

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

BUILDING RELATIONSHIPS, INDEPENDENCE,  
DETERMINATION, GROUP & ESSENTIAL SKILLS



VOL 1. WINTER 2023-24



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# EXPANSION ALL AROUND!

The Older Learner, Activities of Daily Living Skills (ADL) Program has continued to expand at the Winston-Salem location and is preparing for the University City location in Charlotte. The Older Learner, ADL Program at the University City location will start off with one ADL homeroom, a full kitchen, and a mock bedroom including a washer and dryer.



# WINSTON-SALEM EXPANSION



The Older Learner, ADL Program has expanded to two separate classrooms at the Winston-Salem location. Both rooms participate in a highly structured schedule that includes Activities of Daily Living Skills, pre-cooking and cooking skills, fine motor development through craft activities, two group circle times, social game skills time, DTT, and multiple breaks throughout the day to develop leisure skills.



# UNIVERSITY CITY EXPANSION

The newest ABtA location will launch in January 2024 and will include an Older Learner, ADL Program. The program will launch with one ADL classroom and include a full kitchen for meal preparation and cooking recipes, a mock bedroom to practice making the bed/folding skills, and a washer and dryer to teach laundry skills. The program will include designated group social opportunities including two group circle times and one designated social game time. The program will continue to focus on building confidence through: increasing independence, building on social skills, as well as communicating emotions and self-advocacy. The program is intended for learners' age eight and up who meet the criteria for enrollment.





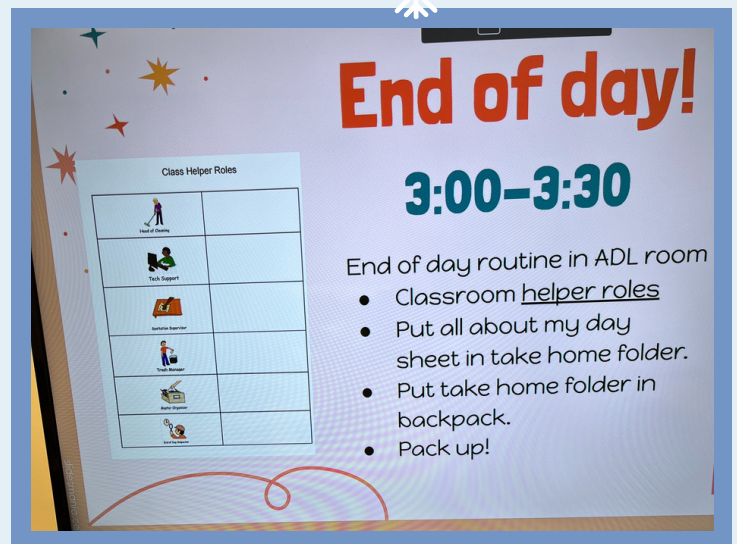
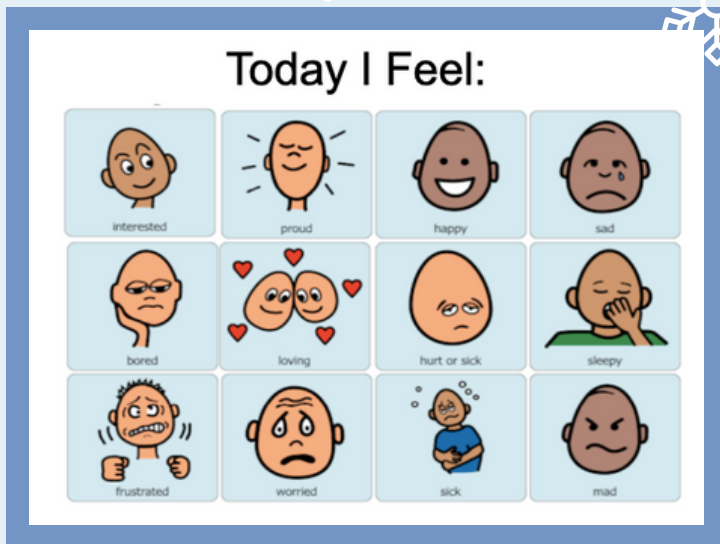
# ADVANCING SOCIAL SKILLS THROUGH GROUP GAME TIME

Learners have the opportunity to participate in group game time once per day. Group game time teaches important social skills, such as turn-taking, manding to peers, advocating for oneself, waiting for a turn, following the rules of a game, and setting up/cleaning up a game. Recently, some learners have expressed their preference to play games in the gym with their peers. The gym serves as a great opportunity to learn more physical group games, such as kickball and chase. Often, many of the other learners at the center join in and the group game becomes a big party!

