

PROJECT: GET IT DONE
TOGETHER

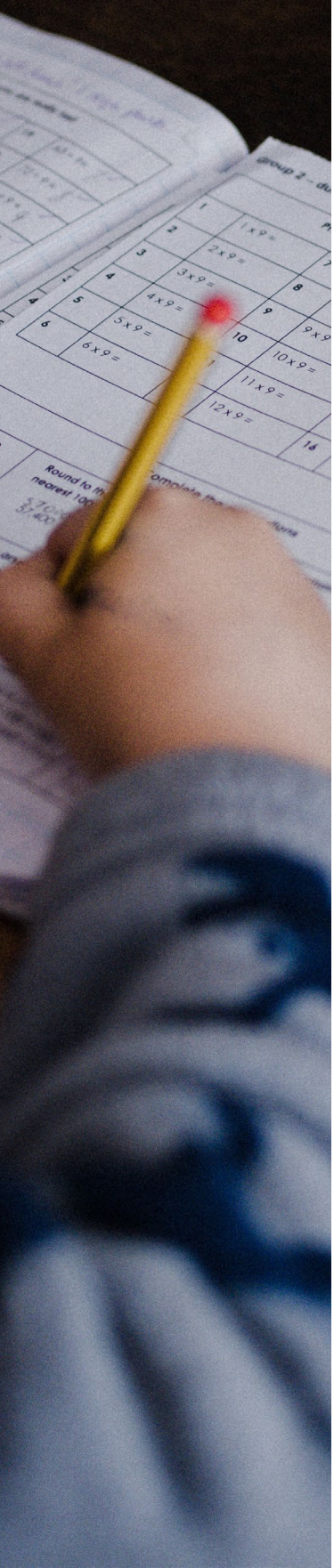
Manulife After School Club for Kids

Frequently Asked Questions

PROJECT: GET IT DONE TOGETHER

Table of contents

Healthy Living Club	3-5
Peso Smart	6-8
Book Club	9-10
Privacy & Security	11





PROJECT: GET IT DONE TOGETHER

Healthy Living Club FAQ

What is the Healthy Living Club?

As part of our After School Program this winter, the Healthy Living Club is designed to help kids stay fit, eat well and be mindful this winter. From live workouts and cooking classes, to easy-to-follow recipes and mindfulness exercises, we're excited to share engaging content over the next eight weeks that help your kids address the main pillars of our overall health.

Is the Healthy Living Club content on-demand or live?

The Healthy Living Club is all on-demand. Some content will reside on our website here throughout the program, including workout, recipe and mindfulness PDFs for kids to access on their own at any time. Additionally, each week we will be hosting exciting exercise classes and cooking demos, which will be announced on our site and posted on our YouTube channel to be accessed at any time throughout the program.

Where can I find all of the content for the Healthy Living Club?

All of our live and on-demand content can be found on our website [here](#). The virtual exercise classes and cooking demos can also be found on our YouTube playlist.

Is there any cost to participate?

There is no cost to participate in the Club as all live and on-demand content will be available on our website. Manulife/John Hancock employees have the opportunity to purchase a Fitbit Ace 2 for their kids at a discounted price, but it is not required to participate in the program.

What age range is the Healthy Living Club for?

We've created activities geared for children in fifth through eighth grade (ages 10 – 13), but we welcome kids of all ages to join in the fun with adult approval and supervision.

Do my child(ren) need to complete the activities on a designated day or is there flexibility in when activities are completed throughout the winter?

Healthy Living Club content can be accessed whenever you and your child[ren] would like. Some content will be available from the start of the program through the end. Virtual workout classes and cooking demos will also be shared each week and posted on our YouTube to be accessed at any time. Be sure to check out our website [here](#) for the latest every week.

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.



Are these activities that I need to supervise my kids to do?

We've organized the activities so that minimal parental assistance is required, but there's a chance they might want your help with a few of the recipes or setting up their technology. We have also marked all recipe PDFs if adult supervision is required.

