and the pursuit of it frequently influences their choice of career paths. ___ 17. Round, Crescent, Oval, Sticks, Julienne, Square, Rectangle. ___ 18. Green, Yellow, Orange, Red, Purple, White, Black, Blue. ___ 19. Understanding and expertise in various aspects including ingredients, techniques, flavors, cooking methods, food safety, and nutrition.	a. RESOURCES b. TIME c. SKILLS d. MONEY e. EQUIPMENT f. APPEAL of FOOD g. FLAVOR h. TEXTURE i. COLOR j. SHAPE k. AROMA l. KNOWLEDGE m. SIZE n. TEMPERATURE o. NUTRITION p. FOOD GUIDES q. BALANCED r. YIELD s. COOKING METHOD
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EDUCATORS EDITION

Introducing *The Game Changer*: an innovative educational resource developed by Deola Ade in early 2025. Designed to empower youth aged 11 to 25, this valuable tool is perfect for young individuals, families, educators, and youth professionals alike. *The Game Changer* promotes meaningful conversations, encourages face-to-face interactions, and strategically integrates technology when necessary.

Within its pages, you will find over 61 lessons and stories, a comprehensive answer key, and a ME Booklet filled with guided activities designed to assist adolescents in shaping their dreams, goals, and aspirations.

More than merely a collection of lessons, *The Game Changer* showcases Deola's commitment to and enthusiasm for education. Each page offers a distinct story or lesson, complete with exercises, reflective questions, and optional biblical verses. This resource delivers engaging content and discussion prompts that can be incorporated into any curriculum or program, empowering users to encourage personal growth, critical thinking, and effective life management skills in students and participants.

Designed to meet the needs of public and Christian/Catholic institutions and the general public, *The Game Changer* is available in two versions: with and without biblical verses. Users can choose the edition that best suits their needs, deciding whether the biblical verses serve as an additional tool for gaining knowledge and understanding of the themes presented.

With this resource's unique capacity to spark meaningful conversations and foster mutual understanding, *The Game Changer* encourages deeper connections between students and youth professionals, making it an indispensable asset for today's educational landscape.

About The Author



Drawing from her extensive experience as a high school English and Family Studies teacher, Deola Ade shares a wealth of insights, narratives, activities, and knowledge gained from her experiences and those of her former students. With over two decades in the classroom, Deola has dedicated her career to creating a nurturing learning environment that empowers young people to express themselves and engage in meaningful dialogue. Her strong commitment to education shines through in *The Game Changer*, a comprehensive resource designed to promote critical discussions and foster connections among youth.

The Game Changer is a heartfelt tribute to the remarkable students who have filled Deola's classroom, bravely sharing their opinions and deepest thoughts. Their inspiring perspectives have enriched her life and shaped her approach to teaching. This resource is a testament to her belief that every student's voice matters and that authentic conversations can lead to transformative learning experiences. Deola's love and passion for education make *The Game Changer* an invaluable resource for novice and veteran teachers, as well as youth professionals. It equips them with the necessary tools to inspire and empower the next generation.

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