













Virtual Programs – Spring 2020

May 4-8

	Monday May 4 th	Tuesday May 5 th	Wednesday May 6 th	Thursday May 7 th	Friday May 8 th
	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>DATES: May 4th – 8th</p> <p>IMPORTANT NOTES:</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>	<p>Personal Management #1 Participants will use their strengths and goals to learn about what we can and cannot control in our lives!</p> 	<p>Personal Management #2 We all face challenges sometimes! Today we'll learn all about coping strategies.</p> 	<p>Personal Management #3 What is stress? How do you handle stress!? Building on our personal management skills, we'll explore stress management.</p> 	<p>Personal Management #4 Getting along with others can be tricky but we'll explore how to stay cool and learn new conflict management skills!</p> 	<p>Personal Management #5 Today we'll practice positive self-regard and learn important decision making skills!</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>JobSmart #1 Interested in a job!? Participants will learn how to look for a job, dressing for the part, & important job skills.</p> 	<p>JobSmart #2 Today we'll learn everything about workplace social skills!</p> 	<p>JobSmart #3 Who is this "boss" person anyways...? We will look at the top 10 ways to irritate the boss and learn what to do instead!</p> 	<p>JobSmart #4 Let's explore how to be the best YOU at your job, and get noticed for it!</p> 	<p>JobSmart #5 Let's put our JobSmart skills to the test... get ready for final jeopardy!</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>Art Club Create a thoughtful and handmade Mother's Day Gift with friends!</p> 	<p>ENJOY YOUR WEEKEND</p> 

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

Program Overview

Program Name: Day 1 – May 4th

Program Description

Expanding on the theme of Identity, participants will identify personal strengths, goals, and dig deeper into who they are by exploring topics related to Personal Management. Participants will practice positive self-strategies, learn about coping and stress management, and apply decision making skills to effectively control their lives.

What Can We Control?

Today's program content will be focused on what it means to be able to control aspects of our lives while exploring the things we can and cannot control. The group will work together will learn strategies of how to react and manage different areas of our lives.

Lesson Outcomes:

1. Participants should be able to explain what it means to “be in control”
2. Participants will identify things they can and cannot control in their life
3. Participants will learn effective methods to manage feelings and thoughts when something is out of their control

Daily Lesson Plan – May 4th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Pipe Cleaner & Rock Demonstration (5 minutes)
- ➔ Things I Can Control (35 minutes)
- ➔ Circle of Control Worksheet (25 minutes)
- ➔ Letting Go of Things We Cannot Control (15 minutes)
- ➔ Make Stress Balls (30 minutes)

Supplementary Activities

Do-It-Yourself Stress Balls

Participants will create their own mess-free stress balls using balloons and gel beads.



Program Overview

Program Name: Day 2 – May 5th

Program Description

Expanding on the theme of Identity, participants will identify personal strengths, goals, and dig deeper into who they are by exploring topics related to Personal Management. Participants will practice positive self-strategies, learn about coping and stress management, and apply decision making skills to effectively control their lives.

Emotions, Coping & Effective Coping Strategies

Understanding our emotions means knowing why we feel the way we do, and why we feel different emotions in a variety of situations. Participants will use their knowledge of what they can and cannot control to explore the definition of “coping” and learn when we would need to use coping skills in our lives. We will introduce participants to positive and negative coping strategies and learn how we cope with different emotional experiences.

Lesson Outcomes:

1. Understand the difference between negative and positive coping strategies
2. Understand the definition of grounding
3. Be able to practice effective grounding strategies

Daily Lesson Plan – May 5th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Explore Emotions & Learn about Coping (35 minutes)
- ➔ Create a Wheel of Coping Skills (25 minutes)
- ➔ What is Grounding & Grounding Strategies (15 minutes)
- ➔ Breathing & Senses Exercise (10 minutes)

Supplementary Activities

Wheel of Coping Skills

Participants will use their knowledge of coping skills to create an eye-catching personalized ‘wheel-of-coping’ tool.



Program Overview

Program Name: Day 3 – May 6th

Program Description

Expanding on the theme of Identity, participants will identify personal strengths, goals, and dig deeper into who they are by exploring topics related to Personal Management. Participants will practice positive self-strategies, learn about coping and stress management, and apply decision making skills to effectively control their lives.

