

SKILL BUILDING UMBRELLA



LIFE SKILLS CLASS

Life is tough, but so are you. Practice life skills, learn easy tips and tricks, utilize the skills you already have, and let's do life together. Safety, money management, problem solving, decision-making, critical thinking, hygiene, emotions, and self-awareness. The sky's the limit for this practical, interactive and conversational class.



UNITS/TOPICS WE'VE COVERED

- MY PLATE/HEALTHY FOODS
- MAKING/FOLLOWING A SHOPPING LIST
- BUDGETING/MONEY MANAGEMENT
- PRICE COMPARISON
- USING MANNERS IN PUBLIC
- SAFETY IN PUBLIC
- SEWING
- ZONES OF REGULATION

POTENTIAL GOALS TO TARGET

- VOCATIONAL SKILLS
- MAINTAINING FOCUS ON A TASK
- TURN-TAKING WITH A PEER
- INITIATING A CONVERSATION
- COMPLETING A TASK
- MAINTAINING EYE CONTACT
- FOLLOWING DIRECTIONS

SKILL BUILDING UMBRELLA



SOCIAL SKILLS CLASS

Feeling comfortable and able to excel in social situations with the right social tools is empowering. In social skills, participants will embark on a journey of self-discovery, skill development. Cultivating necessary skills for effective communication, verbally, non-verbally or with your AAC device, will help in relationships and character building. Join us to enhance your skills to communicate needs, wants, or just a simple conversation with others!



UNITS/TOPICS WE'VE COVERED

- PUBLIC VS. PRIVATE CONVERSATIONS
- FRIENDSHIPS
- INTRODUCING YOURSELF
- PROBLEM SOLVING & DECISION MAKING
- CONFLICT MANAGEMENT/RESOLUTION
- RELATIONSHIPS

POTENTIAL TOPICS TO COVER

- IDENTIFY NON-VERBAL COMMUNICATION
- GIVING A PEER A COMPLIMENT
- INITIATING A CONVERSATION
- ATTENDING TO A TASK
- EXCHANGING CONVERSATION WITH PEER
- MAINTAINING EYE CONTACT

SKILL BUILDING UMBRELLA



PAY IT FORWARD CLASS

Volunteering - the gift that just keeps giving. Give back to your community through volunteer outings at local businesses/organizations, making cards for Veterans, or collecting food for the Food Pantry. These are just a few examples of volunteer services that will be explored in class! Learning to pay it forward to other people helps spread kindness all around.



PROJECTS WE ARE DOING/HAVE DONE

- PARTNERING WITH HUMANE SOCIETY
- PARTNERED WITH 3 FOOD PANTRIES
- WINTER SUPPLIES DRIVE
- VOLUNTEERED WITH LOCAL LIONS CLUB
- VOLUNTEERED AT BLOOD DRIVE
- MADE VFW/VETERANS CARDS/POPPIES
- COLLECTING FOR RONALD MCDONALD

POTENTIAL GOALS TO TARGET

- POSITIVE COMMUNICATION
- VOCATIONAL SKILLS
- WORKING TOGETHER WITH A PEER
- ATTAINING TO A TASK
- PUBLIC SAFETY
- FOLLOWING DIRECTIONS

SKILL BUILDING UMBRELLA



COOKIN' IN THE KITCHEN CLASS

From the garden to your plate, use kitchen safety practices to prepare fun recipes, picked out by you! Learn about measuring, nutrition, cleaning up, how to use kitchen appliances and even take a trip to the grocery store! Can you smell the delicious food already?



POTENTIAL OPPORTUNITIES

- UNITS LEARNING ABOUT FOOD GROUPS, HEALTHY EATING, AND FOOD SAFETY.
- PRACTICE BAKING + COOKING
- USE OADC GROWN PRODUCE
- EXPLORE GROCERY STORES
- LEARN HOW TO FIND RECIPES
- TRY NEW TASTES AND TEXTURES

THINGS WE'VE MADE ALREADY

- COWBOY CAVIAR & HOT TACO DIPS
- DIRT CAKES, CAKE POPS, BROWNIES
- ITALIAN VEGGIE SALAD
- CHICKEN TENDERS, CHICKEN FAJITAS
- STRAWBERRY CHEESECAKE & SHERBERT
- MINI PIZZAS
- FRUIT ROLL-UPS

SKILL BUILDING UMBRELLA



WOMEN'S GROUP CLASS

What gal can't benefit from a women's group? This class is meant to be a supportive, heart-centered group designed to help women of all abilities and ages reconnect with their inner strength, honor their well-being, and cultivate self-love.



POTENTIAL LEARNING OPPORTUNITIES

- o SELF-CARE
- o SELF-LOVE
- o RANDOM ACTS OF KINDNESS
- o WOMEN'S EMPOWERMENT
- o POSITIVE AFFIRMATIONS
- o WOMEN'S HEALTH/HYGIENE
- o WOMEN'S RIGHTS

WHAT WE'VE BEEN WORKING ON

- o SELF-EXPRESSION/SELF-LOVE
 - MAKING ALL ABOUT US BOOKS
- o SPREADING KINDNESS
 - HANGING UP AFFIRMATIONS AT LOCAL COFFEE SHOPS FOR PEOPLE TO TAKE HOME AS A REMINDER
- o SELF CARE - NAIL UNIT



ANIMAL DISCOVERY CLASS

Have you ever heard of a racoon dog or a glass frog? Did you know a group of zebras are called a zazzle? Did you know a sea otter has the thickest fur of any animal? Do you know what sound a fox makes? Explore different animals - the cute and silly-looking ones - and become an expert zoologist!

