



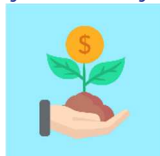









# Online Programs – Spring 2020

May 11-15

	Monday May 11 <sup>th</sup>	Tuesday May 12 <sup>th</sup>	Wednesday May 13 <sup>th</sup>	Thursday May 14 <sup>th</sup>	Friday 15 <sup>th</sup>
<p>DATES: May 11<sup>th</sup> – May 15<sup>th</sup></p> <p><b>IMPORTANT NOTES:</b></p> <p><u>Morning Session</u> 10:00 am – 12:00 pm</p> <p><u>Afternoon Session</u> 1:00 pm – 3:00 pm</p> <p><u>Evening Session</u> 6:00 pm – 8:00 pm</p>	10:00 am – 12:00 pm	10:00 am – 12:00 pm	10:00 am – 12:00 pm	10:00 am – 12:00 pm	10:00 am – 12:00 pm
	<p><b>Transitions #1</b> Learn how a healthy mind and body are important for good overall health. Part 1</p> 	<p><b>Transitions #2</b> Learn how a healthy mind and body are important for good overall health. Part 2</p> 	<p><b>Transitions #3</b> Self-Advocacy; Learn how to get information so that you can understand things that are of interest to you.</p> 	<p><b>Transitions #4</b> Learn about Physical Activity and why it is important for good health and development.</p> 	<p><b>Transitions #5</b> Learn how to successfully manage your money!</p> 
	1:00 – 3:00 pm	1:00 – 3:00 pm	1:00 – 3:00 pm	1:00 – 3:00 pm	1:00 – 3:00 pm
	<p><b>JobSmart #1</b> Learn important skills to help you get a promotion at work!</p> 	<p><b>JobSmart #2</b> Learn the top ways to avoid being fired, including obeying rules, being honest, and more! Part 1</p> 	<p><b>JobSmart #3</b> Learn the top ways to avoid being fired, including obeying rules, being honest, and more! Part 2</p> 	<p><b>JobSmart #4</b> Learn how to showcase your skills by creating a personalized resume.</p> 	<p><b>JobSmart #1</b> Fantasy Friday!</p> 
	6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm
	<p>Additional Online Social Nights to become available as programs are confirmed. Stay tuned for more info!</p>			<p><b>Art Club</b> Customized Tote Bags</p> 	<p><b>ENJOY YOUR Weekend</b></p> 

*Note: Activities listed may be subject to change without notice.*

# Program Overview

Program Name: Day 1 – May 11<sup>th</sup>

## Program Description

Participants will learn about themselves, their strengths, growth areas, goals, opportunities, and options. By learning these things, students will gain power over their actions and set goals for a successful and satisfying life.

*From Transitions Curriculum (Stanfield, 2020)*

## Lifestyle Choices – Part 1

This week we are going to be working on independence and building various skills for leading a healthy, positive life.

Today we will learn how a healthy mind and a healthy body are both important for overall good health. Each of our bodies is different, and can all be healthy no matter our shape or size. It's about what we do to take care of it physically and mentally that counts.

### Lesson Outcomes:

1. Understand the meaning of “Good Health”
2. Learn about Habits and how to create and maintain healthy habits

## Daily Lesson Plan – May 11<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ What is “Good Health” Discussion & Journal Entry (35 minutes)
- ➔ Stained Glass Activity (25 minutes)
- ➔ Lifestyle Choices Worksheets (35 minutes)

## Supplementary Activities

### Stained Glass Activity

Using recycled tissue paper, participants will create their own stained glass window decal to keep and hang in their home.

# Program Overview

Program Name: Day 2 – May 12<sup>th</sup>

## Program Description

Participants will learn about themselves, their strengths, growth areas, goals, opportunities, and options. By learning these things, students will gain power over their actions and set goals for a successful and satisfying life.

*From Transitions Curriculum (Stanfield, 2020)*

## Lifestyle Choices – Part 2

This week we are going to be working on independence and building various skills for leading a healthy, positive life.

Today we will continue to learn how a healthy mind and a healthy body are both important for overall good health. Each of our bodies is different, and can all be healthy no matter our shape or size. It's about what we do to take care of it physically and mentally that counts.

