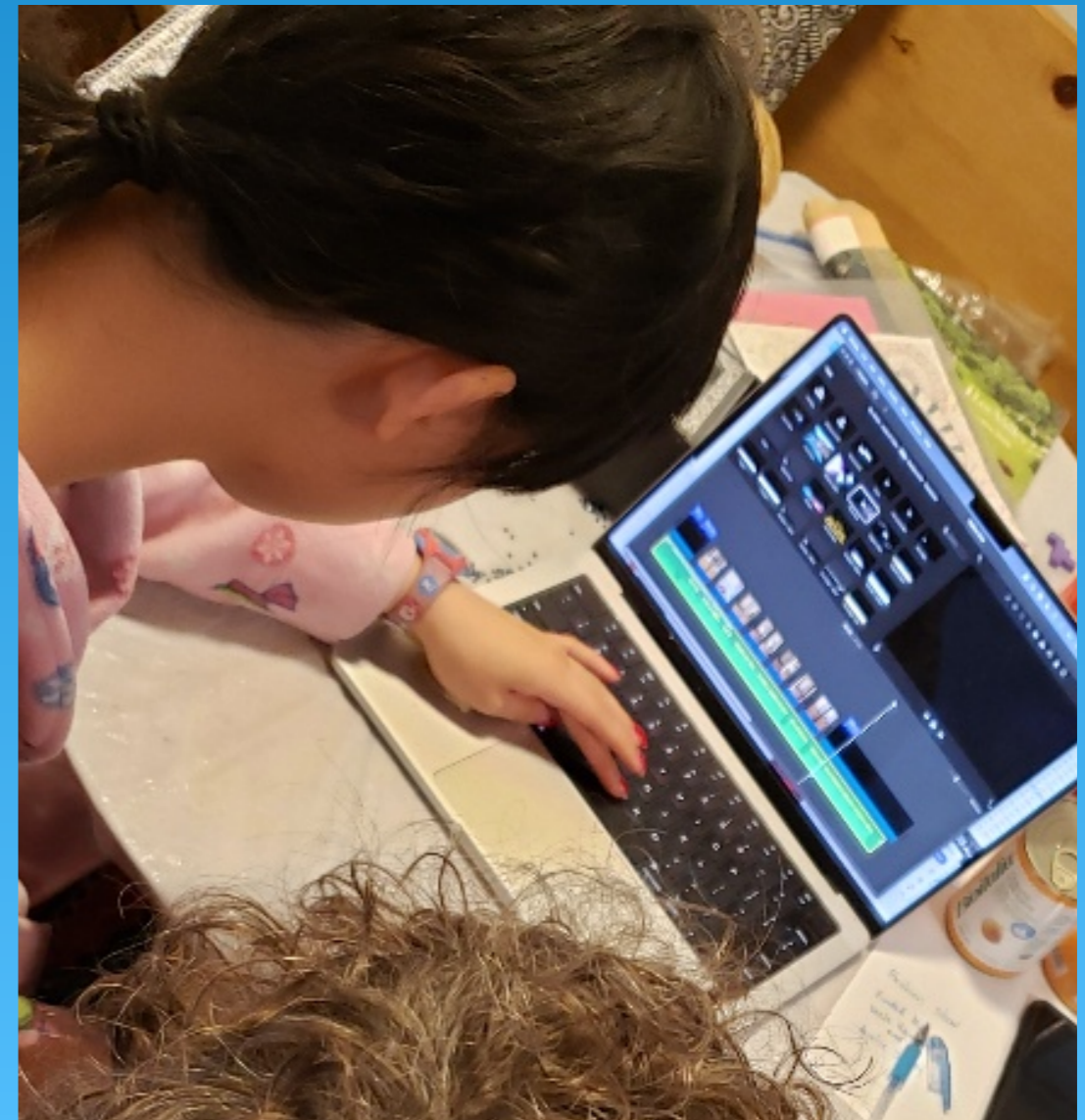


- + LEARNING VIDEO EDITING**
- + GYM CLASS**
- + LEARNING ASL (American Sign Language)**
- + LIFE SKILLS**
- + FIELD TRIPS**
- + NEW LANGUAGES**

# VIDEO EDITING

**LEARNING** how to make a video in **IMOVIE** -  
**MAKING A MOVIE, EDITING,**  
**ADDING SOUND - CHOOSING A SOUND TRACK.**



# VIDEO EDITING

**THE FINAL MOVIE.....***(hit the space bar one more time)*



**Jazlin's video showcases all the clothes she bought with the Christmas money given to her by her Aunt and Uncle (mostly on sale : good shopping!)**

# SIGN LANGUAGE

**Learning ASL - monthly lessons  
by Naomi Korner via Zoom**

## **What's New :**

This year Jazlin has gone beyond simple 3 word sentences in ASL, to more complicated sentences and is navigating this well.

# “I saw a Polish donut at the German Deli”

\* I \* saw \* (see + past)\* Poland \*donut \*with\* fruit \*spread (jam)\* jar \*where\* shop\* meat (deli) \*German\*

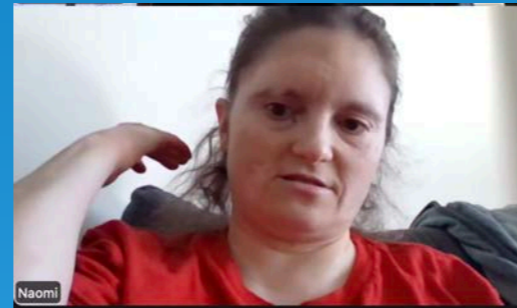
\*I\*



\* see \*



\*past (saw)\*



\* Poland \*



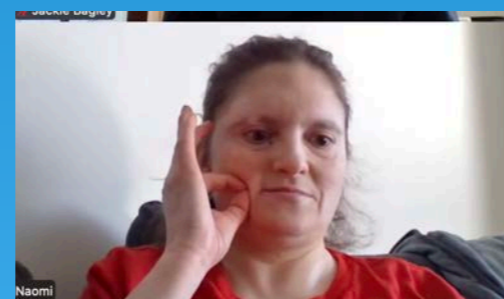
\* donut \*



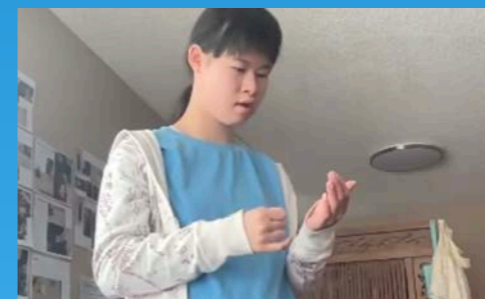
\*with\*



\* fruit \*



\*spread\*



\* jar (jam) \*



\*where\*

(point finger upwards  
move it back and forth  
eyes look forward and  
make an expression of  
“where?” (slight frown))

\* shop \*



\* meat \*



\*German\*



# POLISH DELI - selling Polish donuts

Jazlin first saw *Polish* donuts at a *German* Deli.