Stress & Stress Management

Stress is a normal part of everyday life. Limited amounts of stress can have a positive influence on motivation and creativity. Too much stress can cause dramatic negative effects on our lives. Participants will learn what stress is, what causes stress, and what stress may look like for them. While stress looks different for everyone, participants will learn personalized stress management skills to utilize in their life.

Lesson Outcomes:

1. Understand what “stress” is and how it affects our lives
2. Participants will learn the difference between positive and negative stress
3. Understand how stress can effect our body
4. Participants will learn effective stress management strategies

Daily Lesson Plan – May 6th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ All About Stress (35 minutes)
- ➔ What Can I Do About My Stress – Video & Activity (10 minutes)
- ➔ Calming Jars (25 minutes)

Supplementary Activities

Do-It-Yourself Calming Jars

Using a mason jar, water, baby oil, and glitter, participants will create their own calming jar. Participants can keep their jar as a personal stress management tool!



Program Overview

Program Name: Day 4 – May 7th

Program Description

Expanding on the theme of Identity, participants will identify personal strengths, goals, and dig deeper into who they are by exploring topics related to Personal Management. Participants will practice positive self-strategies, learn about coping and stress management, and apply decision making skills to effectively control their lives.

Experiencing Conflict & Conflict Resolution

Conflict is a part of life that we all experience. Having conflicts with others may be uncomfortable, but trying to solve conflict can shake up our way of thinking and often leads to new ways of looking at things. Participants will learn how to resolve conflict without hurting other people's feelings or getting our feelings hurt.

Lesson Outcomes:

1. Be able to describe ways conflict can be positive
2. Be able to describe ways conflict can be negative
3. Participants will be able to identify personal triggers that create conflict
4. Learn 3 response choices when dealing with conflict

Daily Lesson Plan – May 7th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ What is Conflict? How can it be positive or negative? (35 minutes)
- ➔ What About Me Handout (25 minutes)
- ➔ 3 Conflict Responses (25 minutes)
- ➔ Watercolor Positivity Cards (15 minutes)

Supplementary Activities

Watercolour Positivity Cards

Participants will receive a white positivity card with their kit supplies. Using watercolour pencils, participants will learn different watercolor techniques to create their own positivity card to keep as a daily positive reminder.



Program Overview

Program Name: Day 5 – May 8th

Program Description

Expanding on the theme of Identity, participants will identify personal strengths, goals, and dig deeper into who they are by exploring topics related to Personal Management. Participants will practice positive self-strategies, learning about coping and stress management, and apply-decision making skills to effectively control their lives.

Positive Self-Talk and How to Use It

In today's session, we will combine all the techniques discussed throughout the week and learn to Talk Positively to ourselves. Filling our minds with positive self-images of who we are, no matter the outcome or how others feel about us.

Lesson Outcomes:

1. Understand what Positive Self-Talk is
2. Participants will learn how to effectively use positive self-talk
3. Understand the effects of positive vs. negative self-talk

Daily Lesson Plan – May 8th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Review Self-Management Skills (10 minutes)
- ➔ What is Positive Self-Talk (45 minutes)
- ➔ Create Mothers Day Cards (30 minutes)

Supplementary Activities

Tissue Paper Mother's Day Card

Using tissue paper and pipe cleaners, participants will create a beautiful 3D flower card, filled with words of affirmation and a personal message for a special lady in their life.



Program Overview

Program Name: Day 1 – May 4th

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 1: Avoiding Trouble on the Job

Students will see the top 10 things people do, or don't do, that keep them unemployed. They'll learn specific strategies they can use to find a job.

From JobSmart 1 - Avoiding Trouble on the Job (Stanfield, 2020)

Lesson Outcomes:

1. Learn some key skills to be successful in finding and keeping a job
2. Understand the importance of 'dressing the part'

Daily Lesson Plan – May 4th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Workability PowerPoint (30 minutes)
- ➔ Dress to Impress Collage (30 minutes)
- ➔ JobSmart Videos & Discussion (45 minutes)

Supplementary Activities

Dress to Impress Collage

Participants will exercise their creative skills, utilizing magazines and newspaper clippings to create JobSmart and NotSmart collages of their ideal workplace and weekend warrior outfits.



