

SUMMER GROUPS

THERAPEUTIC INTENSIVE LIFE SKILLS PROGRAM

This summer, improve independence in life skills and leisure activities through participation in daily life activities, home management, relaxation techniques, games, fitness, and social thinking.

This program is geared towards adolescents/young adults and is a LIFE SKILLS based therapeutic program. This program is offered MONDAY through THURSDAY from 9-12pm or 12-4pm. *Therapeutic Life skills may be scheduled for half day or full day sessions and they may be scheduled 1 day per week to 4 days per week

*The content of this program meets the therapeutic and program requirements of an ESY program for many school districts and may be considered or recommended as part of school funded ESY for your child.

Please inquire for additional information.



For More Information:
Call 860-284-9779 or email
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THERAPEUTIC INTENSIVE LIFE SKILLS PROGRAM

THE SCHEDULE OF ACTIVITIES



MORNING ROUTINE

1 9:00-10:00 AM MAKE BREAKFAST

The participants will have the opportunity to make breakfast together using various strategies. The participants will also eat together, socialize while eating and clean up following breakfast. This hour will focus on social skills, table manners and independence with meal preparation and clean up.

2 10:00-11:10 AM ACTIVITIES OF DAILY LIVING

The participants will complete activities such as being able to shave independently, brush hair, apply deodorant, brush their teeth as well as participate in folding clothes, vacuuming and other various "chores" to improve independence.

3 11:00-11:30 AM YOGA RELAXATION

This group will incorporate relaxation techniques and yoga sequences, which will improve coordination, stability, endurance and mindfulness. Participants will play age appropriate group games, which are yoga based.

4 11:30-12:00 PM GAMES, GAMES, GAMES

The end of the morning will focus on playing classic board games as well as outdoor activities. Skills reviewed will be following directions, turn taking and peer interaction. Rules for each game will be taught in a systematic way and reviewed.

AFTERNOON ROUTINE

1 12:00-1:00 PM LUNCH

The participants will have the opportunity to make lunch together using various strategies. The participants will also eat together, socialize while eating and clean up following lunch. This hour will focus on social skills, table manners and independence with meal preparation and clean up.

2 1:00-2:00 PM PROMOTING ACTIVITY

This fitness group was developed by our personal fitness trainer and is one of our most popular programs. This hour will focus on the health and well being of an individual and to develop long lasting health related initiatives based on physical fitness.

3 3:00-3:30 PM SOCIAL THINKING

Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotions. Social thinking targets improving individual social thinking abilities, regardless of diagnostic label. This group will use the social thinking curriculum to focus on the pragmatic language skills needed for interacting and communicating with others.

4 3:00-4:00 PM LIFE SKILLS

The participants will complete activities grooming activities, life skills activities such as folding clothes, vacuuming and other various "chores" to improve independence. Office/organization activities will be completed as well as planning meals and using "Peapod" by Stop and Shop to grocery shop and put away grocery food items when they arrive.