

B.R.I.D.G.E.S

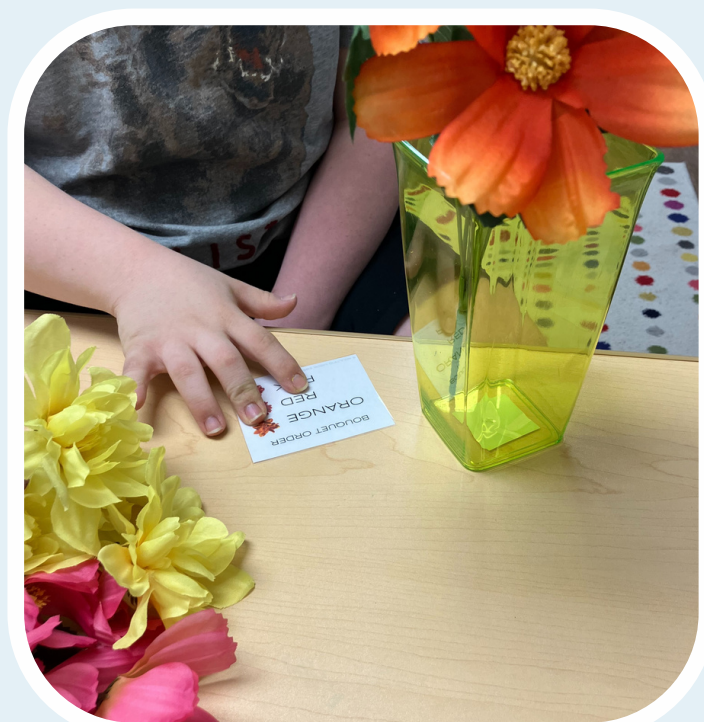
BUILDING RELATIONSHIPS, INDEPENDENCE,
DETERMINATION, GROUP & ESSENTIAL
SKILLS



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PROGRAM LAUNCH

We are so excited about the launch of ABtA's ADL Program called B.R.I.D.G.E.S.: Building Relationships Independence Determination Group & Essential Skills. The program is designed to teach meaningful life skills to learners ages 8+ through evidenced-based ABA programming. Learners receive 1:1 instruction in a group setting to target daily living, communication, and social skills.



Our goal is for learners to increase their autonomy and confidence in a fun and individualized environment that is set up to offer frequent teaching opportunities and peer interactions. Learners are offered opportunities to cook and prepare meals, complete household tasks such as laundry and cleaning, and participate in group projects and crafts such as gardening and painting. There is a focus on self-advocacy as well as identifying and communicating emotional states while building peer relationships through naturally embedded opportunities.

CRAFTS & COOKING

Craft and cooking activities are done every other day during center rotations in the B.R.I.D.G.E.S program. Both craft and cooking skills are taught through customized hands-on experiences that break down skills into smaller steps to complete one project. Each experience is tailored to meet the learner's strengths and areas of focus as identified by the family and BCBA. Each activity aims to increase independence, confidence, and teach foundational skills in cooking and crafts. Learners participate in cooking and craft activities with at least one other peer and their therapist.