She found a recipe for them and then made them -  
and then she saw the same donuts at this *Polish* Deli!

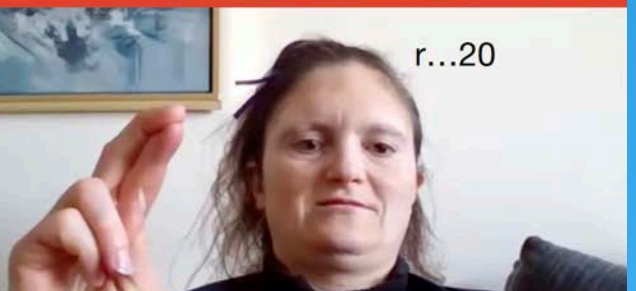
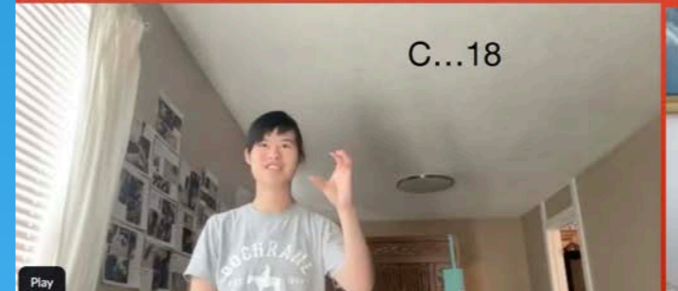
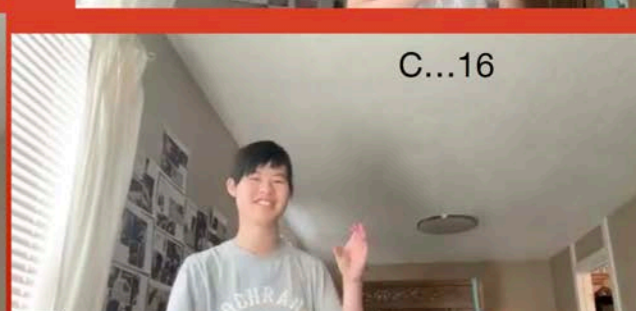
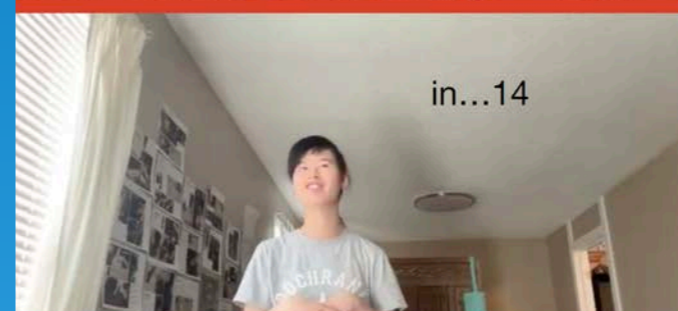
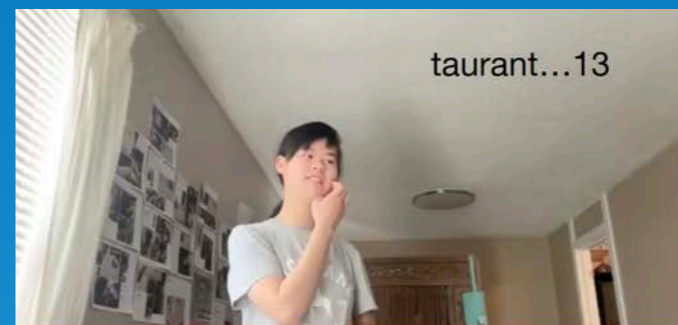
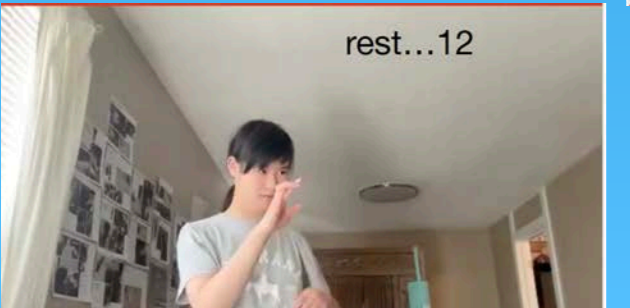
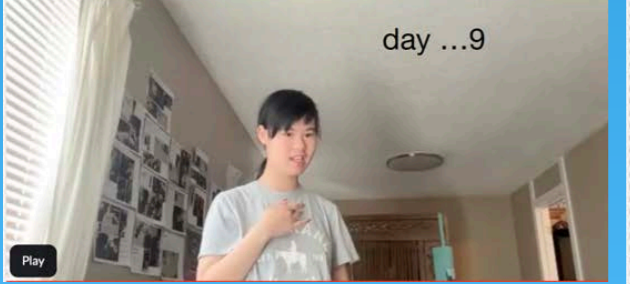
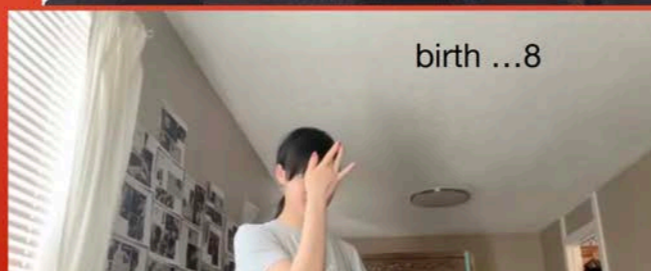
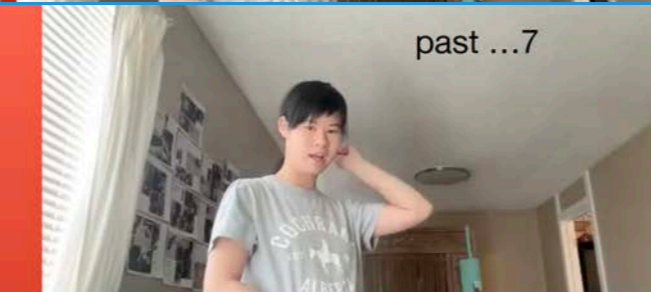
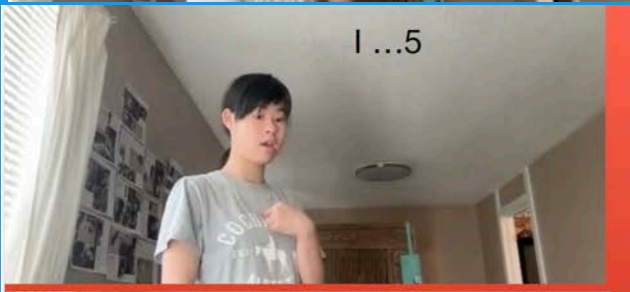
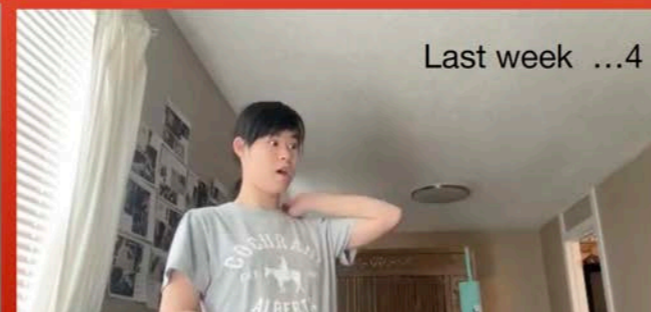
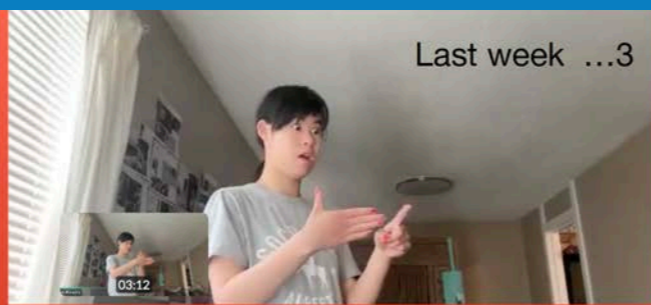
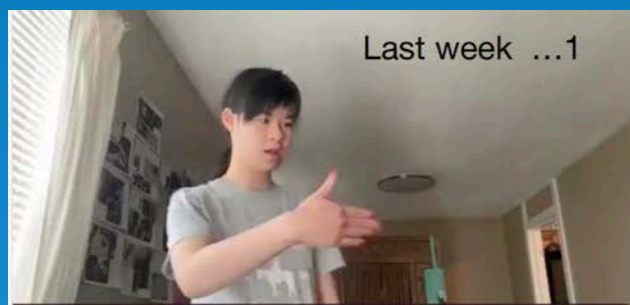


