

SET Program
Activities for the Week (ages 12-14)

EXAMPLE

Every week the groups focus on a social living skill and an independent living skill. This week the group will focus on Expressing Emotions and Health & Wellness.

	Skill Lessons & Journaling	Activities
Mon.	Skill Lesson – Identifying Feelings Skill Lesson – Talking About Your Feelings Journal at the end of the day	Lunch & Clean Up (follow clean-up checklist on refrigerator) Activity – Music Therapy Developing next week’s menu and schedule of activities Swimming at Island Park Pool Baking Cookies for nursing home residents Snack
Tues.	Skill Lesson – I-Messages Skill Lesson – Empathy Journal at the end of the day	Lunch & Clean Up (follow clean-up checklist on refrigerator) Volunteering with nursing home residents – playing BINGO Softball game with the other groups at Lindenwood Park Snack
Wed.	Skill Lesson – Mixed Emotions Skill Lesson – Handling Change Journal at the end of the day	Out to Eat (social language/manners, ordering, paying) Art Therapy – making a volcano – volcano is like our emotions, they can erupt and get out of control Tour of local Vet Clinic Bowling Snack
Thurs.	Skill Lesson – Self-Talk Skill Lesson – Self-Control Journal at the end of the day	Lunch & Clean Up (follow clean-up checklist on refrigerator) Dr. Rachel Fleissner group session – discussion topic is anger management MSUM Planetarium Tug of War with all groups at Gooseberry Park Snack
Friday	Skill Lesson – My Stress Tree Skill Lesson – How To Maintain Good Mental Health and Physical Health	Picnic Lunch Red Hawks Baseball Game Snack

Next week the group will focus on Problem Solving Skills and Personal Hygiene