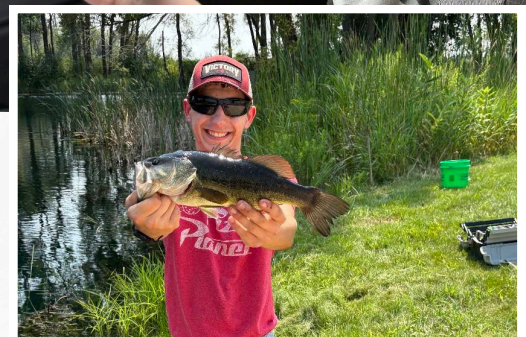


POTENTIAL UNITS + ACTIVITIES

- ANIMALS A-Z
- ANIMAL HABITATS + ECOSYSTEMS
- ANIMAL ADAPTATIONS
- ANIMAL LIFE CYCLE
- TRIVIA, GAMES, WORKSHEETS, TRIPS
- NATIONAL GEOGRAPHIC ACTIVITIES

WHAT WE'VE BEEN UP TO

- WENT FISHING
- WENT TO MULTIPLE PETTING ZOOS/FARMS
- LEARNING ABOUT DIFFERENT ANIMAL GROUPS AND MAKING FACT BOOKS
- LEARNING ABOUT LIFE CYCLES
- GOING TO WILDLIFE WEDNESDAY GROUPS IN THE SUMMER





GARDENING CLASS

Step into the world of greenery and blossoms with peers! This hands-on class will provide you with knowledge, practice, and fun projects to create a garden that brings you joy, tranquility, and a sense of pride! Build a garden to raise and harvest vegetables to use in cooking class or follow the life stages of a flower from seed to bloom!



WHAT WE'VE DONE SO FAR

- o STARTED PLANTS BY SEEDS
- o MADE OUR OWN COMPOST
- o RAISING A WORM FARM
- o FILLED/PLANTED OUR RAISED GARDEN BEDS
- o HARVESTED, COOKED, AND PICKLED
- o PLANTED FLOWERS + HOUSEPLANTS

GOALS FOR THE FUTURE

- o TRY WINTER GARDENING
- o EXPAND OUR GARDEN TO A COMMUNITY GARDEN SPACE IN RIPON OR FDL
- o USE OUR COMPOST IN OUR HOUSEPLANTS





OUTDOOR EDUCATION CLASS

Embark on a geological journey to unravel the Earth's rich history, escape the city lights and fly into the cosmos, uncover the secrets of weather patterns and other phenomena, immerse yourself in nature and learn about the ecosystems and nature's other wonders!



POTENTIAL TOPICS + ACTIVITIES TO COVER

- GEOLOGY
- ASTRONOMY
- WEATHER
- SEASONS
- GENERAL NATURE
- EXPERIMENTS

WHAT WE'VE ENJOYED SO FAR

- WORKING WITH THE GARDENING CLASS
- WALKS ON THE TRAIL
- GOING TO OUTDOOR EDUCATION
SPEAKERS/PRESENTATIONS IN THE
COMMUNITY
- TRIPS TO THE HORICON MARSH
EDUCATION CENTER



SCIENCE UMBRELLA



AROUND THE WORLD CLASS

Countries, National Parks, Mountain Ranges, States, Continents, Landmarks, + Oceans! Explore the world virtually and travel somewhere new each week! Learn about their culture, tourist hot spots, animals that live there, and other fun facts! Hurry up, the train is now boarding adventurous folks! All aboard!



POTENTIAL TOPICS TO COVER

- COUNTRIES, STATES + CONTINENTS
- NATIONAL/STATE PARKS
- MOUNTAIN RANGES
- BODIES OF WATER
- CULTURES, TOURIST HOT SPOTS, LANGUAGES, CUISINE, HOLIDAYS, + TRADITIONS

WHAT WE'VE ENJOYED SO FAR

- EXPLORING INTERNATIONAL SNACK BOXES FROM DIFFERENT PARTS OF THE WORLD
- EXPLORING DIFFERENT COUNTRIES
- EXPLORING DIFFERENT STATES
- TRACKING OUR 'TRAVELS' ON A LARGE US AND WORLD MAP



SCIENCE UMBRELLA



GENERAL SCIENCE CLASS

This exploratory class is specially designed for students with diverse learning needs, providing a supportive, structured, and sensory-friendly environment where every learner can explore science with confidence and curiosity. Through simple, engaging, and accessible experiments, students will discover scientific concepts in a fun, interactive way that encourages participation at their own pace.

