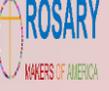


# JULY

# 2022

## ST. MARY'S INDEPENDENT LIVING EXTENSIONS DAY PROGRAM CALENDAR AND ACTIVITY GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>REMINDERS</b></p>  <p>Include in your lunch bag at least 2 bottles of water, utensils, and a napkin.</p>  <p>Wear a mask to cover your nose and mouth while indoors at the day program and on the bus/van.</p>		<p><b>Happy Birthday July Birthdays</b></p>	<p><b>Right of the Month</b></p> <p>Your human rights include the right to life and liberty, freedom from servitude and cruelty, and freedom of opinion and expression.</p>	<p>1</p>  <p><b>Drama CLUB</b></p>
<p>4</p> <p><b>Happy 4<sup>th</sup> of July</b></p> <p>Day Program is Closed</p>	<p>5</p>   <p><b>Social Skills Emotional Wellbeing</b></p>	<p>6</p>  <p><b>RIGHT OF THE MONTH Social Skills Strategies</b></p>  <p><b>CHAIR AEROBICS @ 1pm</b></p>	<p>7</p> <p><b>Fernbank NUMBER SKILLS GAMES</b></p> 	<p>8</p>  <p>1658 Turner Church Rd, McDonough, GA 30252 Bring \$1 for Admission U-Pick flowers, blueberries, blackberries</p>
<p>11</p>   <p><b>Bowling Club 10am-12pm Stars &amp; Strikes Loganville</b></p>	<p>12</p>   <p><b>Social Skills Thumbball</b></p>	<p>13</p>  <p><b>Zumba</b></p> <p><b>EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</b></p>	<p>14</p> <p><b>Fernbank NUMBER SKILLS GAMES</b></p> 	<p>15</p> <p><b>Mall of Georgia</b> Interactive Splash Pad and Lunch. Bring \$10 3333 Buford Dr, Buford, GA 30519</p> <p><b>Drama CLUB</b></p>
<p>18</p>  <p><b>Social Skills Strategies Scrapbooking &amp; Paper Crafts</b></p> 	<p>19</p>   <p><b>Social Skills Emotional Wellbeing Scrapbooking &amp; Paper Crafts</b></p>	<p>20</p>  <p><b>RIGHT OF THE MONTH</b></p>  <p>Lilburn Library</p>  <p><b>CHAIR AEROBICS @ 1pm</b></p>	<p>21</p> <p><b>Fernbank NUMBER SKILLS GAMES Scrapbooking &amp; Paper Crafts</b></p> 	<p>22</p> <p><b>Scrapbooking &amp; Paper Crafts</b></p>  <p>Lilburn Library</p> <p><b>Drama CLUB</b></p>
<p>25</p>   <p><b>Bowling Club 10am-12pm Stars &amp; Strikes Loganville</b></p>	<p>26</p>    <p><b>Latch Hook + Yarn Crafts</b></p>	<p>27</p> <p><b>Zumba</b></p>  <p><b>Latch Hook + Yarn Crafts</b></p>	<p>28</p> <p><b>Fernbank NUMBER SKILLS GAMES Scrapbooking &amp; Paper Crafts</b></p> 	<p>29</p> <p><b>Scrapbooking &amp; Paper Crafts</b></p>  <p>Lilburn Library</p> <p><b>Drama CLUB</b></p>

# SOCIAL SKILLS ADAPTIVE COPING STRATEGIES

## Mind Brain Emotion Adaptive Coping Strategies

Use the **MIND BRAIN EMOTION** deck of cards to build skills in  
Adaptive Coping Strategies.

It's not what happens  
**TO YOU**, but how you **REACT** to it that matters.

**Emotion-focused Strategies:** Managing or changing how you react emotionally.

**Appraisal-focused Strategies:** Modifying the way you think about the situation.

**Problem-focused Strategies:** Reducing or eliminating the source of your stressor.

## SOCIAL SKILLS: THE ANXIETY THUMBALL

**Fun Group Activity for Learning to Cope with Anxiety and Worry**

Players learn coping skills for anxiety while increasing social skills and having fun.

Toss the ball, catch it, and respond to the prompt under your thumb.

Get up and active during the session.

## SOCIAL SKILLS: EMOTIONAL WELLBEING

**Identify Feelings and Make Positive Choices**

**I KNOW WHAT TO DO WHEN I'M FEELING** flipbook is a tool to help us with self-regulation and identify and respond appropriately to emotions. It will help us to build confidence and address social skills, including conversational and listening skills, and literacy. Through creative game play we will make connections with other by role-playing, collaborating, and expressing thinking or creativity to answer complex questions, investigate issues, and develop solutions for real-world problems.

**18 DIFFERENT EMOJI MOOD TABS** - Angry, bored, confident, confused, embarrassed, excited, frustrated, grumpy, happy, hungry, impatient, sad, scared, shy, sick, tired, ungrateful, and worried. Easily find and flip to the emotion or feeling that expresses their current mood, and the corresponding positive choice that can be taken.