Take Our Kids to Work™

The Students Commission of Canada

EDUCATORS GUIDE 2026

November 4, 2026

takeourkidstowork.ca

#KidstoWork



Different Perspectives, Shared Direction

Presented by

The Students Commission of Canada
Centre of Excellence for Youth Engagement

La commission des é èves du Canada
Le centre d'excellence pour l'engagement des jeunes

TABLE OF CONTENTS

About the Students Commission of Canada **3**
Welcome Educators! **3**
BEFORE THE DAY **5**
Preparing the day 5
Different Perspectives, Shared Direction, Cornerstone Video 6
TOKW Career Live! 6
Pre-TOKW Day Activities 7
Preparing parents/caregivers 7
Letter of information template 8
Parent/caregiver permission form 9
DURING THE DAY **10**
Take Our Kids to Work Sample Agenda 10
AFTER THE DAY **12**
Reflection Activities 12
Participant Certificate 12
How to Make This a Year-long Journey 12
Thank You! **13**
Appendix **14**
Resources & Activities Charts 14
Activities 16
Pre-event 16
Post-event 21
Take Our Kids to Work Adapted for Students with Disabilities 25
Adapted Activity Ideas 25
Take Our Kids to Work™ – Adapted Sample Agenda 28

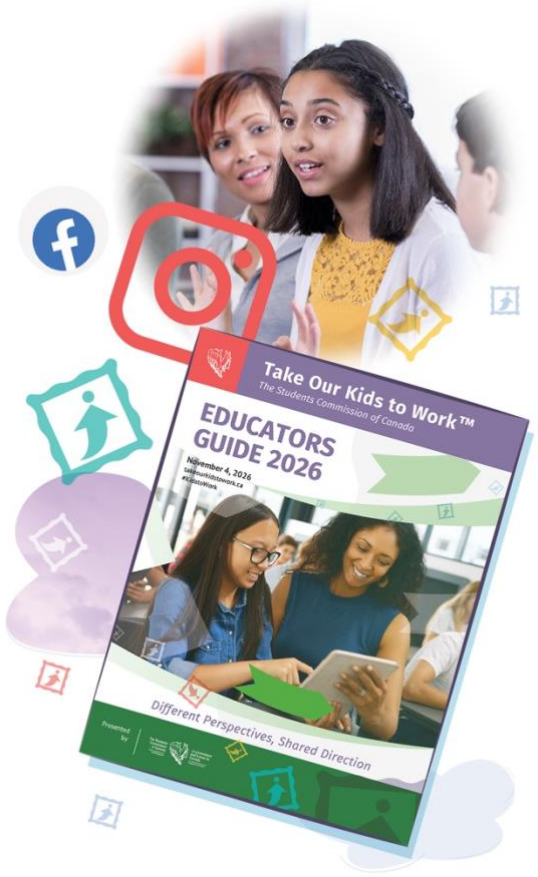
About the Students Commission of Canada

The Students Commission of Canada (SCC) is a charitable organization dedicated to ensuring that young people are valued, heard, and actively involved in shaping their futures. We work purposefully with partners to transform youth ideas into actions that improve their lives, the lives of their peers, and their communities. Our mission is to create a world where all young people transition positively into a successful adulthood, equipped with the skills, confidence, and opportunities they need to thrive.

Through initiatives such as Take Our Kids to Work Day, we aim to break down barriers to career exploration and ensure that every young person has the opportunity to discover a diverse array of career paths. By fostering accessibility and inclusivity, we strive to empower youth to see their potential and realize their role in transforming communities across Canada.

Welcome Educators!

Take Our Kids to Work (TOKW) Day is the premiere Canadian career exploration program dedicated to inspiring the next generation of leaders. The Students Commission of Canada (SCC) is creating new opportunities for both virtual and in-person experiences. With your participation, we hope to equip young people to contribute to this year's theme: Different Perspectives, Shared Direction. We are committed to continuing to engage youth from all backgrounds to experience a meaningful career exploration day.



On Wednesday, **November 4**, 2026, students, their parents, caregivers, educators, schools and workplaces will have access to a diverse range of content to supplement the exciting learning experiences being made available by employers across Canada.

TOKW Career Live! contributes to a truly national experience where everyone can join us for a coast-to-coast-to-coast live conversation about careers in every part of the country. Students can ask questions of guests from a range of diverse employers and share stories of discoveries from their own exploration with other students across Canada.

There are more ways than ever for everyone to take part in this exciting day! Some of the possibilities:

- Students can participate in Take Our Kids to Work Day hosted **in person** by employers in their area for school groups or for individual students accompanied by parents, relatives, caregivers or trusted adult allies
- Teachers and educators can lead students through a Take Our Kids to Work Day **at school**, using the SCC's resources, the live-streamed event and activities included in this guide.
- Students can participate in the virtual TOKW Career Live! event and do other career exploration activities **from home**.