Are there basic supplies that I should buy/have on hand to do the activities?

For the virtual workout classes, we will post any equipment needed. For the virtual cooking classes and recipe PDFs, it will be helpful to review the ingredients needed in advance, all of which will be posted on our website.

What tools or technology do they need to participate?

All content will be available on our website. Therefore, kids will need a device such as a computer or tablet with internet connectivity to participate. It might also be helpful to have a printer handy in case your child[ren] would like to print some of the PDFs, but it is not necessary.

Do I need a tablet or computer for each child?

Multiple siblings will be able to use the same device to watch videos and complete activities together.

I'm trying to keep my child(ren) away from screens after school hours – can we pick and choose how we participate?

You can absolutely pick and choose. We've designed the program so that while kids are receiving the information via a computer or tablet, some activities will get them away from the screen (e.g., mindfulness exercises, recipes, etc.).

Will these activities be shared in both English and French?

While the recipe, workout and mindfulness PDFs will be available in French, the virtual workout classes and cooking demos will be in English with French subtitles.

How can I get my child[ren] a Fitbit Ace 2?

This perk was available to Manulife/John Hancock employees at the point of registration. If you opted in to receive a unique code for a discounted Fitbit Ace 2, you should have gotten an email from ProjectGIDT@manulife.com with your code (or multiple codes if you have multiple kids registered) and details on how to purchase.

How long will it take to receive the Fitbit after I order it?

The Fitbits ship within 24 hours of ordering with fast 2-day shipping.

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.



How can my child[ren] make it onto the Leaderboard?

For Manulife/John Hancock employees, we will send a weekly email with a link to a quick form to submit your child[ren]'s steps and activity minutes for that week. We will regularly update the Leaderboard on our website [here](#), so be sure to keep an eye out for your child[ren]'s name! Note, for privacy purposes we will be asking your child[ren] to choose a unique username for the Leaderboard instead of using their name.

Are there prizes or rewards for making the Leaderboard?

At the end of the program, the kids who remained at the top of the Leaderboard will receive a surprise reward. More details to come.

What workout / exercise content are you providing through the club?

Each week, we will have a virtual workout class hosted by exciting instructors, including Olympians and elite marathon runners! These classes will be announced on our website each week and will reside on our YouTube channel throughout the program so they can be accessed at any time. Additionally, we have provided several workout PDFs on the site for your child[ren] to get moving on their own if they want additional workout content.

What cooking content are you providing through the club?

Each week, we will have a virtual cooking demo hosted by a chef. These classes will be announced on our website each week and will reside on our YouTube channel throughout the program so they can be accessed at any time. Additionally, we have provided several recipe PDFs on the site for your child[ren] if they want additional cooking content.

Do I need to supervise my children for the cooking content, or can they do it on their own?

We have marked all recipes on the website with “adult supervision required” as appropriate. We also ask that you use your judgment as every child has different experience in the kitchen. As for the virtual cooking demos, the children are welcome to do those on their own. However, they could be a fun activity to do as a family!

What mindfulness content are you providing my children?

Practicing mindfulness is an important part of an individual's overall health. We have curated a variety of on-demand mindfulness activities for kids, from guided meditations to breathing exercises and coloring worksheets. There is something for every child to start learning about mindfulness and the simple ways to practice it in their everyday life.

Will my child[ren] be getting a t-shirt for participation in the program?

If you are a Manulife/John Hancock employee, and you have registered a child[ren] in the program, they will receive Project Get it Done Together t-shirts in the mail soon. We will provide updates via e-mail so keep an eye out!

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.



PROJECT: GET IT DONE TOGETHER

Peso Smart FAQ

What is Peso Smart Investing Club?

It's a virtual club that's all about helping kids in grades 5-8 (ages 10 – 13) get smart about money. Whether it's earning money, spending it responsibly, or making it grow, Peso Smart teaches the financial literacy basics and life skills we all wish we'd known as kids!