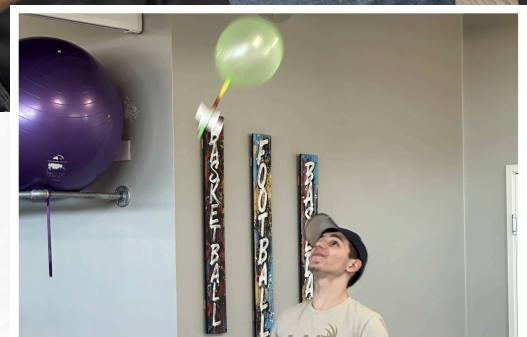


THERE ARE OPPORTUNITIES TO

- CONDUCT SAFE AND EXCITING EXPERIMENTS
- USE OBSERVATION AND COMMUNICATION SKILLS
- EXPLORE TEXTURES, SOUNDS, COLORS, AND MOTIONS

WARNING

- YOU MIGHT WANT TO WEAR SAFETY GOGGLES AND AN APRON!





ARTS N' CRAFTS CLASS

Roll up the sleeves and grab a paint smock.. we're using our creative caps and getting crafty! Paint, bead, sew, cut, glue, draw, sketch, color, shape, sculpt, build, emboss, and sand. Arts n' Crafts is a great time to relax and express yourself! Create group or individual projects that you can take home or sell in our Retail Space!



BENEFITS TO ARTS N' CRAFTS

- EASILY ADAPTABLE TO ALL ABILITIES
- BUILDS SELF-ESTEEM
- ENHANCES COMMUNICATION
- IGNITES SELF-EXPRESSION
- HEALTHY COPING OUTLET
- GUARANTEED SUCCESS
- TEACHES PROBLEM SOLVING
- ENCOURAGES TEAMWORK

POTENTIAL GOALS TO TARGET

- MAINTAINING FOCUS ON A TASK
- TURN-TAKING WITH A PEER
- SENSORY INTEGRATION/EXPLORATION
- COGNITIVE DEVELOPMENT
- EMOTION REGULATION/AWARENESS
- FINE MOTOR SKILLS
- PLANNING/ORGANIZATION SKILLS



PINTEREST CRAFTS CLASS

Pinterest.com is one online resource full of ideas, inspiration, and creativity! Many crafts are made out of recycled materials or common household items! Find a project on Pinterest and make it happen in real life! Work together or individually on a project you get to take home or sell in our Retail Space!



BENEFITS TO ARTS N' CRAFTS

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- BUILDS SELF-ESTEEM
- ENHANCES COMMUNICATION
- IGNITES SELF-EXPRESSION
- HEALTHY COPING OUTLET
- GUARENTEED SUCCESS
- TEACHES PROBLEM SOLVING
- ENCOURAGES TEAMWORK

POTENTIAL GOALS TO TARGET

- CLEANING UP AFTER ONESELF
- PROBLEM SOLVING
- SAFE ONLINE BROWSING
- COGNITIVE DEVELOPMENT
- EMOTION REGULATION/AWARENESS
- FINE MOTOR SKILLS
- PLANNING/ORGANIZATION SKILLS

ARTS UMBRELLA



RECYCLED + REFURBISHED CLASS

Work together to create beautiful works of art, while exploring the limitless possibilities of recycling, fostering creativity with promoting environmental awareness! Practice upcycling, explore different recycled materials, promote sustainability, and turn trash into treasure!



BENEFITS TO RECYCLED ARTS N' CRAFTS

- ENVIRONMENTAL AWARENESS
- BUDGET-FRIENDLY FUN
- EASILY ADAPTABLE TO ALL ABILITIES
- ENHANCES COMMUNICATION
- GIVES SENSE OF ACCOMPLISHMENT
- LEARN IMPORTANCE OF RECYCLING, REPURPOSING, AND REUSING MATERIALS

THINGS WE'VE MADE

- REFURBISHED OUTDOOR PATIO CHAIRS
- BOTTLE TOP WALL ART WE DONATED
- WINE CORK CORK-BOARD
- WINE CORK PHONE HOLDERS
- REFURBISHED AN OLD WOODEN TABLE
- TREE BRANCH BEADED HANGERS
- TIN CAN/JAR PROJECTS



BEADING CREATIONS CLASS

Forget those big-name diamond stores, lets discover the world of beads and jewelry making, where beads become our artistic pallet and our works of art turn into a form of self-expression. Additionally, we can make our own beads too! Then, we can wear or gift it, or sell it in the retail space!



WHY BEADING?

- o BEADING IS EASILY ADAPTABLE TO ALL ABILITIES, COMES IN MANY DIFFERENT SHAPES, SIZES, COLORS, TEXTURES, AND MATERIALS. THEY ALLOW FOR CREATIVITY FREEDOM AND CAN EASILY BE RE-DONE AND FIXED, LEAVING A SENSE OF ACCOMPLISHMENT.

WHAT WE'VE MADE

- o BEADED CATERPILLARS
- o WINDOW SUN CATCHERS
- o KEYCHAINS
- o NECKLACES, BRACELETS, EARRINGS
- o PERLER BEAD MAGNETS
- o MINI GLASS BEED PLANTS
- o ROCK AND BEAD PHOTO HOLDERS

MUSIC UMBRELLA



MUSIC AND YOU CLASS

“Music speaks when words mean nothing.” Join our journey of exploring the connection between music and personal well-being, and understand the deep meaning of music as it relates to ourselves! Just like every song, melody, lyric, and artist, we too are unique but can still connect in many ways!