# Now I'm off to dance and acro classes!



# “Last week I had a birthday party at a restaurant in Cochrane”.

*\* Week \* in the past \* I \* in \* have \* in the past \* birth \* day \* party \* restaurant \* Cochrane (spelled out letter by letter) \**



**“My Aunt is in Italy and sent me photos of making pasta”**

***--> This is the next ASL lesson coming up in a couple of weeks.***

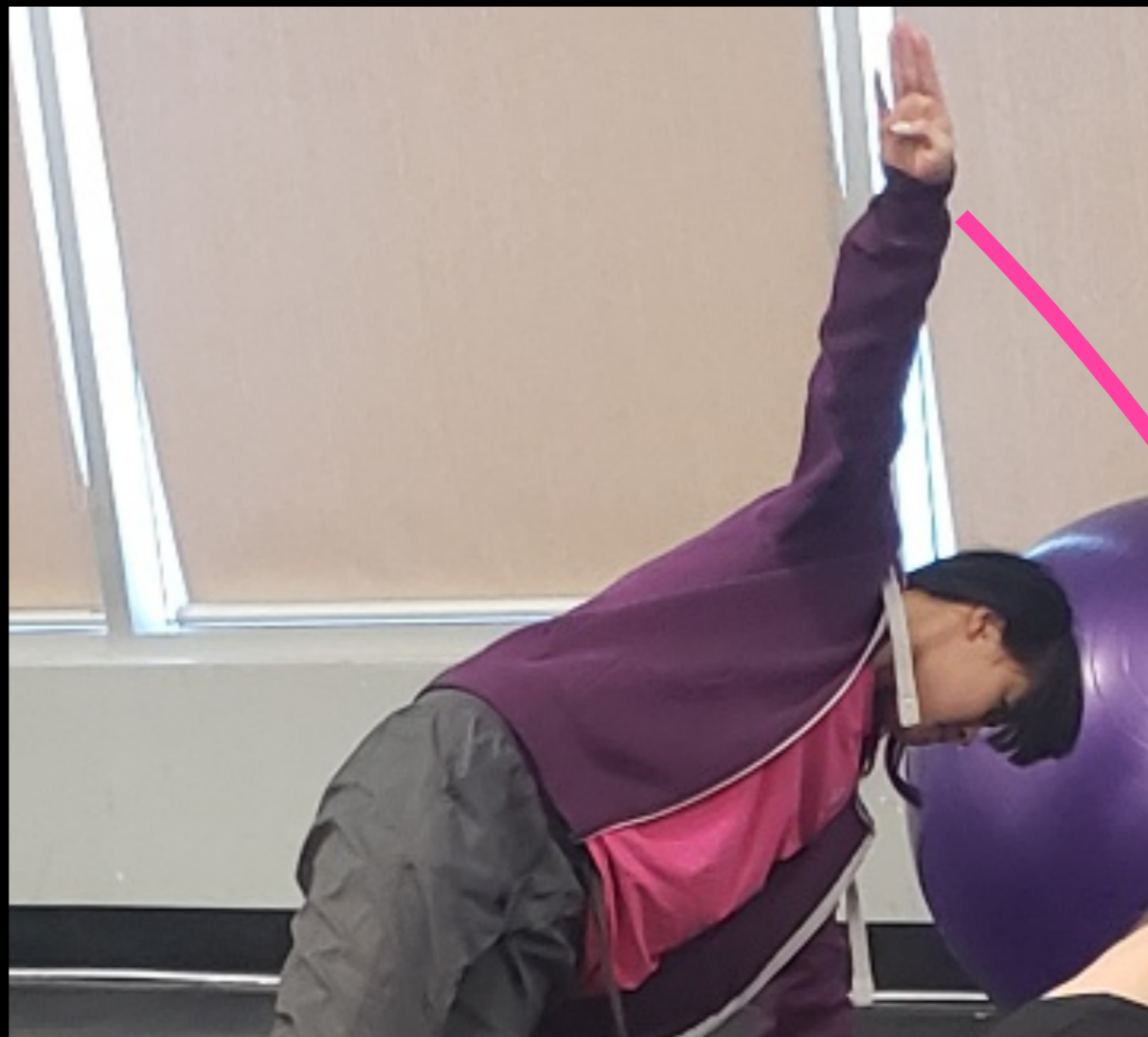
# **GYM CLASS**

**Indoor + Outdoor activities**

# **Jazlin is in 7 dance classes**

- 1. Jazz / lyrical**
