

Life Program Daily Schedule

MM, DD, YY

TIME

ACTIVITY

9:00 - 9:10

Mingling, parent and client check-ins

9:10 - 9:40

Morning snack, coffee, schedule review

9:40 - 10:30



Pairing (Hang out)

10:30 - 10:40

Transitions: Movement & washroom break; snack if needed

10:40 - 11:30



AFLS (Assessment of Functional Living Skills)

11:30 - 11:40

Transitions: Movement & washroom break

11:40 - 12:25

Lunch

12:25 - 12:35

Transitions: Movement & washroom break

12:35 - 1:25



PEERS (Program for Education & Enrichment of Relational Skills)

1:25 - 1:35

Transitions: Movement & washroom break; snack if needed

1:35 - 2:25



Zumba

2:25 - 2:35

Transitions: Movement & washroom break

2:35 - 3:00

Clients fill out summary sheets, goodbyes, check-ins

ROTATING SKILL BUILDING SESSIONS (Daily focus changes may include):



- AFLS
- Budgeting
- Job Readiness
- Kitchen/Knife Skills
- Pairing
- PEERS
- Perspective Taking
- Reciprocal Conversation
- Self Advocacy
- Talk Initiation
- Yoga
- Zumba