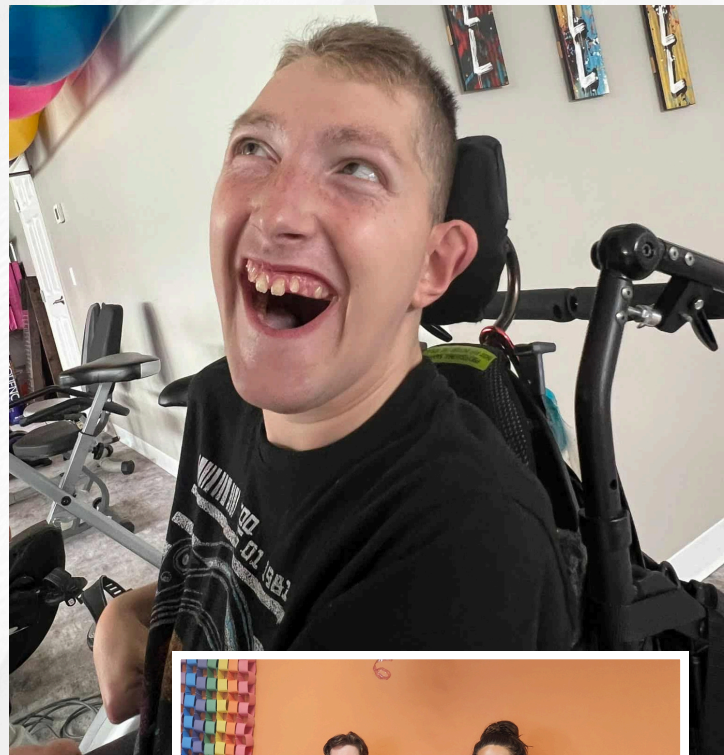


WHY MUSIC?

- PART OF A MULTI-SENSORY EXPERIENCE
- MUSIC IS A UNIVERSAL LANGUAGE
- SIMPLE WAY TO COMMUNICATE
- INHIBITS SELF EXPRESSION
- ALLOWS FOR HEALING
- DIVERSE FOR ALL CULTURES
- USED AS A SELF-REGULATION TOOL
- USED FOR STRESS MANAGEMENT

POTENTIAL GOALS TO TARGET

- EMOTIONAL REGULATION
- TOLERATE TURN-TAKING
- ACCEPT CHANGE IN TASK
- ATTEND TO A TASK
- SOCIAL SKILLS
- SELF-ADVOCATE
- PERSERVERANCE





MUSIC UMBRELLA



MUSIC EXPLORATION CLASS

Throwback to the 80s, rock with ACDC, sing along to the Beatles, learn how to line dance with Luke Bryan... explore music! List to different genres, artists, decades, styles and play instruments right along with the tune. Test your knowledge at 'Name that Song,' or 'Can You Guess The Lyrics?' Learn more about your favorite artists and sing along, if you know the song!

WHY MUSIC?

- PART OF A MULTI-SENSORY EXPERIENCE
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- DIVERSE FOR ALL CULTURES
- USED AS A SELF-REGULATION TOOL
- USED FOR STRESS MANAGEMENT

POTENTIAL GOALS TO TARGET

- ATTEND TO A TASK
- TOLERATE TURN-TAKING
- ACCEPT CHANGE IN ROUTINE
- COMMUNICATION SKILLS
- PHYSICAL MOVEMENT/ACTIVITY
- MAKING CHOICES
- PERSERVERANCE



HEALTHY HABITS UMBRELLA



EXERCISE CLASS

Let's get our bodies moving and our blood flowing! When you exercise, endorphins are released which is good for your mind, body and soul! Walk to a virtual video, lift some weights, go through an obstacle course, or bike on a stationary bike! Are you the next Arnold Schwarzenegger?



POTENTIAL UNITS + ACTIVITIES

- o WALKING PROGRAM
- o FUN WEIGHT-LIFTING
- o STRETCHING
- o GROSS MOTOR GAMES
- o STATIONARY BIKES
- o SCOOTERS
- o RANGE OF MOTION/TIME IN A STANDER

POTENTIAL GOALS TO TARGET

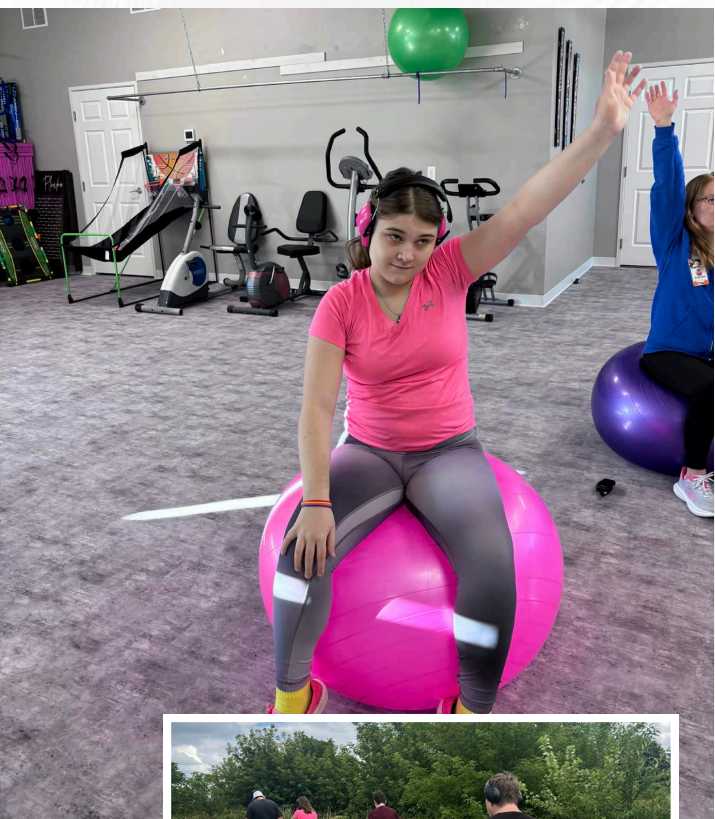
- o RESPECTING PHYSICAL BOUNDARIES
- o LEISURE EXPLORATION
- o CHANGING OF POSITION
- o TOLERATING A NEW TASK
- o FOLLOWING DIRECTIONS
- o EMOTION REGULATION/AWARENESS
- o GROSS MOTOR SKILLS/EXERCISE