- 2. Stage Stars (singing, acting, dancing)**
- 3. Hip hop 1**
- 4. Hip hop 2**
- 5. Acro (acrobatic dance)**
- 6. Ballet technique**
- 7. Adult beginner Tap class**

# PBT Core training for Ballet



# PBT Class - Ballet Technique



# PBT Class - Ballet Technique





# Adult Tap Class



# Practicing : splits - front / side - bridge



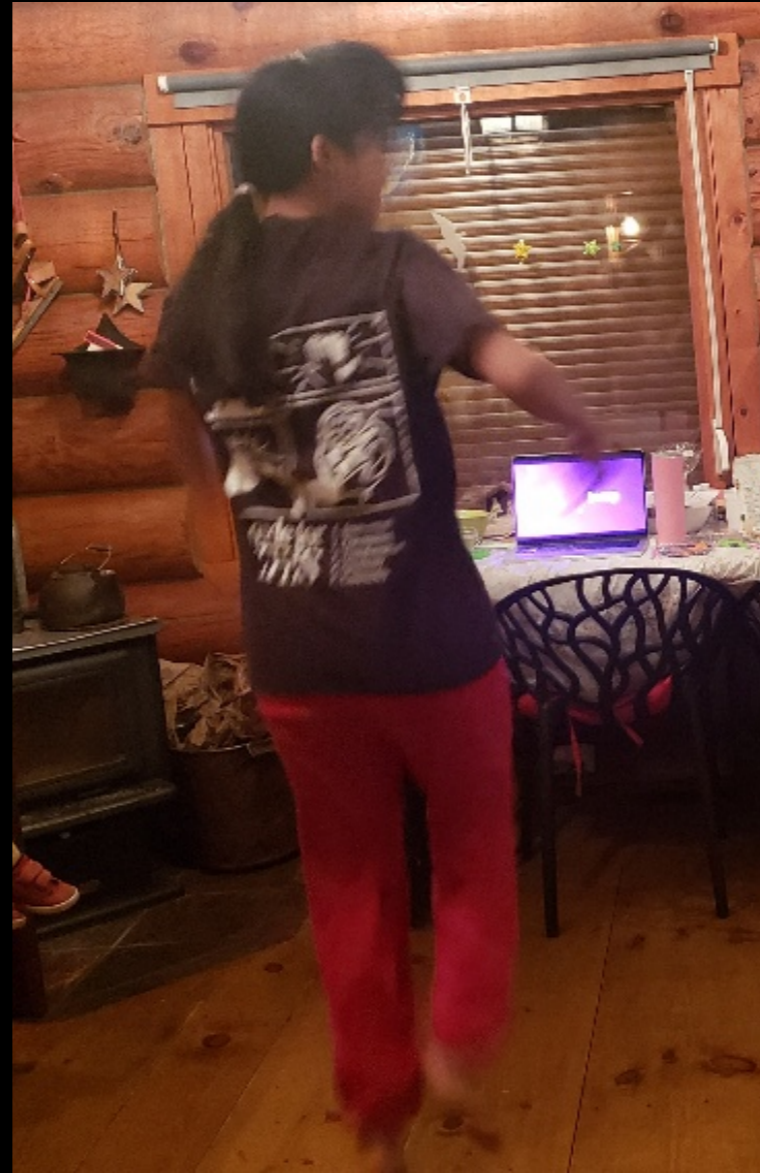
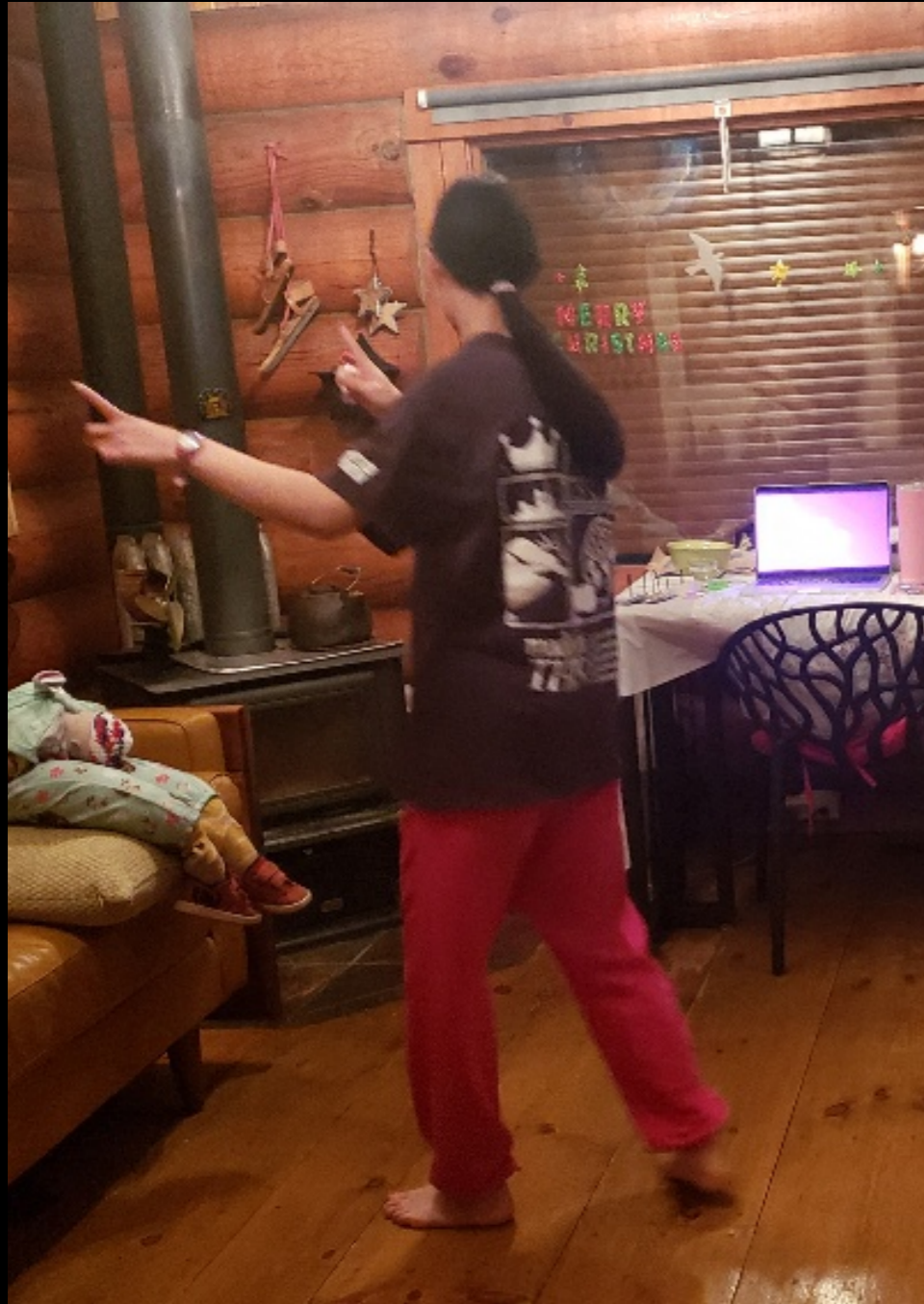
# Practicing dance stretches at the weekend cabin.