This guide has been designed with input from educators. We want Take Our Kids to Work 2026 to be seamless, engaging and relevant for you and your students.

Ask for help! Questions?

info@studentscommission.ca

Signing up for Take Our Kids to Work 2026 with the SCC gives you access to all the details about the event, the resources and updates about ***TOKW Career Live!*** It provides reminders and links to the recordings and resources for previewing all materials before they go live for students on November 4. Finally, it also helps us understand the full reach of the national event so that we can support communities across Canada.

BEFORE THE DAY



This section will guide you through the essential steps to ensure a smooth and valuable experience for your students. From setting clear learning goals aligned with this year's theme, to coordinating logistics and communication with parents and workplaces, we've got you covered. Remember, it's important to check with your school administration, school board, or district for any specific guidelines or requirements that may apply to your participation in TOKW. By following these steps, you'll be well-prepared to provide your students with a meaningful day of career exploration and inspiration.

Preparing the day

Set Clear Goals: Consider what you want your students to gain from TOKW. Align your goals with this year's theme, *Different Perspectives, Shared Direction* to inspire students to explore diverse careers and see their potential to make a positive impact. Reflect on how the day can help students appreciate the variety of employment opportunities, the role of different careers in society, and their own ability to shape their future. Encouraging students to look beyond traditional paths and think about how they can contribute to their communities can make TOKW a truly meaningful experience.

Adapting the Day: Consider how you can tailor TOKW to best fit the interests of your students and your own needs and capacities. Flexibility is key—feel free to adapt activities to suit your class dynamics, subject areas, and individual learning styles. Whether it's focusing on specific industries that intrigue your students or incorporating hands-on projects that align with your teaching style, customization can enhance the relevance and impact of the day. We've also prepared a curriculum example specifically **designed for students with learning disabilities** (see Appendix), ensuring that all students can participate meaningfully. By personalizing the experience, you can make TOKW a truly inclusive and engaging event for everyone.

Leverage Available Resources: Remember, you have a wealth of resources at your fingertips to help make Take Our Kids to Work Day (TOKW) a success.

- Many schools in Canada have memberships with educational platforms focused on career exploration, such as Xello, My Blueprint, Career Cruising, ChatterHigh, Skills Canada, EdgeFactor, Career Trek, Youth Explore Trades Skills, and Repères (in Québec). These platforms can provide valuable content and activities to enhance your TOKW plans.
- Don't forget to check out other free activities online; a list of recommended resources is provided in the appendix.
- The Students Commission of Canada is offering a cornerstone kick off video, an all-day live stream with diverse employer representation, and several activities outlined in this guide.

DIFFERENT PERSPECTIVES, SHARED DIRECTION, CORNERSTONE VIDEO

5 minutes

To kick off TOKW Day 2026, we are excited to present a cornerstone video featuring the Students Commission of Canada. Aligned with this year's theme, **Different Perspectives, Shared Direction,** the video highlights the many ways people find their place in the workforce. From the skilled trades to professional careers, from classroom learning to on-the-job experience, every journey brings a unique perspective. Yet, despite these different paths, we share a common goal: helping the next generation explore possibilities, find their direction, and prepare for the future of work. This video sets the tone for the day and demonstrates how our collective experiences can inspire tomorrow's workforce.

TOKW CAREER LIVE!

All-day drop-in

This virtual national event is designed to bring career exploration to life for students across Canada. Through live presentations, interactive sessions, and expert interviews, Career Live guides young people toward fulfilling career exploration. It provides a unique platform where students can engage in real-time with interesting and diverse individuals from various industries, ask questions, and gain insights into a wide array of career paths. This event breaks down barriers to career exploration, making it accessible to all students, regardless of their location or background. Join us for one, or many of the presentations, and let's prepare youth for the jobs of today and tomorrow, ensuring they are equipped to thrive in an ever-changing world.

Please see the full-day schedule here. (Available early October)

PRE-TOKW DAY ACTIVITIES

Engaging students in preparation activities helps them set goals, understand the purpose of the day, and get excited about their career exploration. To support your preparation efforts, we've provided a range of example activities in the appendix. These suggestions are designed to help you create a meaningful and engaging lead-up to TOKW, ensuring that students are well-prepared and motivated for the day ahead.

Preparing parents/caregivers

This section provides guidance on how to inform and involve parents and caregivers in the planning process. Clear communication with parents and caregivers will ensure they understand the goals of TOKW, their role in the day, and how they can best support their child's learning experience.