HEALTHY HABITS UMBRELLA



HARMONY WITHIN CLASS

We all need to step back and take a breather break – but there are fun ways to do that! Practice yoga for well-being, delve into the practice of mindfulness meditations, learn other practical tools for stress reduction and relaxation, and feel a sense of relaxation from within.



POTENTIAL UNITS + ACTIVITIES

- o YOGA
- o MEDITATION
- o BREATHING
- o STRETCHING
- o MINDFULNESS
- o TAI CHI

POTENTIAL GOALS TO TARGET

- o EMOTIONAL REGULATION/AWARENESS
- o STRESS RELIEF
- o COPING SKILLS
- o FOLLOWING DIRECTIONS
- o BEHAVIORAL MANAGEMENT
- o GROSS MOTOR SKILLS/EXERCISE
- o LEISURE EXPLORATION



HEALTH + NUTRITION CLASS

Let's work together to be more knowledgeable and make better choices about our health and nutrition! Learn about healthy eating habits, balanced nutrition, and lifestyle choices that contribute to overall well-being! Join health and nutrition class to discover how to stay happy and healthy!



POTENTIAL UNITS + ACTIVITIES

- HEALTHY EATING HABITS
- BALANCED NUTRITION
- FRUITS AND VEGGIES
- FOOD LABELS
- UNDERSTANDING SUGAR
- EXERCISE
- NUTRITION FACTS

POTENTIAL GOALS TO TARGET

- LEISURE EXPLORATION
- TAKING TURNS
- WORKING WITH A PEER
- PATIENCE
- FOLLOWING DIRECTIONS
- FINE MOTOR SKILLS
- GROSS MOTOR SKILLS

PURPOSEFUL LEISURE UMBRELLA



BOOK CLUB CLASS

Calling all bookworms!! In this discussion-based group, let's explore some dramas, action, comic, fiction or nonfiction books! Over the course of a few weeks, let's read, talk, and digest some books we have enjoyed in the past or new ones! Maybe we could even write our own book one day...



POTENTIAL ACTIVITIES

- o UTILIZING A LIBRARY
- o DISCUSSING BOOK QUESTIONS
- o LEARNING ABOUT GENRES
- o RESEARCHING AUTHORS
- o LEARNING NEW WORDS
- o WRITING SKILLS
- o READING PLAYS TOGETHER

A TYPICAL DAY IN BOOK CLUB

- o BASIC BOOK CLUB:
 - READ A PHYSICAL OR ONLINE BOOK TOGETHER, DO A CRAFT OR WORKSHEET, WATCH A VIDEO!
- o ADVANCED BOOK CLUB:
 - READ PARTS OF THE BOOK TOGETHER, STUDY DISCUSSION & QUESTIONS





PURPOSEFUL LEISURE UMBRELLA



LEISURE PURSUITS CLASS

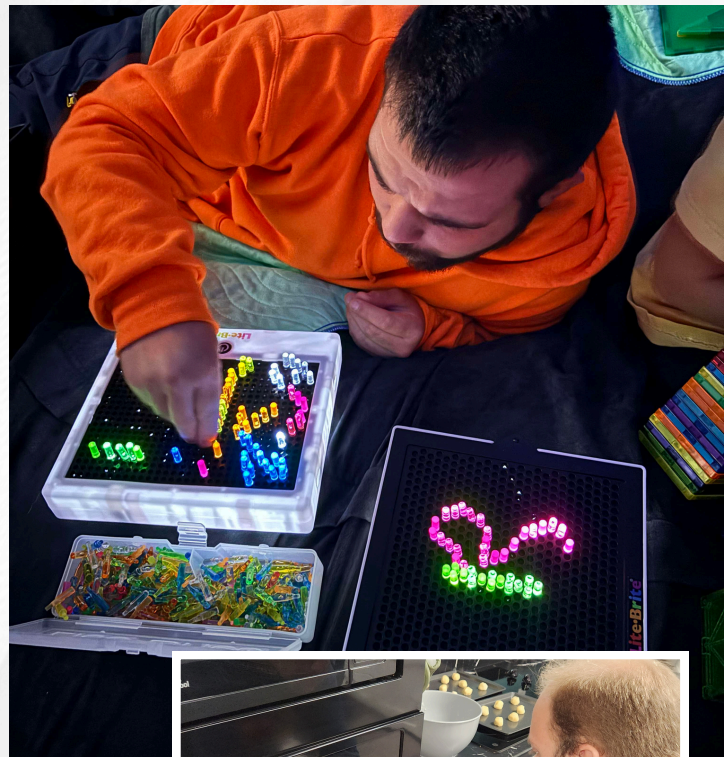
Journey through self-discovery and joy in this class as we seek new hobbies and leisure activities to enrich our lives and foster a sense of fulfillment! Dive into a variety of hobbies from arts to outdoor adventures, and everything in between. Let's give everything a go to discover new hobbies that lead to happiness and ignites our passions!