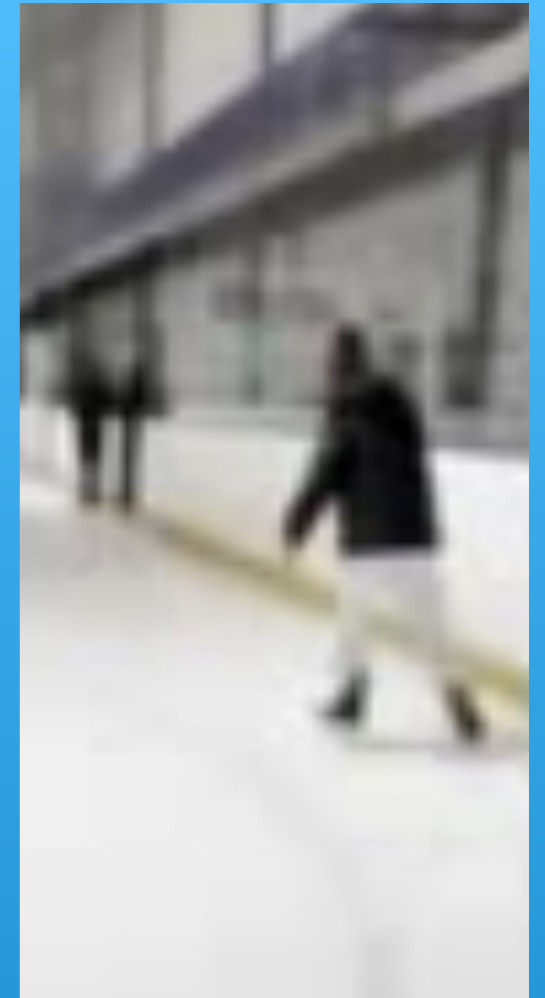
# Practicing Dance Moves from Dance Class



# Fun dancing - here she is Choreographing Dance Moves for us to copy and dance with her.



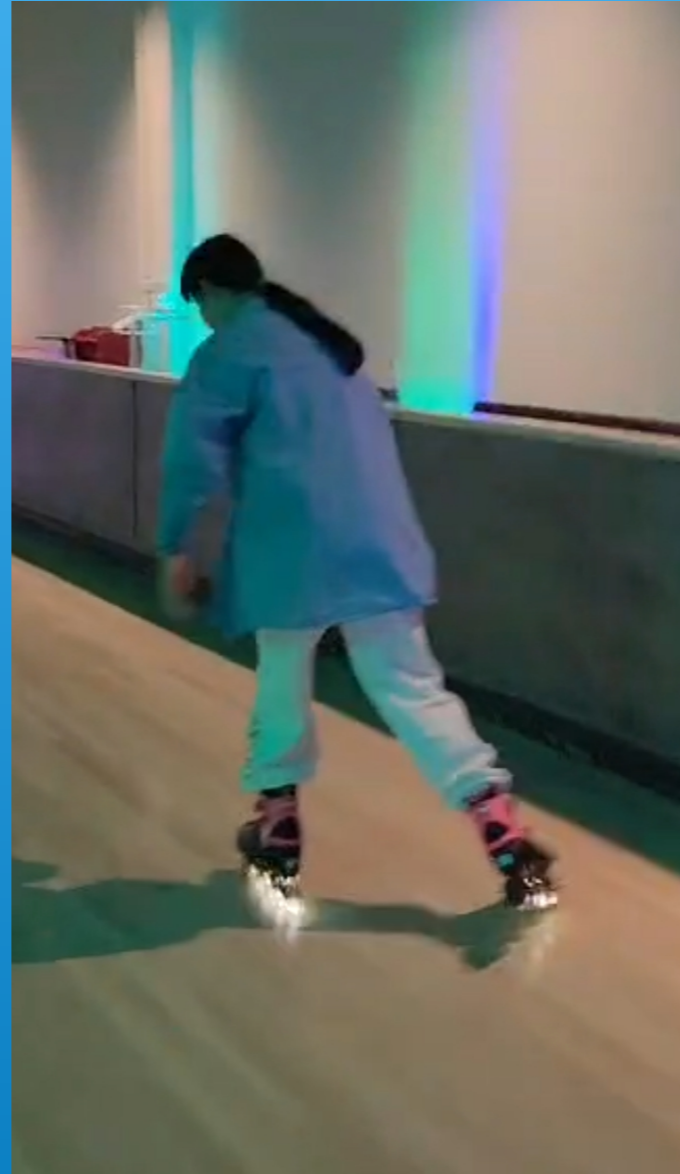
# Multiple Public Skate times at the local arena