Based on a successful program developed by Manulife Philippines in partnership with [Hands On Manila](#), it's a fun, interactive experience run by Manulife volunteers who have stepped up to share their valuable financial knowledge. We've adapted the original program to apply to a North American audience.

Kids build confidence by playing games and doing practical activities they can apply to their own lives. Touching on everything from earning to budgeting to investing, they learn important money management skills in engaging ways, paving the way for future financial wellness. For example, our experts will be on hand to talk about how they budget and how they put together a great resume to land their first job! Kids will learn how they can save for a big purchase, or for college or university. They'll see how investing works, and how they can build wealth by starting early. And they'll learn to budget, too!

The Club is designed for the children of Manulife and John Hancock employees and has been launched as part of a larger initiative to support our employees (including parents and caregivers) through the unique challenges of the pandemic. However, the Club is open to anyone who's interested in joining: simply select Peso Smart from the club options [here](#), and you'll have access to the same weekly activities as our employees' children. We will be releasing new content each week over 8 weeks, so keep checking back!

Why is Manulife offering the Peso Smart Investing Club?

Our Mission is to make decisions easier and lives better – for our customers, our employees and our communities. Peso Smart Investing Club does exactly that. It gives children the foundation they need to make smart financial decisions throughout their lives, which will ultimately make their lives better. And it supports parents who are balancing work and childcare and need something their kids can focus on independently for a few hours each week, making lives a little easier, too. We are in the business of helping people achieve personal and financial wellness. Peso Smart is just one of the ways we're doing that.

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.



How does the Peso Smart Investment Club work?

The program runs for 8 weeks, with each week focusing on a specific theme related to the 3 pillars of Peso Smart: earning, budgeting and growing your money. It's open to children of Manulife and John Hancock employees – and anyone else who thinks their kids could benefit from learning some financial basics in a fun way.

This is a program designed in a way that children in grades 5-8 (ages 10 – 13) can access videos and complete the activities independently, without parental involvement beyond the initial setup. We want to give busy parents less to do, not more. However, if you have time, we do encourage you to ask your child[ren] what they've been learning: Peso Smart financial concepts can make for some great dinner conversation!

- *For employees:* Each week, you'll get an email with that week's activities, with pdfs, links to videos and more, depending on the topic. You'll have access to a Sli.do chat that will be open for all 8 weeks, so you can ask questions anytime, and Manulife and John Hancock experts will post their answers – and you may even get some other surprise perks, so stay tuned!
- *For community participants:* You can come to the [Peso Smart Investment Club](#) page on Manulife.com anytime to access activities and videos, and we will post new ones each week.

Does my child[ren] have to complete every activity?

Peso Smart activities aren't monitored, and there's nothing to hand in. It's really about the pleasure of learning something new. You can access it whenever you like and do the activities at a pace that works best for you. However, to get the most out of this unique program, we do encourage full participation. If you're concerned about your child[ren]'s motivation, a simple reward program can help get them inspired. Earning stickers or points towards a larger reward every time they complete an activity can help motivate some important learning and teach them a little something about earning (one of the 3 pillars of Peso Smart)!

How much of a time commitment is it?

The length of time your child[ren] spends on Peso Smart each week will vary depending on the topics and activities. Some videos will be longer than others, and some activities will be a little more involved, but it should never take more than about two hours a week.

Where do I access Peso Smart activities?

If you're an employee, you'll get a weekly email with links to everything your child[ren] needs. Or you can access them on Manulife.com, where you can also access the Manulife Kids' Book Club and our Healthy Living Club.

Can my child[ren] access the program on a smartphone or tablet?

Absolutely! There's no need to tie up a computer – club members can enjoy the activities on any internet-enabled device. PDFs are all designed to be mobile-friendly and all the videos are accessible via our YouTube channel to make access as simple as possible.

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.



Is the Peso Smart Investing Club content on-demand or live?

The Peso Smart Investing Club is completely on-demand. Some content will reside on our website [here](#) throughout the program, including recorded sessions from our experts at Manulife and John Hancock, along with fun activities (PDFs).

Is there any cost to participate?