POTENTIAL OPPORTUNITIES + ACTIVITIES

- o OUTDOOR HOBBIES/ACTIVITIES
- o INDOOR/OUTDOOR SPORTS/GAMES
- o WHOLISTIC ACTIVITIES
- o READING/WRITING
- o ARTS N' CRAFTS
- o WOODWORKING
- o KITCHEN ACTIVITIES

POTENTIAL GOALS TO TARGET

- o PEER INTERACTION
- o TRYING SOMETHING NEW
- o EDUCATION-BASED GOALS
- o COMMUNICATION/SOCIAL SKILLS
- o CRITICAL THINKING
- o SOCIAL SKILLS
- o TEAMWORK



PURPOSEFUL LEISURE UMBRELLA



DANCE + MOVEMENT CLASS

Get groovy and ready to boogie! Tap your feet, clap your hands and move everything between. Explore different dances, music, cultures, dancing games, and move your body to the beat.



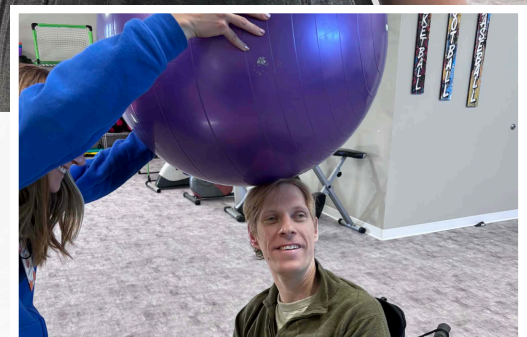
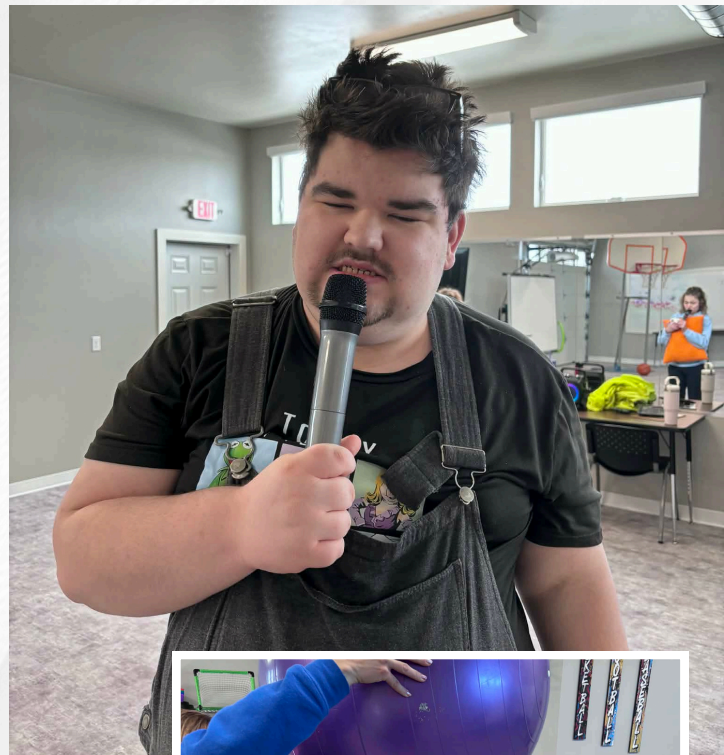
WHY DANCE + MOVEMENT?

... why not! :)

- o FUN FORM OF EXERCISE
- o OPPORTUNITY TO GET ENERGY OUT
- o STRETCHING/ROM
- o FORM OF SELF-EXPRESSION
- o ABLE TO ADAPT TO ALL ABILITIES

POTENTIAL GOALS TO TARGET

- o MOBILITY GOALS
- o MAKING CHOICES
- o COPING/BEHAVIOR ADJUSTMENT
- o FOLLOWING DIRECTIONS
- o SOCIAL SKILLS
- o SEQUENCING



PURPOSEFUL LEISURE UMBRELLA



GAMES/BRAIN BUSTER CLASS

Battleship- sunk your ship!
Clue- who did it?
Monopoly- pay and get out of jail!
Sorry- sent back to start!
Jenga- slow and steady!
Uno- I win!

Test your strategy, work alone or as a team, and enjoy eachothers company while playing different card/board games!



POTENTIAL UNITS + ACTIVITIES

- o MAKE YOUR OWN GAME
- o CLASSIC BOARD GAMES
- o NEW BOARD GAMES
- o TEAMWORK/GROUP GAMES
- o EDUCATIONAL BOARD GAMES
- o JUST PLAIN OL' HAVING FUN!