LETTER OF INFORMATION TEMPLATE

Take Our Kids to Work™

The Students Commission of Canada

[School Letterhead]

[Date]

Dear caregiver,

We are excited to inform you that our school will be participating in Take Our Kids to Work Day 2026 on November 4. Presented by the Students Commission of Canada, this event provides Grade 9 students with the opportunity to explore various career paths and gain insights into the working world.

Theme: Different Perspectives, Shared Direction

This year's theme, **Different Perspectives, Shared Direction**, celebrates the unique experiences, ideas, and aspirations that shape each student's journey. By creating meaningful opportunities for career exploration and community engagement, we empower young people to discover their own paths while recognizing the shared purpose that connects us all. Together, we can help students realize their potential, strengthen our communities, and build a brighter future—one shaped by many perspectives and a common direction.

Participation Options:

1. **In-Person Workplace Visits:** Students may accompany a parent, caregiver, relative, adult ally or volunteer to their workplace to learn about their job and the business or workplace.
2. **Career Exploration Day in Class:** For those who cannot attend an in-person visit and will be coming in class, there will be special career exploration activities designed to provide insights into various career paths.
3. **Virtual Career Live Event from Home:** For those who cannot attend an in-person visit and will be staying home, there will be an all-day virtual event, led by the Students Commission of Canada, featuring live presentations, interactive sessions, and expert interviews. This event will allow students to explore various careers and ask questions in real-time.

Caregiver Involvement:

We encourage you to support your child's participation in this valuable event. If possible, arrange for them to visit your workplace or another suitable location. If this isn't feasible, they can join the virtual event from home or at school.

Next Steps:

- **Complete the Permission Form:** Please fill out and return the attached permission form by [Deadline Date].
- **Workplace Arrangements:** If your child will be visiting a workplace, ensure that all necessary arrangements are made for a safe and informative visit.
- **Virtual Event Access:** Details for accessing the virtual event will be provided closer to the date.

For more information about Take Our Kids to Work Day, please visit or contact [School Contact Person] at [Contact Information]. We look forward to your child's participation in this enriching experience.

Thank you for your support.

Sincerely,

[Educator's Name]

[School Name]

[School Contact Information]

* * *

PARENT/CAREGIVER PERMISSION FORM



You can find a parent/caregiver permission form template on our website to help facilitate Take Our Kids to Work Day. Please note that this is a general template and should be reviewed and customized as needed. We recommend verifying with your school administration or district to ensure all necessary information is included and that it meets any specific requirements or policies your school may have.

Access the parent/caregiver permission form here.

DURING THE DAY



This agenda includes The Students Commission of Canada's 2026 cornerstone kick-off video– ***Different Perspectives, Shared Direction– and TOKW Career Live! Use the agenda below in part or in full to inspire learning about careers with your class!***

Take Our Kids to Work Sample Agenda

TIME *	ACTIVITY
9:00-9:15 AM	**Welcome and Introduction to the Day** Begin the day with a warm welcome and overview of the day's activities. Introduce the theme: Different Directions, Shared Perspectives • **Activity:** Show the cornerstone video to set the stage and inspire students.
9:15-10:00 AM	**Self-Reflection Activity** • **Activity:** Your Personal Brand (see appendix) – Have youth reflect on what matters most to them: characteristics, attributes, skills, interests or personality traits that could influence their career choice.
10:00-10:15 AM	**Break**
10:15-11:00 AM	**Career Exploration Activities** • **Activity 1:** Career Exploration Stations – Set up different stations in the classroom, each focusing on a specific career or industry. Include interactive elements such as virtual tours, industry facts, and role-playing activities.

TIME *	ACTIVITY
10:15-11:00 AM	**Career Exploration Activities** • **Activity 2:** Resume Building Workshop – Teach students the basics of resume writing and have them start drafting their own resumes. Provide templates and examples to guide them.
11:00 AM-12:00 PM	**TOKW Career Live! Drop-In** Join the TOKW Career Live! for a special interview segment with an industry expert. Students can ask questions and learn about different career paths. • **Activity:** Have students prepare a few questions in advance and participate in the live Q&A.
12:00-12:45 PM	**Lunch**
12:45-2:00PM	**Interactive Career Workshops** • **Activity 1:** Career Interest Inventory – Have students complete a career interest inventory to identify their strengths and preferences. • **Activity 2:** Group Discussions – Break into small groups and discuss various career paths based on interests. Each group can present their findings and reflections.
2:00-2:45 PM	**Reflect and Share** • **Activity:** Reflect on the day's activities and discussions. Have students share what they learned and found most interesting. Encourage them to think about how the day's experiences might influence their future career choices.
2:45-3:00 PM	**Wrap-Up and Conclusion** Summarize the day's activities and highlight key takeaways. Distribute participant certificates to celebrate their engagement and participation.

* To be adapted based on the school bell schedule.