Nope, it's completely free. All content is available on our website to anyone who would like to access it.

What age range is the Peso Smart Investing Club for?

We've created activities geared for children in grades 5-8 (ages 10-13) but kids of all ages are welcome to join in the fun with adult approval and supervision.

Do kids need to complete the activities on a designated day or is there flexibility in when activities are completed?

The Peso Smart Investment Club content can be accessed whenever you and your child[ren] would like throughout the fall. We will be updating the [website](#) every week with new videos and activities via easy-to-access PDFs.

Are these activities that I need to supervise my kids?

We've organized the activities so that minimal parental assistance is required for kids in grade 5-8 (ages 10-13). However, if they are younger, there's a chance they might need your help with a few of the activities.

What tools or technology do they need to participate?

They'll need a laptop, tablet or mobile device. They'll also need a PDF editing software if they want to do the activities digitally, or access to a printer if they want hard copies.

Do I need a tablet or computer for each child?

No, one is enough. Multiple siblings can use the same device to watch videos and complete activities together.

Will these activities be shared in both English and French?

Yes, we are offering the PDF activities in English and French, and the instructional videos will have French transcripts.

Will my child[ren] be getting a t-shirt for participation in the program?

If you are a Manulife/John Hancock employee and you have registered your child[ren] in the program, they'll get a Project Get it Done Together t-shirt in the mail soon. We will provide updates via email, so keep an eye out!

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.

PROJECT: GET IT DONE TOGETHER

Book Club FAQ

What is the Manulife Kids' Book Club?

It's a club where kids in grades 5-8 (ages 10-13) read a fun, engaging book together and then meet virtually for a discussion led by a book-loving employee volunteer. We hope it will inspire kids to enjoy a good story, connect with characters and learn how great reading for pleasure can be. The Club is designed for the children of Manulife and John Hancock employees and has been launched as part of a larger initiative to support our employees (including parents and caregivers) through the unique challenges of the pandemic. However, the Club is open to anyone who's interested in joining: simply select Book Club from the club options [here](#) and you'll have access to the same weekly activities as our employees' children. We will be releasing new content every other week over eight weeks, so keep checking back!

How did you choose the books?

Working with middle school teachers, librarians and parents, we chose books they know kids love and really connect with. We've selected different books to appeal to different reading levels: your child[ren] is welcome to select whichever book interests them more. Availability was also a factor in our selection process: all books are available in paper, digital and audio formats, and can be readily purchased or borrowed from your local library.

How does the Book Club work?

The program runs for eight weeks, with live virtual meetings every other week. About two weeks before each meeting, we will let you know which chapters they should focus on and share a reading guide to help get them thinking. Club members are encouraged to keep a reading journal as they make their way through the book.

- *For employees:* Every other week, you'll get an email with the recommended chapters and a reading guide as well as a link to the live discussion – and you may even get some other surprise perks, so stay tuned!
- *For community participants:* You can come to the [Book Club](#) page on Manulife.com anytime to access all the reading guides that have been posted to date: we will post new ones every other week. Kids can join the live discussions and talk about the book with other kids (in an adult-led conversation.) Follow us on Instagram @manulife for reminders and other fun content you and your child[ren] may enjoy.

My child[ren] read the book from beginning to end – can he/she still take part?

Of course! We've picked a couple of great books that can be hard to put down, so reading ahead is likely to happen. That's why we encourage everyone to keep a reading journal – even they read ahead, have them jot down notes for each chapter. That way they can remember what happened when, and what their thoughts were as they read certain sections. We just ask that they be mindful that other club members may not have read as far as them...so no spoilers, please!

- *For employees:* Every other week, you'll get an email with the recommended chapters and reading guide and a link to the live discussion – and you may even get some other surprise perks, so stay tuned!
- *For community participants:* You can come to the Book Club page on [Manulife.com](https://www.manulife.com) anytime to access reading guides: we will post new ones every other week. Then kids can join the live discussion every two weeks to talk about the book with other kids (in an adult-led discussion.) Follow us on Instagram@manulife for reminders and other fun content you and your children may enjoy.