SOME OF OUR FAVORITE GAMES

- o SCRABBLE
- o CHESS
- o 7'S
- o BINGO
- o SEQUENCE
- o DOOMLINGS
- o MEMORY



PURPOSEFUL LEISURE UMBRELLA



GROSS MOTOR GAMES CLASS

Let's go kick a goal, make a basket, get a bullseye, hit a homerun, score a touchdown, get a 3-point ringer, bowl a strike, get an ace! Get ready to sweat, run, walk, stretch, compete, work as a team, keep score, and celebrate a victory during these gross motor games that work your whole body head to toe!

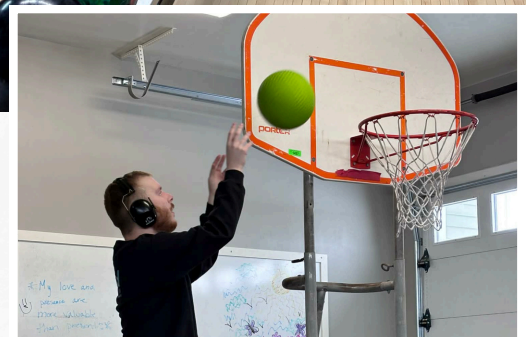
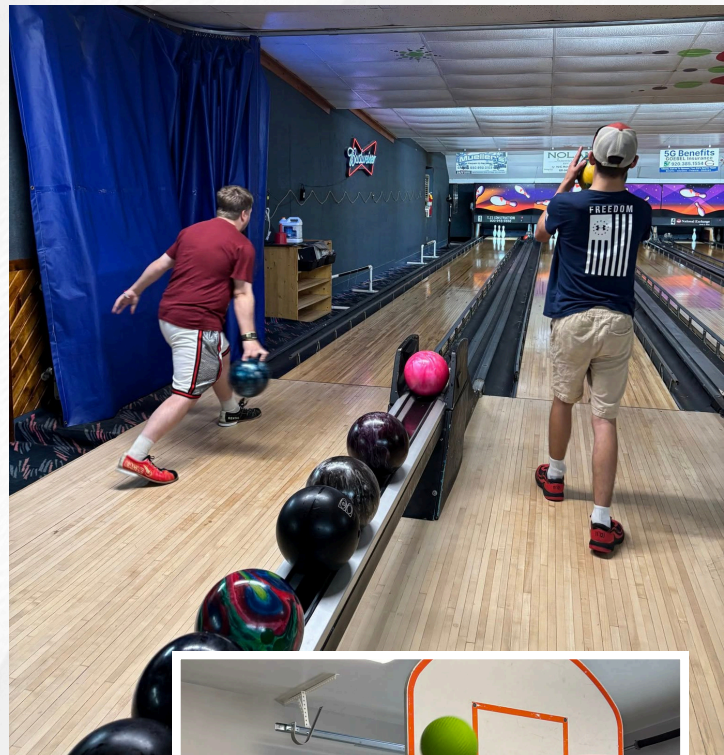


POTENTIAL UNITS + ACTIVITIES

- o CLASSIC SPORTS
- o ADAPTIVE LARGE BOARD GAMES
- o TEAMWORK/GROUP GAMES
- o COMPETITIVE GAMES
- o RELAY GAMES
- o OLYMPIC GAMES, YOU NAME IT!

POTENTIAL GOALS TO TARGET

- o GROSS MOTOR SKILLS
- o ROM/PHYSICAL ACTIVITIES
- o CRITICAL THINKING
- o FOLLOWING DIRECTIONS
- o SOCIAL SKILLS
- o SEQUENCING
- o ACCEPTING A LOSS/DEFEAT





PURPOSEFUL LEISURE UMBRELLA



TECH 101 CLASS

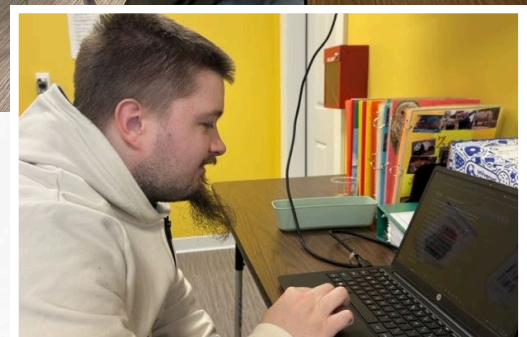
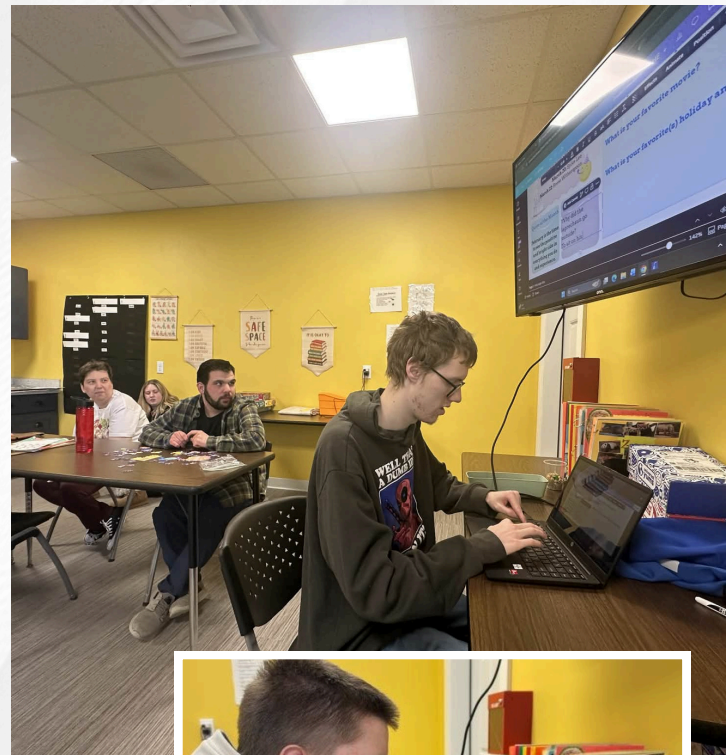
Google, YouTube, Microsoft Office, Music, Kindle books, action games, learning games, strategy puzzles and card games. Get techy and individually explore what is out on the web while practicing internet safety! The world is at your fingertips - what will you discover and dive into today?