### Lesson Outcomes:

1. Learn about Healthy and Unhealthy Food Choices
2. Understand how to find and read Nutrition Labels

## Daily Lesson Plan – May 12<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Food for Fuel & Worksheets (35 minutes)
- ➔ Calorie Count Video & Worksheet (10 minutes)
- ➔ How to Read Labels (25 minutes)
- ➔ Game Time (25 minutes)

## Supplementary Activities

### Game Time

Participants will go head to head with some cool virtual group games!



# Program Overview

Program Name: Day 3 – May 13<sup>th</sup>

## Program Description

Participants will learn about themselves, their strengths, growth areas, goals, opportunities, and options. By learning these things, students will gain power over their actions and set goals for a successful and satisfying life.

*From Transitions Curriculum (Stanfield, 2020)*

## Self Esteem & Personal Empowerment

This week we are going to be working on independence and building various skills for leading a healthy, positive life.

Learn how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem-solving, listening and learning, reaching out to others when you need help and friendship, and about self-determination.

### Lesson Outcomes:

1. Learn what “Self-Advocacy” is and why it is important
2. Understand when and how to be a Self-Advocate

## Daily Lesson Plan – May 13<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Gratitude Journal Entry (5 minutes)
- ➔ Self Advocacy Conversation (35 minutes)
- ➔ Wacky Wednesday (45 minutes)

## Supplementary Activities

### Wacky Wednesday

Ready for a mid-week break! Keeping it light, during Wacky Wednesday participants will engage in a crazy game of Freeze Dance, let loose with Karaoke, and go head to head with an intense game of Family Feud.

# Program Overview

Program Name: Day 4 – May 14<sup>th</sup>

## Program Description

Participants will learn about themselves, their strengths, growth areas, goals, opportunities, and options. By learning these things, students will gain power over their actions and set goals for a successful and satisfying life.

*From Transitions Curriculum (Stanfield, 2020)*

## Physical & Mental Health

This week we are going to be working on independence and building various skills for leading a healthy, positive life.

Being physically active is important for good health and development. It doesn't matter what age you are, physical activity has many benefits. It helps us feel more energetic, feel better about ourselves, feel more relaxed, it helps us make friends, and importantly, it helps keep us healthy.

### Lesson Outcomes:

1. Understand the Benefits of Physical Activity
2. Learn about the different types of Physical Activity

## Daily Lesson Plan – May 14<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Find Your Pulse Activity (5 minutes)
- ➔ Benefits of Physical Activity (25 minutes)
- ➔ Fitness Style Worksheet (5 minutes)
- ➔ Mental & Emotional Benefits of Physical Activity (15 minutes)
- ➔ Dream Catcher Activity (30 minutes)

## Supplementary Activities

### Dream Catchers

Participants will create their own personalized dream catcher, customized with feathers, beads and yarn.



# Program Overview

Program Name: Day 5 – May 15<sup>th</sup>

## Program Description

Participants will learn about themselves, their strengths, growth areas, goals, opportunities, and options. By learning these things, students will gain power over their actions and set goals for a successful and satisfying life.

*From Transitions Curriculum (Stanfield, 2020)*

## Budgeting & Healthy Money Habits

This week we are going to be working on independence and building various skills for leading a healthy, positive life.

Participants will gain a better understanding of how to successfully manage their money by exploring topics around fiscal responsibility, wants versus needs, and budgeting through a variety of engaging activities.

### Lesson Outcomes:

1. Understand Wants versus Needs
2. Learn about Budgets and what it means to have one

## Daily Lesson Plan – May 15<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Wants versus Needs (25 minutes)
- ➔ Happiness Video & Discussion (10 minutes)
- ➔ How to Budget (30 minutes)
- ➔ Budget Basics Worksheet (10 minutes)
- ➔ Importance of Budgeting Video (5 minutes)

## Supplementary Activities

### Big Purchase Research Project

Participants will use their money management skills to research the cost of a big purchase, at various retailers!

# Program Overview

Program Name: Day 1 – May 11<sup>th</sup>

## Program Description

JobSmart sets the bar for teaching job skills, social skills, and SEL skills to [participants] with developmental disabilities. These acclaimed programs use VideoModeling to cover everything today's [participants] need to know about landing a job, from interview conduct and self-presentation skills, to keeping that job by getting along with the boss and co-workers.

*From LifeSkills Curriculum: JobSmart (Stanfield, 2020)*

## JobSmart 2: Job Safety & Productive Attitudes

Participants will learn the top job skill employees need to be considered for a promotion, and that even with strong jobs skill, a bad attitude or work ethic would be noticed. Participants will also see actions and behaviours that can result in immediate termination and the top ways to avoid being fired including, obeying safety rules, being honest, and more!