Does my child[ren] have to read the whole book/keep a journal for each chapter?

Book Club activities aren't monitored and there's nothing to hand in. It's really about the pleasure of reading and sharing ideas. Of course, they'll get more out of it if they read the book and use the questions to write in their reading journal, so we do encourage it. But they can still attend the discussions even if they're a little behind in their reading. If you're concerned about your child[ren]'s motivation, a simple reward program may help keep them inspired. Earning stickers or points towards a larger reward every time they finish a chapter can help them stay motivated to keep reading!

How much of a time commitment is it?

The length of time your child[ren] spends on Book Club each week will vary depending on how quickly they read and how much time they spend on their reading journal. The books for less experienced readers are approximately 300 pages and the more advanced option is about 400 pages. The bi-weekly club meetings are 45 minutes each.

- Readers who choose One Crazy Summer (or Fish In A Tree for French speakers) will be asked to read approximately four chapters or 25-35 pages a week (30-40 pages for Fish In A Tree).
- Readers who choose to read The Lightning Thief will be asked to read approximately four chapters a week or 50 – 60 pages per week.

Where do I access Book Club reading guides?

If you're an employee, you'll get a weekly email with links to everything your child[ren] needs. Or you can access them on [Manulife.com](https://www.manulife.com), where you'll also find the Peso Smart Investment Club and our Healthy Living Club.

Can my child[ren] access the program on a smartphone or tablet?

Absolutely! There's no need to tie up a computer – club members can enjoy the activities on any internet-enabled device. Reading guides are all designed to be mobile-friendly and the discussions take place on Zoom to make access as simple as possible.

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.



PROJECT: GET IT DONE TOGETHER

Privacy & Security FAQ

What is our Privacy policy surrounding this Program?

While we encourage your child[ren] to participate in this Program, their privacy is extremely important to us. Certain laws require that websites obtain verifiable parental consent before collecting personal information from minors and children. We aim to minimize the personal information gathered from them while encouraging them to actively take part in our online activities with your knowledge and permission. Even though no online account is created or maintained for the child[ren] you register, please review our online privacy policies in the [United States](#) and [Canada](#) to be aware of our general practices. Most of the personally identifiable information about your child[ren] will be asked of and provided by you - the parent or legal guardian. It includes your child's first and last name, age, address, and t-shirt size and is needed for purposes of contests, games, or delivering prizes for participation. Certain activities will include links to educational content and resources on third-party websites. Other activities will offer you or your child[ren] the option to submit a photo, video, comment or feedback to Manulife/John Hancock via email or using third-party apps such as Sli.do, and social media sites such as YouTube.

We encourage you to discuss with your child[ren] why they should never include personal information in reviews or comments posted to such sites or attach sensitive content to email messages that may not be encrypted. Our privacy policies do not apply to other websites or online services. We encourage you to review their privacy and security policies and other terms and conditions, as they may be different from ours. We do not guarantee and are not responsible for the privacy or security of those sites, including their accuracy, completeness, or reliability. We use cookies and other means to automatically collect persistent identifiers about devices used by visitors to our sites. We use this anonymous data for web analytics purposes to ensure that the sites function properly, how many visits occurred, what content was viewed, and to diagnose and respond to technical problems. This data is used in aggregated form and does not identify your child[ren], household, or personal devices. Please note that our website for this Program is controlled and operated by us in Canada.

How do I help my child to stay safe online?

In an effort to help maintain proper online hygiene, we recommend that your child[ren] do not connect online without parental permission, don't click unfamiliar links, online ads, etc. while participating. As a best practice, we also suggest that you enable parental controls on whatever device your child[ren] is using to access this information/program.

How Do I report Suspicious Activity?

Please report any suspicious activity via ProjectGIDT@manulife.com

Privacy Policy: johnhancock.com/privacy-security.html

Please reach out to ProjectGIDT@manulife.com if you have any additional questions.