# multiple trips to **INLINE SKATING** @ ROLLER PALACE



# multiple trips to **INLINE SKATING** @ ROLLER PALACE



# OUTDOOR SCOOTERING

IN THE MOUNTAINS - KANANASKIS



# OUTDOOR PICNICS!

IN THE MOUNTAINS - KANANASKIS  
WITH WILDLIFE



**VOLUNTEERING**

# HORSE RESCUE:

*Jazlin spent a day volunteering at Dare2Dream Horse Rescue near Langdon, AB.*

1. She observed a rider train one of the horses
2. She assisted this rider with holding a halter while she needed assistance,
3. She was able to greet, stroke, feed some horses closeup.

4. She helped to haul grain for the horses

5. She helped empty out garbage from the storage barn onto the a truck pulled flatbed, for the dump.



# HORSE RESCUE:

*At this same horse rescue,*  
a rider showed Jazlin what can be done on a horse that  
is well trained.



# CULTURAL

WINTER 2026

# Chinese New Year

**AUTHENTIC CHINESE FOOD**  
**SOUTH SILK ROAD RESTAURANT**

This food is authentic Chinese food, unlike “Americanized Chinese Food” that relies heavily on deep frying and sauces.



Jazlin's favorite dish is lotus root with snow peas and black fungus (mushroom)



# NIGERIAN WEDDING slash Canadian

Jazlin attended a Nigerian wedding : The parents are good friends of ours. Their son is the groom.



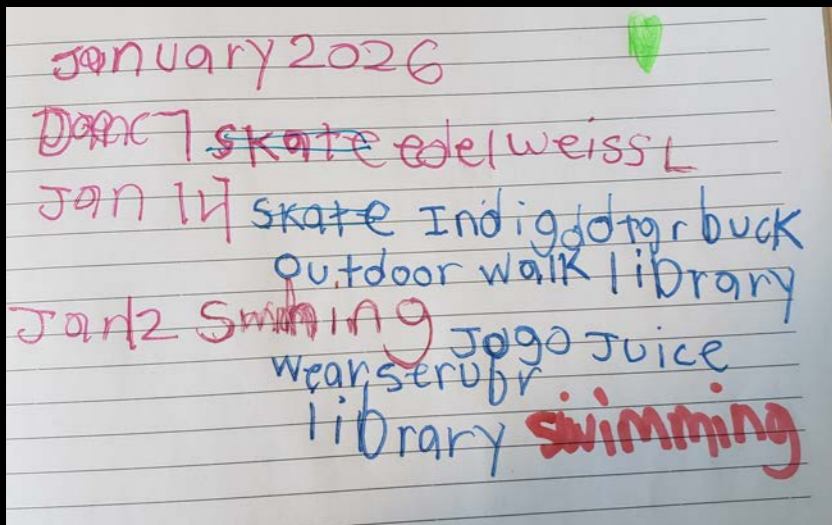
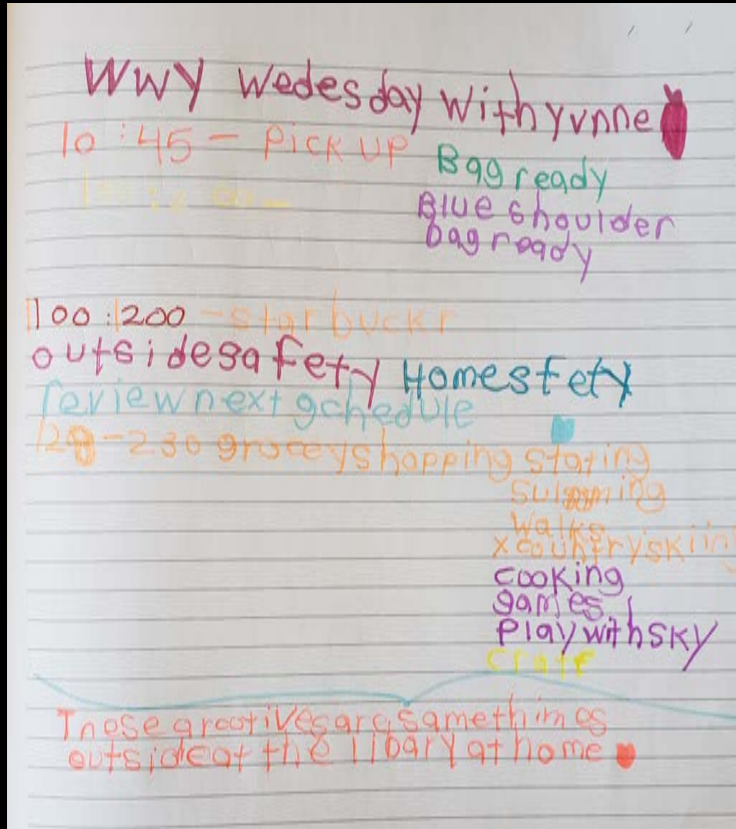
# LIFE SKILLS

+ DAILY LIFE SKILLS

# Every week : A Community Worker (EA) took Jazlin out for 4 hours - to teach life skills in various settings. January - March

## Journal Schedule

Planning the next outing - writing a new schedule in Jazlin's journal or updating an existing one.



