

TIME	ACTIVITY	FOCUS AREA	EXAMPLES / WHAT IT LOOKS LIKE
8:00 – 8:30 AM	Arrival, Breakfast & Morning Greetings Start the day with connection and positive energy.	 Social Skills / Self-Care	- Eat breakfast (if needed) - Morning greetings & hellos - Calendar, weather, daily schedule - Share, listen & connect
8:30 – 9:30 AM	Vocational Skills & Work Readiness Build skills for independence and future employment.	 Employment Readiness	- Sorting & organizing - Filing, office assistance - Packaging / assembly - Inventory, stocking - Following multi-step directions
9:30 – 10:15 AM	Physical Activity & Wellness Move our bodies and take care of our health.	 Health & Wellness	- Walking group / fitness - Stretching, yoga - Dance & movement - Sports & group games - Outdoor recreation
10:15 – 10:30 AM	Life Skills Preparation Get ready for snack and group time.	 Life Skills	- Wash hands - Bathroom routines - Prepare snack area - Clean personal space
10:30 – 11:00 AM	Snack & Social Time Enjoy a healthy snack and build friendships.	 Communication / Social Skills	- Eat snack - Conversation & peer interaction - Practice mealtime skills - Build friendships
11:00 – 11:30 AM	Independent Living Skills Help clean and take care of our space.	 Independent Living	- Wash dishes - Sweep, clean, sanitize - Organize & straighten - Kitchen / area clean-up
11:30 AM – 12:30 PM	Arts, Crafts & Creative Projects Create, imagine and explore!	 Creativity / Fine Motor Skills	- Painting, drawing - Crafts & seasonal projects - Group art projects - Sensory & fine motor activities
12:30 – 12:45 PM	Lunch Preparation Clean up and get ready for lunch.	 Self-Help Skills	- Clean up & set up - Wash hands - Bathroom breaks - Set up for lunch
12:45 – 1:30 PM	Lunch Enjoy lunch and practice social skills.	 Social Skills	- Eat lunch - Practice conversation - Mealtime manners - Peer engagement
1:30 – 2:00 PM	Music & Relaxation Relax, recharge and enjoy music.	 Leisure / Enrichment	- Music class - Sing-alongs - Relaxation / mindfulness - Movement to music
2:00 – 2:30 PM	Community Awareness / Enrichment Learn about our community and the world.	 Learning & Exploration	- Community resources - Safety skills - Current events - Guest speakers / special interests
2:30 – 3:00 PM	Reading, Journaling & Calm Activities Read, write and reflect.	 Literacy / Self-Expression	- Reading / read-aloud - Journaling - Mindfulness - Calm activities
3:00 – 3:30 PM	Vocational & Life Skills Rotations Practice job & daily living skills.	 Job Skills / Life Skills	- Office assistance tasks - Mock interviews - Resume building - Team projects / task practice
3:30 – 4:00 PM	Social Club, Games & Show Time End the day with fun and connection.	 Recreation / Peer Interaction	- Group games - Social clubs - TV / show time - Relax & connect

COMMUNITY OUTINGS



**EVERY THURSDAY
& WHEN WE CAN ADD
ANOTHER DAY!**

We love exploring our community! Outings may include:

-  Parks & Recreation
-  Restaurants & Cafés
-  Libraries
-  Museums & Attractions
-  Shopping & Life Skills
-  Volunteer Opportunities
-  Community Events
-  Practicing Money Management

Outings build independence, social skills, confidence and real-world experiences!

EXAMPLES OF OUTINGS



Grocery Shopping



Dining Out



Parks



Community Events



Museums



Libraries

LIFE SKILLS FOCUS (WEEKLY ROTATION EXAMPLES)

MONDAY

Laundry Skills



TUESDAY

Cooking & Food Prep



WEDNESDAY

Shopping & Budgeting



THURSDAY

Community Outing Day



FRIDAY

Money Management & Community Safety



AFTERNOON CLUBS ROTATION (EXAMPLES)



Music



Art Club



Club



Cooking Club



Technology Club



Social Club & Celebration

 EMPOWER

 INCLUDE

 INSPIRE

 aspiring-steps.com