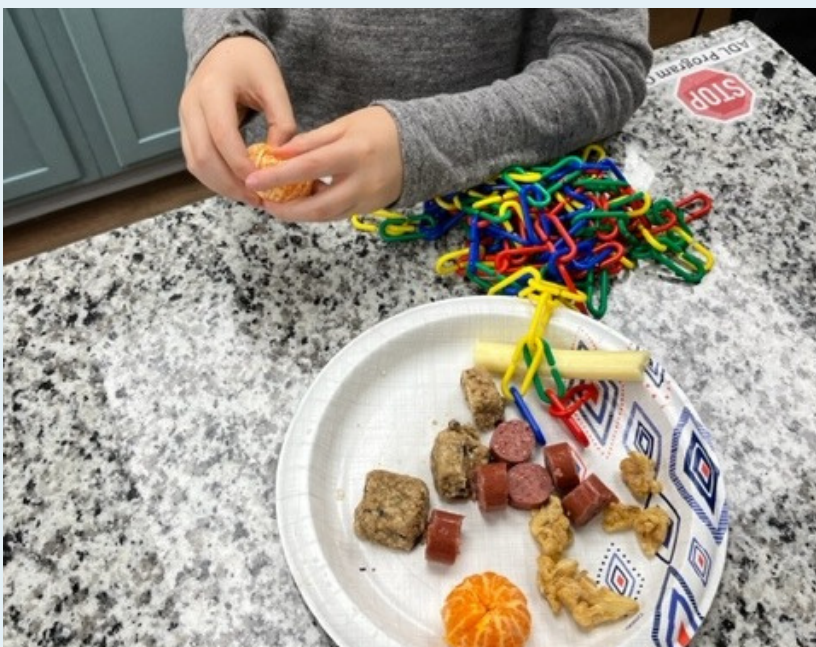
Foundational cooking and meal-preparation skills may include: prepping breakfast & lunch, basic cutting skills, introduction to measuring, microwave skills, cleaning and rinsing dishes, identifying locations of items in the kitchen, and following simple recipes.

Craft skills include: basic snipping and cutting, gluing, and exposure to a variety of craft mediums, including painting and sensory projects.



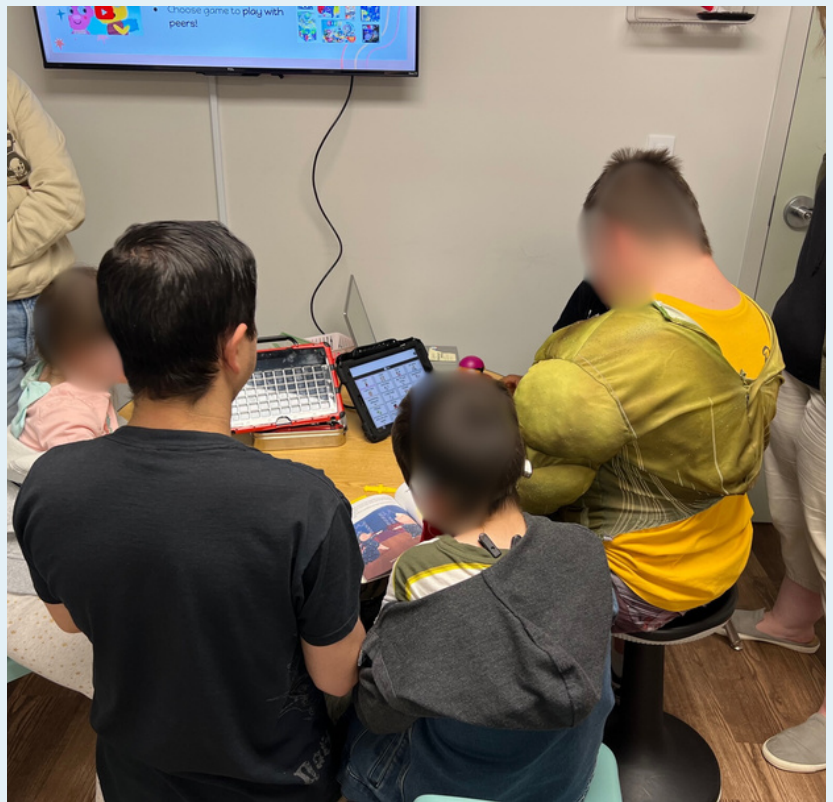
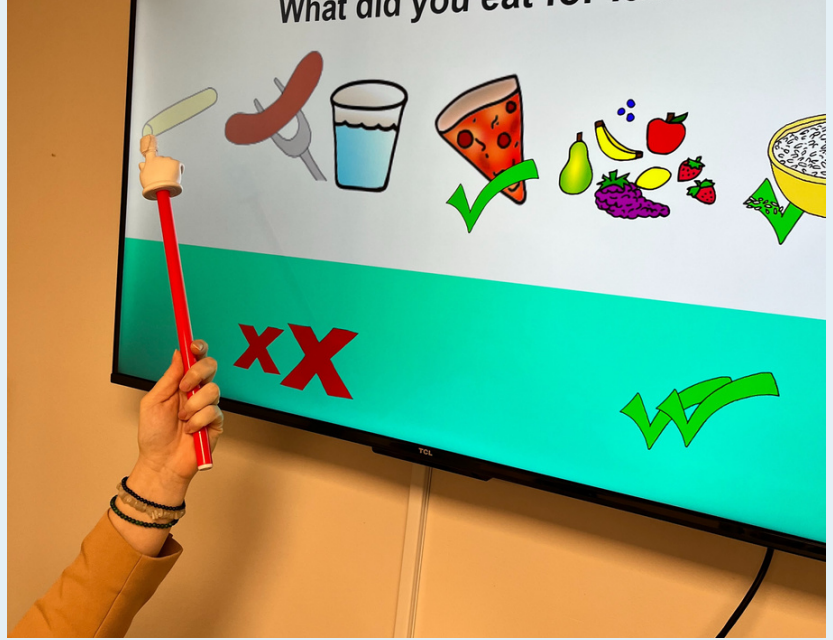
DAILY LIVING SKILLS