Program Overview

Program Name: Day 2 – May 5th

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 1: Avoiding Trouble on the Job

[Participants] will see the top 10 things people do, or don't do, that keep them unemployed. They'll learn specific strategies they can use to find a job.

From JobSmart 1 - Avoiding Trouble on the Job (Stanfield, 2020)

Lesson Outcomes:

1. Understand the function of attitude when looking for a job
2. Learn essential workplace skill practices for success on the job

Daily Lesson Plan – May 5th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Workability PowerPoint (20 minutes)
- ➔ Watercolor Felt Activity (15 minutes)
- ➔ JobSmart Videos – How to Avoid Staying Unemployed (30 minutes)
- ➔ Be Work Smart Workbook (15 minutes)

Supplementary Activities

Watercolour Felt Mandala

Participants will use the power of water to transform their pencil crayon colouring into beautiful watercolour creations.



Program Overview

Program Name: Day 3 – May 6th

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 1: Avoiding Trouble on the Job

[Participants] will see the top 10 things people do, or don't do, that keep them unemployed. They'll learn specific strategies they can use to find a job.

We will explore the top 10 way to irritate the boss and what to do instead. Topics include avoiding taking too many breaks, being on time, staying at assigned work stations, avoiding personal calls, discouraging chatter, following instructions, and more!

From JobSmart 1 - Avoiding Trouble on the Job (Stanfield, 2020)

Lesson Outcomes:

1. Learn some key skills to be successful in finding and keeping a job
2. Learn poor workplace habits and how to avoid them

Daily Lesson Plan – May 6th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Workability PowerPoint (30 minutes)
- ➔ Paint Birdhouses (30 minutes)
- ➔ JobSmart Videos – How to Avoid Irritating the Boss (45 minutes)

Supplementary Activities

Paint Backyard Birdhouses

Spring is here! Participants will take a break to paint their very own backyard bird house with provided birdhouse and painting materials.



Program Overview

Program Name: Day 4 – May 7th

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 1: Avoiding Trouble on the Job

[Participants] will see the top 10 things people do, or don't do, that keep them unemployed. They'll learn specific strategies they can use to find a job.

From JobSmart 1 - Avoiding Trouble on the Job (Stanfield, 2020)

Lesson Outcomes:

1. Learn some key skills to be successful in the workplace
2. Learn how to get along with coworkers

Daily Lesson Plan – May 7th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Workability PowerPoint (30 minutes)
- ➔ Create Your Own Schedule (25 minutes)
- ➔ Be Work Smart Workbook (15 minutes)
- ➔ JobSmart Videos & Discussion (45 minutes)

Supplementary Activities

Create a Personalized Calendar & Schedule

Using a blank template, participants will fill in and create a personalized daily schedule for their life, exercising the importance of time management skills.



Program Overview

Program Name: Day 5 – May 8th

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 see the top 10 things people do, or don't do, that keep them unemployed. They'll learn specific strategies they can use to find a job.

From JobSmart 1 - Avoiding Trouble on the Job (Stanfield, 2020)

Lesson Outcomes:

1. Participants will learn important skills to avoid getting fired
2. Participants will learn various coping strategies
3. Understand how to cope if you do not get along with your boss

Daily Lesson Plan – May 8th

- ➔ Welcomes & Warm-Ups (15 minutes)
- ➔ Workability PowerPoint (20 minutes)
- ➔ JobSmart Videos & Discussion (30 minutes)
- ➔ Be Work Smart Workbook (15 minutes)
- ➔ Mothers Day Gift (45 minutes)

Supplementary Activities

Mother's Day Pots & Flowers

Participants will paint beautiful, personalized plants for a special lady in their life, and top off their gift with an accompany daisy!



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	For the Birds!
May 21	DIY Plant Pot
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



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!

For the Birds! – Presented by: Landon Penner

Decorate a wonderful birdhouse and make a delicious treat for the birds, to hang in your yard.

DIY Plant Pot – Presented by: Landon Penner

Make a stunning planter and finish off by planting a real plant.

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!