TYPICAL DAY IN TECH 101

o COME ON IN AND EXPLORE INDEPENDENTLY, OR WITH STAFF ASSISTANCE, THE WORLD WIDE WEB. READ A BOOK ONLINE, TRY SOME NEW GAMES, OR LISTEN TO YOUR FAVORITE ARTIST. WHILE DOING THIS, WE CAN LEARN INTERNET AND TECHNOLOGY SAFETY!

THINGS WE'VE DONE

- o MAKE MONTHLY NEWSLETTER USING A COMPUTER 'CANVA' PROGRAM
- o MAKE ONWARD EVENT FLYERS USING MICROSOFT WORD AND GOOGLE DOCS
- o WORK ON TYPING, SAFE INTERNET SEARCHING, + WORKING WITH PHOTOS
- o ANIMATION CLASS





PURPOSEFUL LEISURE UMBRELLA



SPORTS FANATICS CLASS

Did you hear who won the game last night and which player got drafted to another team? Stay up to date on today's sports, prepare for upcoming games, and learn a thing or two from researching statistics! Maybe you can do it better than the big-wigs... so get ready to make a basket, or see how far you can throw! Learn and interact with other sports fanatics!

THINGS WE'VE DONE

- o MADE OUR OWN TRADING CARDS
- o LEARNED ABOUT SPORTSMANSHIP
- o WENT TO A GOLF DRIVING RANGE
- o FOLLOW SPORTS TEAMS + STATISTICS
- o HELD A MARCH MADNESS BRACKET CONTEST
- o FOLLOW LOCAL SPORTS TEAMS

POTENTIAL GOALS TO TARGET

- o GROSS MOTOR SKILLS
- o TEAMWORK
- o USING THE INTERNET
- o FOLLOWING DIRECTIONS
- o CRITICAL THINKING
- o PROBLEM SOLVING



SENSORY UMBRELLA



EXPLORING YOUR SENSES CLASS

Dive into the richness of sensory experiences while trialing and connecting with new sensations! See a new perspective through a sight, let your ears hear a symphony, discover flavors and textures of foods, explore a sense of touch through hands-on materials, smell the aromas, and overall – open your mind to new senses that can take you far away!



WHAT IS SENSORY?

SENSORY IS A HUGE PART OF ALL OF OUR DAILY TASKS, EXPERIENCES, WORK, FAMILY-TIME, LEISURE, ETC. IT'S THE SMELLS, FEELINGS, SIGHTS, TASTE, AND SOUNDS. IT'S THE INPUT WE RECEIVE THAT WE THEN HAVE TO CREATE AN OUTPUT FOR! SOME ARE BETTER AT SELF-REGULATING THAN OTHERS, SO THIS CLASS WOULD HELP EXLPORE, TOLERATE, AND INTEGRATE!

POTENTIAL GOALS TO TARGET

- o SENSORY INTEGRATION
- o COPING SKILLS
- o FINE MOTOR SKILLS
- o EDUCATIONAL GOALS
- o FOLLOWING DIRECTIONS
- o PEER INTERACTION

SENSORY UMBRELLA



SENSORY CLASS

Take this moment to de-compress, de-stress, regulate, and breath. In the sensory room, you can experience sensory exploration, massage, comfy chairs, dimmed lights and a calm ambiance to get you back on track or ready to conquer the hustle and bustle of the day. Do some brushing and ROM too in a tolerable environment!



WHAT IS SENSORY?

SENSORY IS A HUGE PART OF ALL OF OUR DAILY TASKS, EXPERIENCES, WORK, FAMILY-TIME, LEISURE, ETC. IT'S THE SMELLS, FEELINGS, SIGHTS, TASTE, AND SOUNDS. IT'S THE INPUT WE RECEIVE THAT WE THEN HAVE TO CREATE AN OUTPUT FOR! ENJOY OUR SENSORY ROOM THAT IS MEANT FOR TAKING A BREAK, CALMING, ROM/MASSAGE, AND STEPPING AWAY FROM REALITY.

TYPICAL DAY IN SENSORY

WHETHER YOUR TIME IN SENSORY IS SCHEDULED OR YOU USE IT AS A DROP-IN, GET COZY ON AN ALTERNATIVE SEATING/CHAIR, TAKE IN THE AROMA AND LIGHTS, GRAB A FUN FINE MOTOR TASK AND RELAX. LISTEN TO THE SOFT MUSIC, FEEL A MASSAGER, AND BREATHE.