

JUNE

2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REMEMINDERS</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 or van.</p>		<p>GOALS 1</p> <p><i>Social/Coping Skills</i></p> <p>Walk Indoors at Lucky Shoals Park Gym!</p> 	<p>Fernbank 2</p> <p>NUMBER SKILLS GAMES</p>  <p>Lilburn Library</p>	<p>Zumba 3</p> <p>HAPPINESS IS YELLING BINGO</p>  <p>Drama CLUB</p>
<p>GOALS 6</p> <p><i>Social Skills: Adaptive Coping Strategies</i></p>  <p>Lilburn Library</p>	<p>GOALS 7</p>  <p>OPEN HAND ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p><i>Social Skills Positive Choices To Express Feelings/Moods</i></p>	<p>GOALS 8</p> <p>RIGHT OF THE MONTH</p> <p><i>Social Skills: Adaptive Coping Strategies</i></p>  <p>Community Living Skills</p>	<p>Fernbank 9</p> <p>NUMBER SKILLS GAMES</p> <p>HAPPINESS IS YELLING BINGO</p> <p>Walk Indoors at Lucky Shoals Park Gym!</p> 	<p>GOALS 10</p>  <p>Monthly Weigh-in</p>  <p>Bowling Club 10am-12pm Stars & Strikes Loganville</p>  <p>Drama CLUB</p>
<p>GOALS 13</p>  <p>Field Trip @ 10am Fernbank Museum of Natural History</p>	<p>GOALS 14</p>  <p>OPEN HAND ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p><i>Social Skills Thumbball Activity: Coping w/ Anxiety & Worry</i></p>	<p>GOALS 15</p> <p>EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</p>  <p>YOGA HEALTH</p>  <p>Zumba</p>	<p>Fernbank 16</p> <p>NUMBER SKILLS GAMES</p> <p>Walk Indoors at Lucky Shoals Park Gym!</p> 	<p>GOALS 17</p>  <p>SUGARLOAF MILLS</p> <p>Walk, shop, lunch Bring \$10-\$15</p>  <p>Drama CLUB</p>
<p>GOALS 20</p>  <p>Bowling Club 10am-12pm Stars & Strikes Loganville</p> <p><i>Social Skills: Adaptive Coping Strategies</i></p>	<p>GOALS 21</p>  <p>OPEN HAND ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p><i>Social Skills Positive Choices To Express Feelings/Moods</i></p>	<p>GOALS 22</p> <p>RIGHT OF THE MONTH</p> <p>Walk Indoors at Lucky Shoals Park Gym!</p> 	<p>Fernbank 23</p> <p>NUMBER SKILLS GAMES</p>  <p>40 FUN & FANTASTIC Yarn Arts & Crafts</p> <p>Latch Hook + Yarn Crafts</p>	<p>GOALS 24</p>  <p>Dahlongega Butterfly farm</p> <p>Field Trip Bring a cold lunch. Bring \$5 • Depart 9am 427 Castleberry Bridge Rd., Dawsonville 30534 706-867-9473</p>
<p>GOALS 27</p> <p><i>Social Skills: Adaptive Coping Strategies</i></p>  <p>Zumba</p>	<p>GOALS 28</p>  <p>OPEN HAND ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p><i>Social Skills Thumbball Activity: Coping w/ Anxiety & Worry</i></p>	<p>GOALS 29</p>  <p>Bass Pro Shops</p> <p>5900 Sugarloaf Parkway 30043 Camping Gear Scavenger Hunt</p>  <p>YOGA HEALTH</p>	<p>Fernbank 30</p> <p>NUMBER SKILLS GAMES</p>  <p>40 FUN & FANTASTIC Yarn Arts & Crafts</p> <p>Latch Hook + Yarn Crafts</p>	<p>Right of the Month</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.

Current Events and Positive News You Can Use Every Tuesday

Studying and discussing current events helps to build language, vocabulary, reading comprehension, critical thinking, problem-solving, oral expression, and listening skills. Current events offer ideal opportunities for cooperative-group instruction, discussions, debates, and much more.

Point the camera on your smart device at the QR Code. The QR Code link will be available to open the website to access information. Select an article to review and discuss with the group.



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