AFTER THE DAY



Reflection Activities

Reflection activities are a valuable way to consolidate learning and share experiences after TOKW. It can be particularly enriching to have students who visited workplaces share their experiences with those who participated in in-school activities. This exchange allows for diverse perspectives and deeper understanding of various career paths. Educators can also encourage students to discuss what they learned, what excited them, and any challenges they faced. To assist with these reflections, we've included a range of post-event activity suggestions in the appendix. These activities are designed to facilitate meaningful conversations and individual reflections, helping students connect their TOKW experiences with their future career aspirations.

Participant Certificate

We're excited to offer a participant's certificate to commemorate students' involvement in TOKW). This certificate, available on our website, is a great way to recognize and celebrate the efforts of students who took part in this special day. You can easily download and customize the certificate with your students' names. It's a meaningful keepsake that highlights their commitment to exploring future career paths.

Access the participant certificate here.

How to Make This a Year-long Journey

TOKW is just the beginning of your students' career exploration journey. We encourage you to build on the experiences and insights gained during TOKW throughout the year. Consider integrating follow-up activities into your curriculum, such as reflective essays, class discussions, or projects where students research and present on careers that interest

them. You could also create opportunities for students to connect TOKW with subject-specific lessons, such as exploring the role of math in skilled trades, sales or engineering or the importance of communication skills in healthcare. By revisiting and expanding on the themes of TOKW, you help students deepen their understanding and keep the momentum going all year long.

Thank You!

Thank you for your collaboration and support innovating new ways to build future-ready students. Together, we can promote diverse career pathways and skills for the future, inspiring and equipping today's students to become tomorrow's problem solvers and changemakers.

We also want to thank all our generous supporters for Take Our Kids to Work 2026:

Sponsored by

Oil Sands Alliance

NAV CANADA

WorkSafe Travail sécuritaire NB

Nova Scotia Nouvelle-Écosse

Manitoba

Appendix

Resources & Activities Charts

There are already many great free career exploration resources and activities available to help students learn about different career paths and plan their futures. We have done a little research and gathered a few of the most popular resources and activities below.

RESOURCES

The Students Commission of Canada

Provides a wide array of resources and tools on youth-driven topics that can help build employability skills and knowledge.

Canada Career Month Resources

Offers various resources and activities focused on career development during Canada Career Month, typically held in November.

Government of Canada Job Bank

Provides a wealth of information on job trends, employment prospects, and career planning tools, including quizzes and assessments.

Skills Canada

Offers resources for exploring careers in skilled trades and technologies, including videos, interactive activities, and information on skills competitions.

Career Cruising – Free Trial

Offers a free trial version where students can explore career profiles, take interest and skills assessments, and learn about educational pathways.

Let's Talk Science

Offers curriculum-aligned, bilingual, and ready-to-use resources related to STEM.

myBlueprint – Free Accounts for Teachers

Offers free accounts for educators, providing access to career exploration tools, interest assessments, and educational planning resources.

ChatterHigh

A free platform where students can learn about careers, post-secondary education, and health topics through daily quizzes and competitions.

EducationPlannerBC

Offers tools for exploring post-secondary education options, career paths, and planning educational journeys in British Columbia.

RBC UpSkill

Powered by Future Fit AI, is a free and intelligent career tool that gets to know you; your career-relevant skills, education, interests and work experience so that it can help you discover, prepare for and get closer to the job you really want.

Experiences Canada

Offers blog and online learning modules in addition to providing a collection of existing material designed for assisting young Canadians in mapping their career path.

ACTIVITIES

Interest and Skills Assessments

Students can take free interest and skills assessments to identify potential career paths based on their strengths and preferences.

Career Research Projects

Tools: Indeed, Workopolis, JobIllico

Assign students to research different careers, including job responsibilities, required education, salary, and employment outlook. They can present their findings to the class.

Mock Interviews and Resume Workshops

Conduct mock interviews and resume-building workshops to help students prepare for real-world job applications and interviews.

Career Pathways Mapping

Have students map out potential career pathways for their chosen careers, including the necessary education, skills, and experience required at each step.
You could make a class map for a broader overview.

YouthJobs Canada

This 5-to-10-minute quiz will help students to determine where their aptitudes can be applied into specific job types.

When I Grow Up – Career Lesson and Activities

Career exploration curriculum with multiple ready-to-use activities to place career decisions and knowledge in action through application.

Activities

PRE-EVENT

Thinking about your "personal brand"

This activity helps students think about the characteristics and traits they possess that comprise their "personal brand." What is the unique combination of skills, experience, and personality that they have and want the world – and a future employer! – to see?

Step 1:

Ask students to think of some well-known brands (e.g., clothing, mobile phones, cars). What qualities or features do they identify with each brand? How does each brand differ?