## Public safety

Each outing the Community Worker reviews, public safety, has practice using her phone to make a call or text, does roleplaying ("what if..." something happens to her Community worker while they are out together, or while with us), and practicing (includes using cell phone to call parents or 911)

Visits to a local Germany deli for "salami" - Jazlin is well versed in various types of salami as well as 2 places that make their own. ("Edelweiss Village")



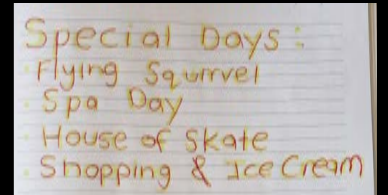
Grocery Shopping, clothing shopping, buying gifts for special occasions (Christmas, birthdays) - we send her with money - this is once/month

## Physical Activities

Her Community Worker was a Ringette Player. She is teaching Jazlin **Skating techniques**, takes her **swimming**, and goes on **outdoors walks/hikes**.



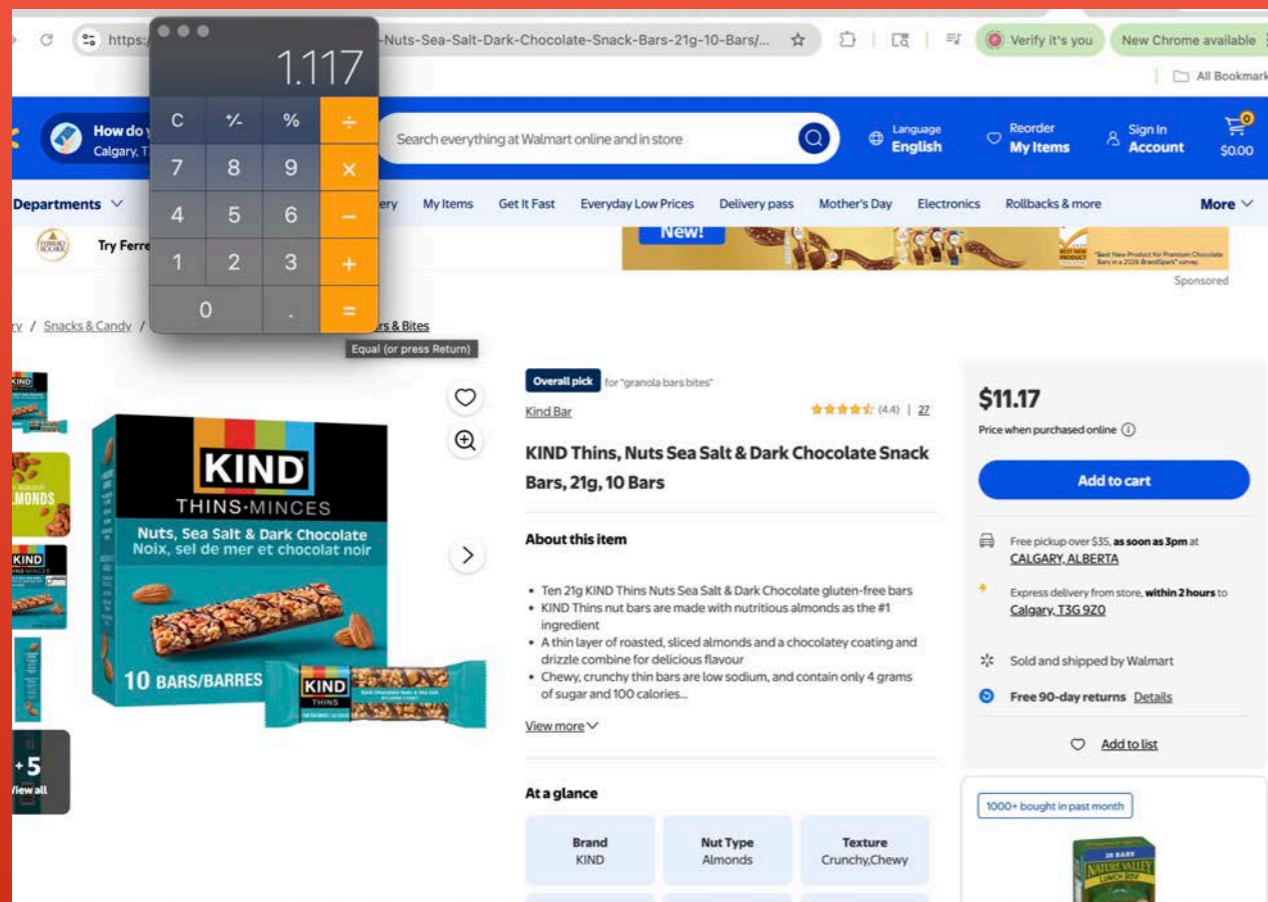
Skating lessons - Her Community Worker is a former ringette player with high performance skating skills. She taught Jazlin how to stop and back up, and refined her skating technique.



# MORE LIFE SKILLS

+ DAILY LIFE SKILLS

# APPLY MATH TO GETTING THE BEST FOOD PRICE



1. A box of 10 bars at Walmart : \$11.17  
Each bar costs \$1.11 each.

2. A box of 5 bars at London Drugs :  
\$8.99 on sale.  
Each bar costs \$1.79

Walmart bars look cheaper but London Drugs bars are actually twice as big as the Walmart bars. You would need “2” Walmart bars for the same size as one London Drugs bar.

Now what?

London Drugs bars : \$1.79 each

Walmart bars - 2 of them would cost \$2.22 each

Looks like London Drugs on sale bars are actually much cheaper.

# DAILY COOKING

- \* Jazlin cooks on an almost daily basis for herself and also for us.
- \* Sometimes as part of our larger family meals, sometimes as a healthy snack and sometimes she makes most of the meal.
- \* She is independent when it comes to cooking.
- \* She knows her way around the kitchen, around food and ingredients, around food prep (cleaning, chopping) and around safety.

# Making mashed potatoes.



**Making her own healthy snacks :**

**Rye Crisp bread,  
soft goat cheese (quickly broiled  
in the oven),  
blueberries and  
fresh basil over top.**



**Rye Crisp bread,  
eggs cooked in her  
waffle iron  
with tomatoes and basil**



# Tomato feta salad with olives



**Chopping and cooking potatoes and vegetables for a salad**





**chocolate  
covered  
strawberries -  
she saw this on  
instagram.**



**Making Kale Chips -  
washing,  
cutting, oils  
and  
seasoning.**



# Making Breakfast

And making good choices on what to include (cantaloupe melon in this case)



**Making Breakfast - using her waffle iron to make eggs - and egg white waffles.**



**Making dinner as a family most Monday nights.**



**Cooking recipes  
Jazlin finds online :  
Roasted Red  
Pepper Pasta.**

**Jazlin buys the  
ingredients needed for  
each recipe -  
in this case, the special  
ingredients she needed  
were : smoked paprika  
and fusilli durum wheat  
pasta.**

**After this, she studied  
“Italy” in her social  
class.**

**Her aunt was in Italy on  
holiday sending videos  
of herself making fresh  
pasta, and many photos  
of her stay in Italy.**



**Roasted Red Pepper Pasta. continued**

**Roasting the peppers then peeling the skin off before putting them into the blender**



## Roasted Red Pepper Pasta. continued



adding spices, butter, oil.



