



RECREATIONAL
RESPITE

January 2022 - Young Adults (16+)

<p>Program Title REC - Recreation Program BIW - Build It Workshop</p>	<p>Description</p>
<p><i>January 10th</i> Winter Warm-Up: Sledding</p> <p><i>January 17th</i> Winter Warm-Up: Build a Snowman</p> <p><i>January 24th</i> Winter Warm-Up: Skiing & Skating</p> <p><i>January 31st</i> Winter Warm-Up: Hiking</p>	<p>The <i>Winter Warm-Up</i> series is a twist on our always popular Muscles & Me programs. During these sessions, participants will explore physical literacy in a way that supports and promotes outdoor activity in the winter months. The facilitator will guide participants through movements and exercises that will benefit them in their exploration of new and/or familiar winter hobbies. Participants will also be guided through a relaxing wind-down stretching segment that can be practiced after they return to the comfort of their homes. Participants will be encouraged to take advantage of the winter season with sledding, hiking, skiing, skating, and building a snowman. This series aims to support physical and mental wellbeing, gross motor development, and socialization.</p>
<p><i>January 10th</i> Multicultural Studies: Spanish 1</p> <p><i>January 17th</i> Multicultural Studies: Spanish 2</p> <p><i>January 24th</i> Multicultural Studies: Spanish 3</p> <p><i>January 31st</i> Multicultural Studies: Spanish Cultures Around the World</p>	<p>This Multicultural Studies series comprises four programs. During the first three programs, participants will be guided through the basics of the Spanish language where they will learn foundational vocabulary and sentence structure. Participants will have opportunities to test their knowledge by practicing basic conversations with one another. In the fourth and final component of this series, participants will be guided through the exploration of Spanish speaking cultures around the world. As a group we will discuss the diverse traditions, cuisines, and celebrations that these cultures practice. This series aims to promote communication skill development, patience, questioning skills, and a broadened perspective and acceptance of other cultures.</p>
<p><i>January 12th, 19th, & 26th (1 hour each)</i> Friendship Bubble Circle</p>	<p>These groups encourage safe talk and activity spaces for young adults to come together. This program runs 1X per week for 1 hour each, over the course of 3 weeks. These programs aim to be directed by the participants and supported by our Recreation Therapists. These programs</p>

	offer a safe space for self-expression and nurturing new relationships. It encourages conversations that address self-awareness and sense of self and will help to identify new interests or hobbies. Participants are welcome to have a family member or friend join on their screen at home!
<i>January 13th, 20th, & 27th (1.5 hours each)</i> Dungeons & Dragons (A1)	<i>The Dragon of Icespire Peak</i> - There have been some strange happenings in Phandalin lately. Ever since the white dragon appeared, the settlers live in fear that the town they have worked so hard to build will be destroyed. Players will work together to navigate through challenges, peril, and puzzles all under the guidance of their Game Master. This 3 session Adventure sampler is designed for players with some D&D experience. Players should prepare a level 3 character before the first session; assistance will be provided if needed.
<i>January 14th, 21st, & 28th (1.5 hours each)</i> Dungeons & Dragons (B)	<i>Beginners</i> - A student in the local wizardry school has cast a dangerous spell and accidentally set something loose. Can you help her clean up this mess before it alerts the school master and gets her expelled? Adventurers will work as a group to navigate through challenges, peril and puzzles learning the game as they play all under the guidance of their Game Master. This 3-session adventure is designed for Beginners. Players will be invited to build a 1st level character before the session or choose from one provided.
<i>January 11th</i> Online Trip: Jurassic Park (REC)	We will explore the historic world of dinosaurs. With the guidance of our facilitator, we will identify different types of dinosaurs, how they lived, and why they went extinct. As a special bonus, we will create our own fossil crafts. This program aims to foster research and questioning skills, creativity, socialization, and empathy.
<i>January 12th</i> Emotional Awareness: The Winter Blues & Blahs (BIW)	During this program the facilitator will support participants in their understanding of seasonally affected mental health. Together we will explore concepts such as reduced vitamin D, less physical activity, and decreased socialization and how these things can affect our overall well-being. Participants will be encouraged to collaborate with one another to brainstorm coping strategies that will help to alleviate the challenges that sometimes come in the winter months. This program aims to support mental-wellbeing, emotional awareness, empathy, and coping.
<i>January 13th</i> Art & Mixed Media:	During this art program, participants will be encouraged to use mixed media to explore their individual goals and