Step 2:

Ask students to think about anyone they know who has a personal brand, such as a celebrity or famous influencer or family member. How would they describe that person's brand? How does it distinguish them from other people?

Step 3:

Ask students to think about their own personal brand. Using the characteristics/qualities they generated in Steps 1 and 2, or adding new ones of their own, have the students list their own unique qualities, skills, attributes, interests and personal traits that comprise their "personal brand." Ask them to think about how these qualities/attributes show up in the world. How do they express these qualities in their activities, behaviour, personal style?

Step 4:

Have students find or create an idea board, drawing, collage, video, story or social media post that they think reflects their personal brand.

TIP

Extension Idea: *Following Take Our Kids to Work Day, ask students to identify a company (i.e., a brand) they encountered during their experience. Repeat Step 1. Ask the student if, and how, the employees that they met demonstrated the company's brand and what impact that had on their impression of the company.*

Worksheet – Personal Brand

Your "Personal Brand"

Think of a well-known brand (e.g., clothing, mobile phones, cars). What qualities or features come to mind that describe this brand? How does this brand differ from others like it?

Brand: .....

Qualities/characteristics of this brand:

1. .....

2. .....

3. .....

Think about someone you know who has a personal brand, such as a celebrity, family member or influencer. How would you describe that person's brand? How does it distinguish them?

Celebrity/Influencer: .....

Personal qualities of this celebrity/influencer:

1. .....

2. .....

What are three characteristics, attributes, skills, interests or personality traits about YOU that are part of your personal brand? How do you express these in your activities, behaviour, or personal style?

Quality 1: .....

How I express this quality: .....

.....

.....

.....

Quality 2: .....

How I express this quality: .....

.....

.....

.....

Quality 3: .....

How I express this quality: .....

.....

.....

.....

My Values

When we name our values, it's easier for us to act in line with them. As a family, each member can do this activity at the same time and compare your answers. If your child is unsure about some of these words, it can bring great conversations.

Circle the five values on this list that are the most important to you[1].

Achievement	Fairness	Integrity	Respect
Adventure	Faith	Joy	Self-discipline
Authenticity	Family	Justice	Self-expression
Balance	Freedom	Kindness	Self-respect
Belonging	Friendship	Knowledge	Spirituality
Community	Future generations	Leadership	Sportsmanship
Compassion	Generosity	Legacy	Success
Connection	Giving back	Love	Teamwork
Cooperation	Growth	Loyalty	Tradition
Creativity	Health	Making a difference	Trust
Dignity	Honesty	Nature	Uniqueness
Diversity	Hope	Openness	Vulnerability
Environment	Humility	Optimism	Well-being
Equality	Inclusion	Perseverance	Wisdom

Write your own:

.....

.....

Discuss:

Why did you pick these values?
Which ones almost made your top 5? Why not?
How can these values be reflected in a job, in the workplace?

[1] Adapted from Brené Brown: https://daretolead.brenebrown.com/wp-content/uploads/2019/02/Values.pdf

Operation Dream Quest

Now is your chance to think through your goals, dreams and the change you are going to create. When your family or friends look back on this time right now, what do you hope they will remember about you? What do you need to learn or do to accomplish your mission?

Who's on your superteam to help make it happen?

What's the first step you should take?

Which people/groups should you reach out to?

What skills do you have now?

What do you need to learn?

How will you know your mission is complete?

YOUR MISSION

How do you hope people will remember your mission?



