

SET Program
Activities for the Week (ages 15-17)

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 Money Management.

| | Skill Lessons & Journaling | Activities |
|--------|--|---|
| Mon. | Skill Lesson – Creating A Budget Skill Lesson – How To Use Banking Services | Lunch & Clean Up (follow clean-up checklist on refrigerator) Developing next week’s menu and schedule of activities Tour of local bank Swimming at Island Park Pool Snack |
| Tues. | Skill Lesson – How To Handle Money Skill Lesson – Paying Your Bills | Lunch & Clean Up (follow clean-up checklist on refrigerator) Grocery Shopping (create shopping list, coupons, budget, paying, counting change) Volunteering at Dakota Boys & Girls Ranch Thrift Store Bowling Snack |
| Wed. | Skill Lesson – Dealing With Anger Toward Others Skill Lesson – Dealing With Another Person’s Anger Journal at the end of the day | Out to Eat (social language/manners, ordering, paying) Dr. Rachel Fleissner group session – discussion topic is anger management Library – Teen Summer Series Reading Program Snack |
| Thurs. | Skill Lesson – I-Messages Skill Lesson – Mixed Emotions Journal at the end of the day | Picnic Lunch Red Hawks Game Snack |
| Friday | Skill Lesson – Self-Talk Skill Lesson – Self-Control Journal at the end of the day | Lunch & Clean Up (follow clean-up checklist on refrigerator) Disc Golf Basketball Game at The Dike with Group 1 Snack |

Next week, the group will focus on Caring About Yourself and Others, as well as, Pre-Employment Skills.