Vision Boards (REC)	aspirations. With the guidance of the facilitator, participants will explore the concept of a vision board and how they can be used to gain an objective perspective on one's own life and desires. This program aims to promote artistic and creative expression, self-awareness, strategic thinking, and goal setting.
<i>January 14th</i> TGIF - Movie Talk Cost: Free	Join us for our Friday night Movie Talk! This program encourages individuals to come together with peers to play games and socialize, in a safe and inclusive space to talk, laugh, engage, and discover new interests and friends. Participants are welcome to join the program in their cozy movie night attire, with snacks, and/or a list of their favorite movies!
<i>January 15th</i> Emotional Awareness: Grief & Loss (BIW)	During this Emotional Awareness session, participants will explore the effects that loss can have on their mental well-being. Grief is a very normal emotion and unfortunately many of us must face it at some point in our lives. If participants are comfortable, they will be provided a safe and open space to share moments of grief in their lives. With the guidance of the facilitator, participants will explore poetry and art as an effective coping strategy when experiencing grief and loss. This program aims to foster emotional regulation, empathy, resilience, and communication.
<i>January 18th</i> Online Trip: 7 Wonders of the World (REC)	During this program, participants will virtually explore the 7 man-made wonders of the world. With the guidance of the facilitator, participants will discover the history behind these ancient monuments - from the Colosseum in Italy to the Taj Mahal in India. This program aims to support curiosity and questioning skills, socialization, and a broadened perspective of the world.
<i>January 19th</i> Emotional Awareness: Life During COVID (BIW)	This program will discuss the relevant concept of living life in a pandemic; participants will have the opportunity to relate to one another's experiences and share how COVID has affected them and those close to them. The facilitator will guide participants through coping strategies in a safe and open space where participants are free to express themselves without judgement. This program lends to empathy, emotional regulation, active listening, and comparison for one another.
<i>January 20th</i> Art & Mixed Media: Learn to Draw	During this program, participants will be guided through a series of fun and unique drawing tutorials! Participants will be given an opportunity to demonstrate their current drawing

<p>Animals (REC)</p>	<p>skills and share what they would like to learn with the group. With the guidance of the facilitator, participants will learn some basic drawing tips and tricks to help them draw animals. We will also be given the opportunity to choose an animal to learn to draw as a group for our final project! This program aims to build upon spatial awareness, creativity, communication, active listening, and resilience.</p>
<p><i>January 21st</i> Games: Minecraft Board Game (REC)</p>	<p>This Minecraft-themed virtual board game will have participants travel through different biomes collecting armor and resources. Fight off dangerous mobs and trade with villagers to advance and get bonuses. Watch out for creepers as we venture into dark caves. Repair the broken End portal and battle the Ender Dragon to get her coveted Egg and win the game! This program fosters critical thinking, self-esteem, socialization, and numeracy.</p>
<p><i>January 22nd</i> Emotional Awareness: Building Self-Esteem (BIW)</p>	<p>During this Emotional Awareness session, participants will explore what self-esteem means and how it plays a role in their everyday lives. The facilitator will guide participants through understanding what a positive self-esteem looks like and how they can improve the way they view themselves. Concepts such as positive self-talk, affirmations, and celebrating one's successes will be explored during this program. This essential skill building workshop aims to foster self-awareness, empathy, patience and resilience, and communication.</p>
<p><i>January 25th</i> Online Trip: The Amazon Rainforest (REC)</p>	<p>In this program, participants will have the opportunity to virtually explore the Amazon Rainforest together. With the guidance of the facilitator, the group will explore the many hidden beauties of the rainforest, the unique creatures that live there, and even dance with an Indigenous tribe! This program aims to foster empathy, environmental awareness, socialization, and questioning skills.</p>
<p><i>January 26th</i> Emotional Awareness: Meditation & Mindfulness (BIW)</p>	<p>During this program, participants will explore what mindfulness means and how they can channel it in their day-to-day lives. Using a variety of meditation exercises, the facilitator will guide participants into a more present space that promotes relaxation and emotional awareness. Participants will explore the many benefits of incorporating a mindfulness practice in the everyday routines. This program aims to promote self-care, emotional regulation, mental well-being, and resilience.</p>

<p><i>January 27th</i> Art & Mixed Media: Suncatchers (REC)</p>	<p>During this hands-on art program, the facilitator will guide participants through a step-by-step tutorial on how to make their own suncatchers. Participants will be encouraged to add their personal flare to their crafts to express their individuality. This program will discuss the importance of finding beauty and light during the darker winter months, which aims to promote mental well-being, emotional-regulation, and relaxation.</p>
<p><i>January 28th</i> Games: Wheel of Fortune (REC)</p>	<p>In this recreation-based program participants will engage in healthy competition through the timeless game of Wheel of Fortune. Participants will be randomly separated into teams and must work together to solve the word puzzles based on the clues provided. This program aims to support positive sportsmanship, critical thinking, processing skills, and teamwork.</p>
<p><i>January 29th</i> Emotional Awareness: Zentangles (BIW)</p>	<p>Zentangles brings together artistic expression with mindfulness resulting in colorful and eye-catching images. Participants will be guided through varying mindfulness practices that encourage arriving in the present moment. The bulk of the program will be spent exploring Zentangles as a group and sharing in the experience. This program aims to promote emotional regulation, relaxation, self-awareness, and artistic expression.</p>