POST-EVENT

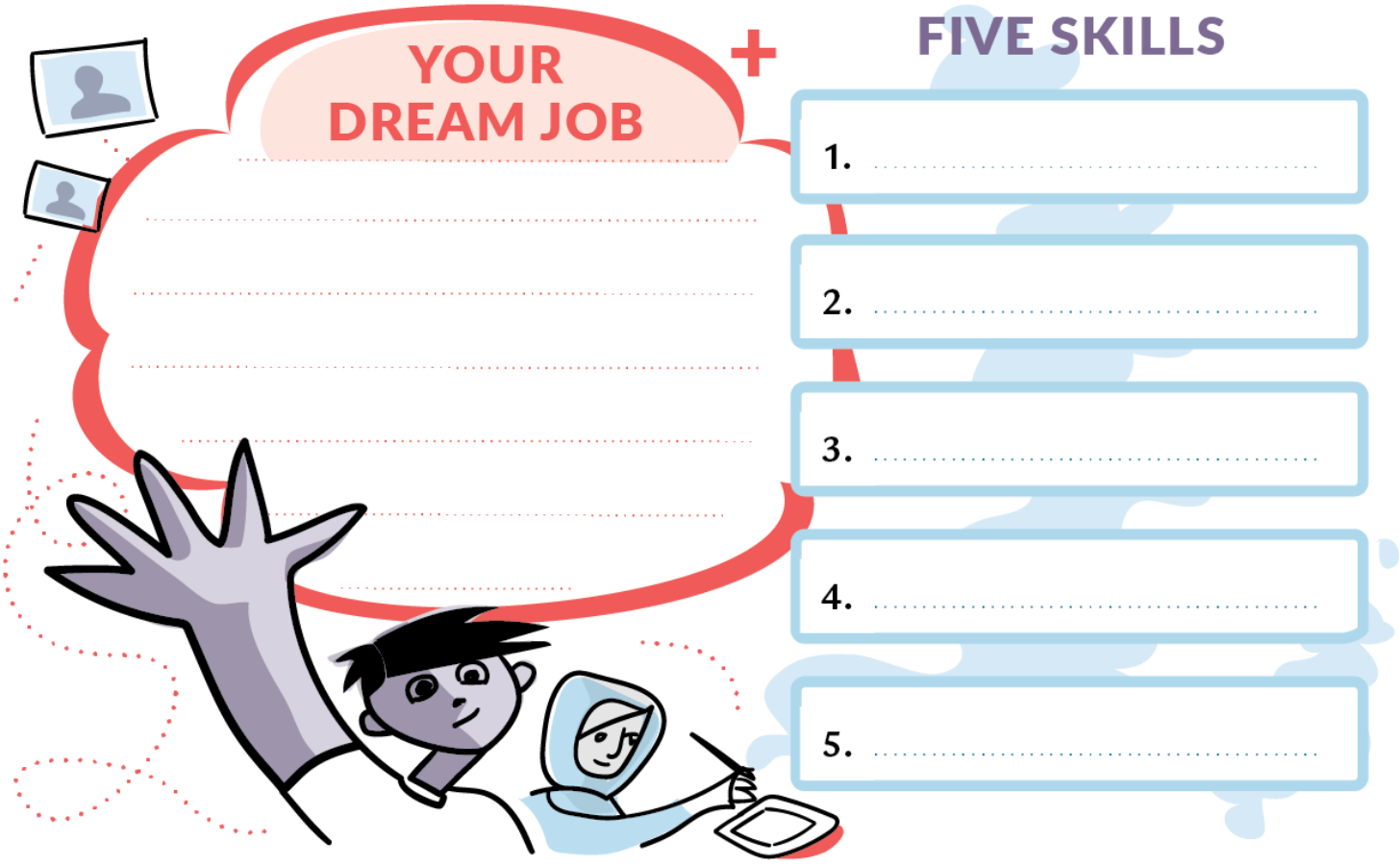
Dream Job

Encourage students to describe their dream jobs creatively and the five skills they need to do these jobs. Consider guiding students to a job site, if they have time, to research different job titles.

You may want to provide a list of the global competencies (below) as a starting point for what types of skills students may include.

Students can present their ideas through a poem, song, rap, infomercial, etc.

Students are also encouraged to include a photograph or drawing representing their dream jobs.



My Memory Jar

Use the following activity with your students: *Imagine you are putting together a Memory Jar of your day for your friends and family to discover. What is important to you and the way you lived your day? What do you want people to remember you as? What are some things you want future generations to know about your generation? Fill up your jar with drawings, photos, words, stickers, website/link you love, etc.*