*From JobSmart 2 – Job Safety & Productive Attitudes (Stanfield, 2020)*

### Lesson Outcomes:

1. Learn what a Promotion is and what it means to get one
2. Learn important skills to help achieve a promotion or raise

## Daily Lesson Plan – May 11<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Review JobSmart Week 1 (20 minutes)
- ➔ Learn WorkSmart Skills & PowerPoint (25 minutes)
- ➔ 'Be Work Smart' Workbook (15 minutes)
- ➔ How to Get a Promotion Videos (20 minutes)

## Supplementary Activities

### Virtual Show & Tell

Each day, two participants will share one of their most prized possessions with the group. Tell us what it means to you, where you got it, and how long you've had it.





# Program Overview

Program Name: Day 2 – May 12<sup>th</sup>

## Program Description

JobSmart sets the bar for teaching job skills, social skills, and SEL skills to [participants] with developmental disabilities. These acclaimed programs use VideoModeling to cover everything today's [participants] need to know about landing a job, from interview conduct and self-presentation skills, to keeping that job by getting along with the boss and co-workers.

*From LifeSkills Curriculum: JobSmart (Stanfield, 2020)*

## JobSmart 2: Job Safety & Productive Attitudes

Participants will learn the top job skill employees need to be considered for a promotion, and that even with strong jobs skill, a bad attitude or work ethic would be noticed. Participants will also see actions and behaviours that can result in immediate termination and the top ways to avoid being fired including, obeying safety rules, being honest, and more!

*From JobSmart 2 – Job Safety & Productive Attitudes (Stanfield, 2020)*

### Lesson Outcomes:

1. Understand the difference between time spent personal projects and company time
2. Understand the importance of doing what your supervises asks of you

## Daily Lesson Plan – May 12<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Review How to get Promoted (30 minutes)
- ➔ Learn WorkSmart Skills & PowerPoint (15 minutes)
- ➔ Be Work Smart Workbook (15 minutes)
- ➔ How to Avoid Getting Fired Videos (15 minutes)

## Supplementary Activities

### Virtual Show & Tell

Each day, two participants will share one of their most prized possessions with the group. Tell us what it means to you, where you got it, and how long you've had it.



# Program Overview

Program Name: Day 3 – May 13<sup>th</sup>

## Program Description

JobSmart sets the bar for teaching job skills, social skills, and SEL skills to [participants] with developmental disabilities. These acclaimed programs use VideoModeling to cover everything today's [participants] need to know about landing a job, from interview conduct and self-presentation skills, to keeping that job by getting along with the boss and co-workers.

*From LifeSkills Curriculum: JobSmart (Stanfield, 2020)*

## JobSmart 2: Job Safety & Productive Attitudes

Participants will learn the top job skill employees need to be considered for a promotion, and that even with strong jobs skill, a bad attitude or work ethic would be noticed. Participants will also see actions and behaviours that can result in immediate termination and the top ways to avoid being fired including, obeying safety rules, being honest, and more!

*From JobSmart 2 – Job Safety & Productive Attitudes (Stanfield, 2020)*

### Lesson Outcomes:

1. Learn the risks and negative impact of being tired at work
2. Understand the difference between scheduled and unscheduled breaks

## Daily Lesson Plan – May 13<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Learn to Draw Disney Figures (20 minutes)
- ➔ Review JobSmart Videos (20 minutes)
- ➔ Learn WorkSmart Skills & PowerPoint (15 minutes)
- ➔ Be Work Smart Workbook (15 minutes)
- ➔ How to Avoid Getting Fired Videos (15 minutes)

## Supplementary Activities

### Virtual Show & Tell

Each day, two participants will share one of their most prized possessions with the group. Tell us what it means to you, where you got it, and how long you've had it.

### Learn to Draw Disney Characters

Participants will learn to draw their favorite cartoon Disney characters!

# Program Overview

Program Name: Day 4 – May 14<sup>th</sup>

## Program Description

JobSmart sets the bar for teaching job skills, social skills, and SEL skills to [participants] with developmental disabilities. These acclaimed programs use VideoModeling to cover everything today's [participants] need to know about landing a job, from interview conduct and self-presentation skills, to keeping that job by getting along with the boss and co-workers.