Daily Living Skills are at the heart of the B.R.I.D.G.E.S. program and are integrated throughout the learners' daily schedules. Daily living skill targets are individualized and rotated to meet the needs of the learner. Some of the daily living skills offered include: laundry (including a fully functional washer and dryer), folding and hanging clothes, making a bed, identifying and sorting money, functional matching and sorting skills, basic tool use, and cleaning skills such as spraying, wiping, and sweeping. All daily living skills are taught with the goal of independence and prioritizing what is most important to the learner's family.



GROUP TIME

Group time is a key component of the B.R.I.D.G.E.S. program. The program is designed with an emphasis on building independence, confidence, and social skills through small and large group activities. Whole group circle times are twice a day and designed to increase communication and socialization through a variety of customized scenarios and questions. Staff leads the group through short targets which may include greetings, weather, choosing preferred music, identifying and sharing emotions, labeling activities completed throughout the day, recalling information, sharing likes and dislikes, and communicating preferences when given scenarios such as 'which is your favorite?' Learners' therapists work to embed individualized targets throughout circle times as well.





STRUCTURED GAME TIME

Every day, learners participate in a group game together to work on play and social skills. Learners play games that help target turn taking, communication, social interactions, and following directions while also incorporating individual motivation and preferences. Learners have enjoyed playing a variety of games including: Zingo, Candy Land, Pass the Bean Bag, and Connect Four. We've also discovered that Pop Up Pirate is a group favorite!



On Fridays, the group plays Bingo with various themes related to the community and different life skills. Each BINGO card focuses on target vocabulary such as community helpers, travel signs and related vocabulary, seasonal vocabulary, grocery shopping and kitchen related vocabulary. Bingo is utilized as a tool to work on receptive identification, matching, feature/function/classes, and fine motor skills as learners circle each item as they identify it. It's also a fun way to work on communicating you won a game!



PARENT CORNER

Families are encouraged to regularly update any changes in allergies and preferences in targets related to programming to their BCBA. ABtA prioritizes and recognizes the importance of family collaboration and aims to implement programming at the center that is the most meaningful to the learner and their family. The ultimate goal is that the skills learned and mastered in the ADL program can ultimately generalize to the home and community settings.

COMMUNITY EVENTS AND ACTIVITIES

Spraygrounds
(FREE)



Sky Zone Sensory
Hours



Sensory Friendly
Play Qubein
Children's Museum



Splash Pads
(FREE)



Movies in the Park
(FREE)



Sensory Friendly
Movies



This list is informational in nature and ABtA is not affiliated with these activities.