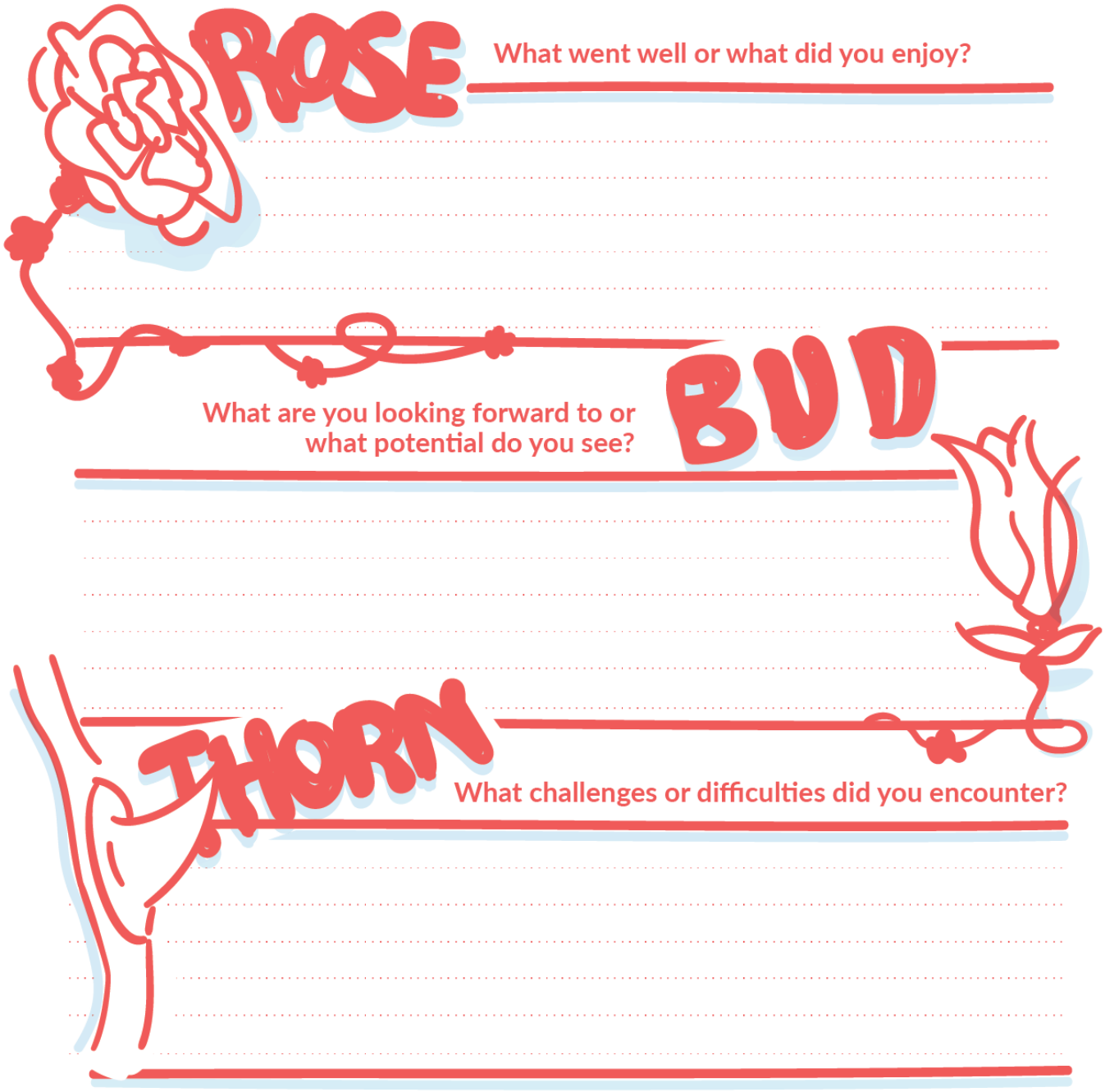
Career Rose, Bud, Thorn

This activity allows students to reflect more deeply on their experiences and think critically about their future career paths. Either reflecting on the workplace they visited or the career exploration activities they did in class, use some or all of the questions below to fill out the worksheet.

1. **Rose (What went well or what did you enjoy?)**
    - What aspects of today's career exploration activities did you find most exciting or inspiring?
    - Thinking about your dream career, what aspects would be the most important for you?
    - What skills or qualities of this career appeal to you the most?
2. **Bud (What are you looking forward to or what potential do you see?)**
    - What new career possibilities are you excited to explore further after today?
    - Are there any new skills or experiences you're excited to develop to pursue this dream career?
    - What support would you need to move towards your dream career?
3. **Thorn (What challenges or difficulties did you encounter?)**
    - Were there any aspects of today's activities or career exploration that you found challenging or confusing?
    - What challenges or obstacles might you encounter on the path to your dream career?
    - Are there any skills or qualifications you currently lack that might be difficult to obtain?

Worksheet: Career Rose, Bud, Thorn

Reflect on the workplace you visited or the career exploration activities you did in class.



Take Our Kids to Work Adapted for Students with Disabilities

There are different ways in which TOKW can be adapted to suit various needs and developmental stages. We have put together a few examples of accessibility adaptations that could be made during the day, keeping in mind that there is a large spectrum of disabilities and related needs. We are hoping that these suggested adaptations will spark some creativity and give you initial tools to create a memorable day for all the students. **Please note that pre-recorded videos provided by the Students Commission of Canada will be closed captioned.**

ADAPTED ACTIVITY IDEAS

Career Exploration Station:

- **Materials:** Job role cards, visual aids, interactive apps.
- **Description:** Set up stations with different career-related materials where students can explore and interact with job roles through pictures and hands-on tools.

Accessible Job Role Interviews:

- **Description:** Allow students to participate in interviews or shadowing school staff members such as the janitor, school nurse, counsellor, librarian, administrative assistant, etc. You could have students brainstorming their own questions earlier in the day or in the week or provide them with an existing list of questions.
- **Other option:** You could have a job scavenger hunt within the school. Provide your students with a list of simple job descriptions or tasks and ask them to find the school staff associated with the description/tasks.

Partnership with Local Accessible Companies

- **Description**: Having students tour local companies that might have the potential to hire them in the future can help them start the career exploration journey. For example, partnering with local grocery stores, post office, community kitchen or library could give students a glimpse into realistic job opportunities.