*From LifeSkills Curriculum: JobSmart (Stanfield, 2020)*

## JobSmart 2: Job Safety & Productive Attitudes

Participants will learn the top job skill employees need to be considered for a promotion, and that even with strong jobs skill, a bad attitude or work ethic would be noticed. Participants will also see actions and behaviours that can result in immediate termination and the top ways to avoid being fired including, obeying safety rules, being honest, and more!

*From JobSmart 2 – Job Safety & Productive Attitudes (Stanfield, 2020)*

### Lesson Outcomes:

1. Learn about Resumes and How to Create a Resume
2. Understand the Importance of Resume Cards
3. Understand the Importance of Adhering to Company Policies at work
4. Learn what a Hazard is and how to identify hazards

## Daily Lesson Plan – May 14<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ You're Hired Workbook & Resume Cards (45 minutes)
- ➔ Analyse Interview Questions and Giving the Best Answers (25 minutes)
- ➔ How to Avoid Getting Hurt on the Job Videos (30 minutes)

## Supplementary Activities

### Virtual Show & Tell

Each day, two participants will share one of their most prized possessions with the group. Tell us what it means to you, where you got it, and how long you've had it.

# Program Overview

Program Name: Day 5 – May 15<sup>th</sup>

## Program Description

JobSmart sets the bar for teaching job skills, social skills, and SEL skills to [participants] with developmental disabilities. These acclaimed programs use VideoModeling to cover everything today's [participants] need to know about landing a job, from interview conduct and self-presentation skills, to keeping that job by getting along with the boss and co-workers.

*From LifeSkills Curriculum: JobSmart (Stanfield, 2020)*

## JobSmart 2: Job Safety & Productive Attitudes

Participants will learn the top job skill employees need to be considered for a promotion, and that even with strong jobs skill, a bad attitude or work ethic would be noticed. Participants will also see actions and behaviours that can result in immediate termination and the top ways to avoid being fired including, obeying safety rules, being honest, and more!

*From JobSmart 2 – Job Safety & Productive Attitudes (Stanfield, 2020)*

### Lesson Outcomes:

1. N/A – Fantasy Friday!

## Daily Lesson Plan – May 15<sup>th</sup>

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Harry Potter House Video & Quiz (10 minutes)
- ➔ Colouring Activity (20 minutes)
- ➔ Chapter 2 Harry Potter Reading & Quiz (30 minutes)
- ➔ JobSmart Research Project (15 minutes)

## Supplementary Activities

### Virtual Show & Tell

Each day, two participants will share one of their most prized possessions with the group. Tell us what it means to you, where you got it, and how long you've had it.

# Online Social Nights

**Thursdays – May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9**

Each weeknight, we offer young adults the chance to hang out and meet friends online! The aim is to make connections, develop new skills and participate in the comfort of your own home.

## Thursday Theme: Art Club

### Calendar of Events

Date	Activity/Theme
May 7	Mothers Day Gift
May 14	Personalized Tote Bags
May 21	Modeling Clay Sculptures
May 28	Light it Up!
June 4	Art and Air
June 11	Make Your Own Jewelry
June 18	Fathers Day Gift
June 25	Canada Day Celebrations
July 2	Art & Science
July 9	Edible Art

*Note: Activities listed may be subject to change without notice.*



# Activity Descriptions

Online Social Nights – Thursdays (May 7 – July 10)

## Mothers Day Gift – Presented by: Landon Penner

Create a beautiful self-care spa gift for a special lady in your life!

## Personalized Tote Bags – Presented by: Landon Penner

Decorate an art storage bag for all the supplies the participants will collect through the session.

## Modeling Clay Sculptures – Presented by: Landon Penner

Dive in and create a beautiful sculpture from natural modeling clay.

## Light It Up! – Presented by: Landon Penner

Make glittering fairy light jars and a shadow lamp.

## Art and Air – Presented by: Landon Penner

Make a gorgeous kite, and use bubbles to make a beautiful painting project!

## Make Your Own Jewelry – Presented by: Landon Penner

A great way to show off your art... let's make it wearable!

## Fathers Day Gift – Presented by: Landon Penner

Let's celebrate a special guy in your life by making them a mug to drink their morning coffee out of!

## Canada Day Celebration! – Presented by: Landon Penner

Let's show our Canadian pride by making a wind sock, tote bag, and red and visor!

## Art and Science – Presented by: Landon Penner

Make homemade slime, string art paintings, and a glittering kaleidoscope!

## Edible Art – Presented by: Landon Penner

For our last day, we will be making art we can eat! A fun way to end our time together!