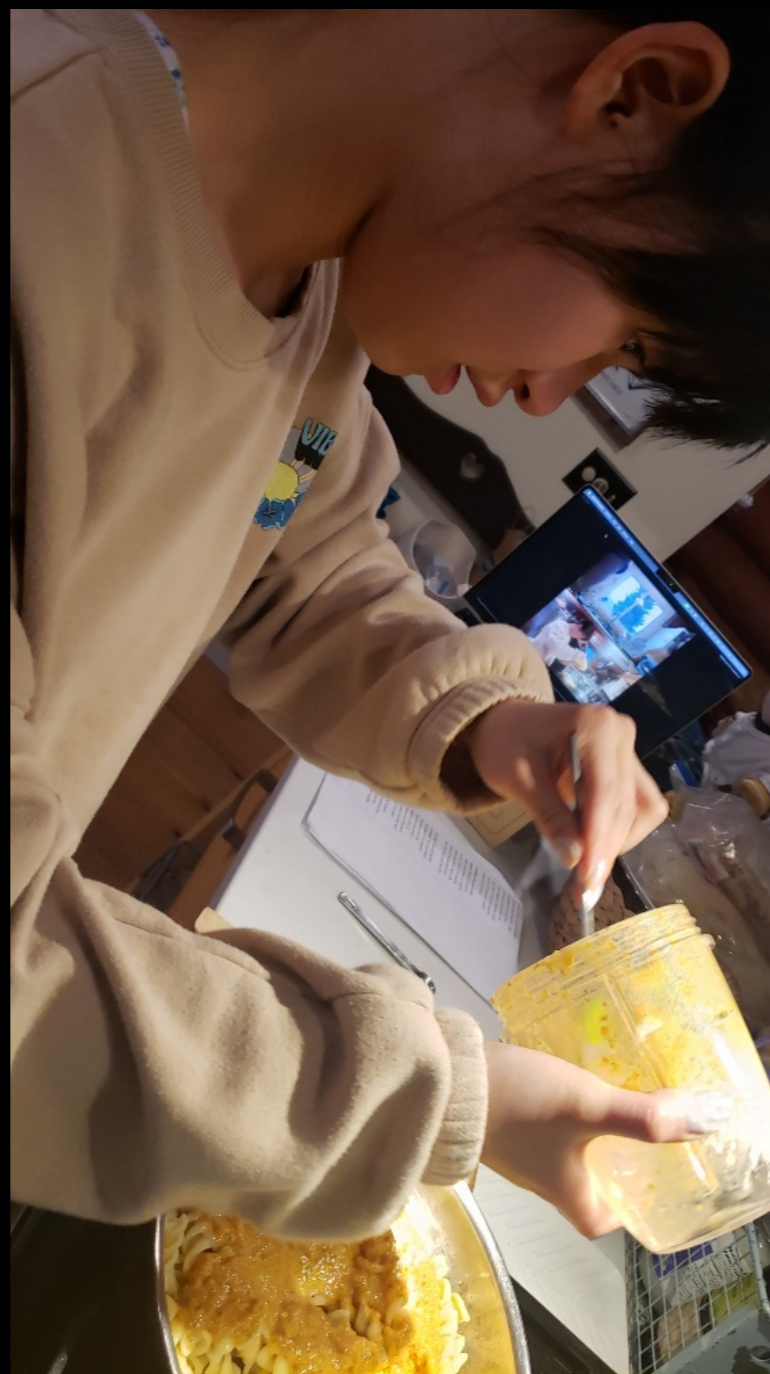
**Roasted Red  
Pepper Pasta.  
continued**



**blend and  
pour over  
cooked pasta  
in pan.**



## Roasted Red Pepper Pasta. continued



**on the stove with added cheese, and stir til melted / hot.**

# Roasted Red Pepper Pasta. continued.....

serve with shredded cheese and fresh basil.

*(side note : Jazlin cooks with a Spanish sheep cheese )*



finished



# Making a healthy meal from store bought gnocchi.

*Jazlin cooked the gnocchi and chicken sausages, Mom made the chopped veg and feta dressing for the gnocchi.*



# Making healthy smoothies



**\*\* And so much more that we  
don't take photos of!**

# DAILY CHORES

- + DISHES
- + SNOW SHOVELING
- + LAUNDRY
- + RABBIT CARE

# Daily help with dishes



# Regular shovelling of our walks and spring lawn care

*and receiving some pay that  
she can use to save up for  
special purchases.*



# Doing her own laundry.

*and receiving some pay that she can use to save up for special purchases.*

**\*\* no pics yet - but she does all her own laundry - and enjoys it!**

# Looking after a pet rabbit.

*(hay, water, buying fresh  
lettuce and herbs for her daily  
feed.)*



# LEARNING HACKS FOR DAILY LIVING

**JAZLIN watches  
“hacks” online  
and often repeats  
these in the house  
- quick fix tricks.**

**This one was a  
way to store bulk  
spices and herbs -**

**Take a large zip  
lock bag, cut into  
strips, seal the  
long edge and fill  
with the herbs -  
label them and  
store upright .**



# FIELD TRIPS

# FARMER'S MARKET

with live jazz + honkeytonk music - keyboard, drum, and sax with crooner and second singer.

Authentic mexican chicken taco - good info for her cooking class.



# BOWNESS PARK - greeting the first geese of the spring season

Jazlin has learned how to be around these beautiful geese with no fear - she has learned tools to get close, and has learned how to assert herself calmly and non-aggressively if a goose appears to want “attack”, which she has learned they are really just asserting those behaviours because they are feeling unsafe.