Role-Playing Game:

- **Materials:** Props, costumes, role-play scripts.
- **Description:** Create scenarios where students can act out different job roles, using props and costumes to make the experience interactive. For example, students could be running a "restaurant" or "grocery store" in the classroom. Provide step-by-step guides or visual storyboards that break down the concept into manageable parts.

Exploration of Personal Strengths and Skills

- **Description**: Conduct a skills assessment activity using tools and methods that accommodate different needs, such as interactive online assessments, hands-on activities, or visual aids. Offer multiple ways for students to express their skills, including through drawing, writing, or verbal communication.
- **Example**: Have students select in advance a career they are interested in and use accessible resources to research the skills required. Create a worksheet with the list of skills required and ask students to list their current skills and identify areas for growth. Provide examples of how these skills align with different careers.

Reflective Art Activity:

- **Materials:** Paper, markers, stickers, or other craft supplies.
- **Description:** Students create drawings or collages to reflect on their day, representing their favorite parts, challenges, and future interests. It could also be a vision board illustrating the job they see themselves in.

Kindness Acts Bingo Job (Credit: TODAS Grade 2-5 Facilitator Guide)

- **Materials**: A copy of the bingo page for each student and something to mark it up (e.g.: game chips, paper clips, stickers, markers, etc.)
- **Description**: Using a copy of the bingo page, read out the different acts of kindness at random, noting which ones you have read. Students who have committed that random act of kindness will cover the square after it is read. The winner is the first person to complete a row across, up and down, or diagonally through the middle. That way, they can learn more about how kind actions and words can create a better place to live and work.
- **Other Resource**: Here is another version of a Careers bingo that can be purchased.

Kindness Acts Bingo Job

Said “Thank you” to someone	**Held open** A door for a person outside your family	**Complimented** Someone	**Asked** Someone how they day was	**Shared** A snack with someone
Recycled Something	**Wrote** Something encouraging to a friend	**Bought** An item for someone else	**Helped** Someone complete a task	**Remembered** Someone’s birthday
Hugged A friend or family member	**Gave credit** To a friend or family member for something they did	**Free Space**	**Did chores** Without being asked	**Visited** A friend or family member who needed it
Gave away Toys or clothes	**Picked up** Litter at a park or playground	**Made** A holiday or gift basket for someone	**Returned** A shopping cart	**Read** A book to someone else
Helped Prepare a meal	**Made** A helpful suggestion	**Listened to** Someone who needed to talk	**Volunteered** To help someone in need	**Played** With someone older or younger than yourself

Take Our Kids to Work™ – Adapted Sample Agenda

TIME *	ACTIVITY
9:00-9:30 AM	**Welcome and Introduction to the Day** Begin with a simple and engaging introduction to TOKW using visual aids and straightforward language. Use a large-print or audio version of the agenda to help students understand the day's schedule. • **Activity:** Show the Cornerstone video to set the stage and inspire students.
9:30-10:30 AM	**Interactive Career Exploration Activity** • **Activity:** Use hands-on materials or interactive apps to explore different careers. For instance, create a "Career Exploration Station" with various career-related tools and resources, such as job role cards with pictures and simple descriptions.
10:30-10:45 AM	**Break**
10:45-12:00 AM	**School Tour** • **Activity 1:** Have students tour the school and learn more about different school staff's roles. • **Activity 2:** Job Scavenger Hunt - Provide the students with simple job descriptions or tasks and have them find out which school staff they are associated with.
12:00-12:45 PM	**Lunch**
12:45-2:00PM	**Creative Expression Activity** • **Activity:** Allow students to create a visual project about their favorite career explored during the day, such as a poster or a collage. Provide materials such as markers, glue, and images for them to use.
2:00-2:45 PM	**Reflect and Share** • **Activity:** Conclude with a group discussion where students can share their thoughts and experiences. Use visual aids and provide prompts to help guide the conversation. They can even share back their collage to other classmates.
2:45-3:00 PM	**Wrap-Up and Conclusion** Summarize the day's activities and highlight key takeaways. Distribute participant certificates to celebrate their engagement and participation.

* To be adapted based on the school bell schedule.

Finally, here are some resources that you may want to consult when it comes to doing career exploration activities with students with disabilities:

- **Career Edge's Resources for Students with Disabilities**: Get familiar with different resources that exist to support students with disabilities on the job market.
- **Center on Transition Innovation's Career Planning Toolkit**: Although American-based, this Career Planning Toolkit has many lesson plans and activity ideas that readily apply in the Canadian context.
- **Pathways to the Future's Sample Lessons**: Similarly, this American-based resource offers a large bank of lesson plans and activities that can be used within the Canadian context and are relevant for students with disabilities.