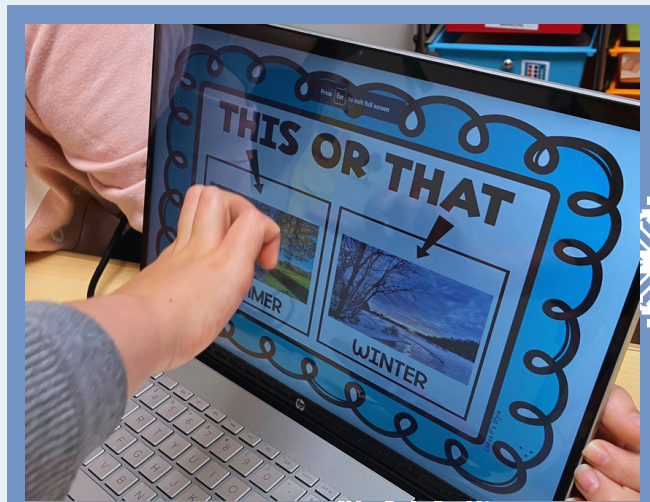


# GROWTH IN CIRCLE TIMES TO MAXIMIZE LEARNING OPPORTUNITIES

Group Circle Times, offered twice per day in both Older Learner ADL rooms, are great opportunities for learners to work on social skills, manding (requesting), tacting (labeling), intraverbals, and expressing preferences. The goal of the designated group time is to build confidence in expressing preferences, socializing with peers, and advocating for oneself. Learners have the opportunity to identify how they feel through multiple visuals embedded in the circle time schedule.



Learners in the ADL 1 room have expanded their group circle time skills to include raising their hands to request a preferred song, recalling information about their day, as well as expressing preferences using visuals, such as their favorite foods and activities. Group circle time teaches and supports socializing with peers, taking turns, and advocating for likes and dislikes.



Learners in the ADL 2 room have expanded their group hangout times to include increased weather concepts, such as identifying the high and low temperatures for the day, reading a Google calendar to interpret the date, identifying a variety of emotional visuals including a 1-10 scale, identifying and sorting coins, and asking peers questions about their interests. Learners are also introduced to basic computer skills, such as typing their names and dragging and dropping pictures.

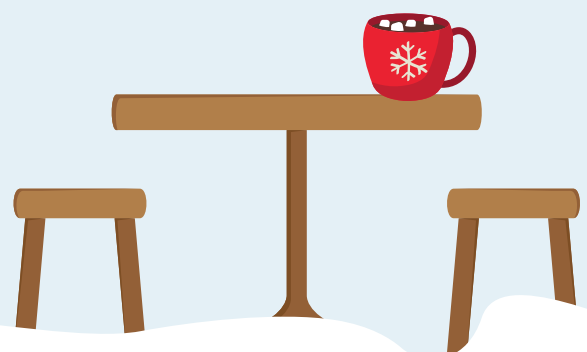




# IMPROVING THE COFFEE CART: BRIDGES BREWS

Each Friday, learners have the opportunity to participate in the Bridges Brews coffee cart, or make an individualized snack or drink in the kitchen. Learners who participate in Bridges Brews have expanded their coffee order forms to include syrup pumps and seasonal coffee. Social skills are developed through delivering coffee orders and asking peers and staff for information or help.

Learners making coffee develop important vocational skills, such as completing an order including: kind of coffee, number of creamers, type of syrup and number of pumps, as well as how many packs of sugar.









# EXPANDING HELPER ROLES

Every Monday learners sign up for helper roles based on their preferences. Both ADL 1 and ADL 2 classes have expanded their helper roles to include more social opportunities, increase independence, and build off of pre-requisite skills. Helper roles teach important skills, such as organization, cleaning, manding for information, and building confidence through independence. Some of the new helper roles include taking inventory of needed supplies in the classroom and tech skills to include closing out tabs on the computer and identifying if the battery life is low.



| HELPER ROLE WEEKLY SIGN UP  |         |
|---|---------|
| ROLE  | LEARNER |
|  Sanitation Supervisor |         |
|  Tech Support          |         |
|  Organizer             |         |
|  Inventory Taker       |         |





# GROWING COOKING SKILLS



Pre-cooking and cooking skills are developed during ADL centers, during breakfast and lunch prep, and during designated cooking times three times per week. Some learners have mastered using a microwave safely and independently and are moving on to learn recipes using an air fryer. Cleaning up, which most often includes hand-washing and putting away ingredients, is an important part of teaching cooking related skills. Kitchen safety skills are prioritized in the ADL Program and are taught through a variety of methods including visuals to teach “safe” and “unsafe.”



*"My child learned how to make pizza bagels and quesadillas in the ADL program and now makes them independently at home."*

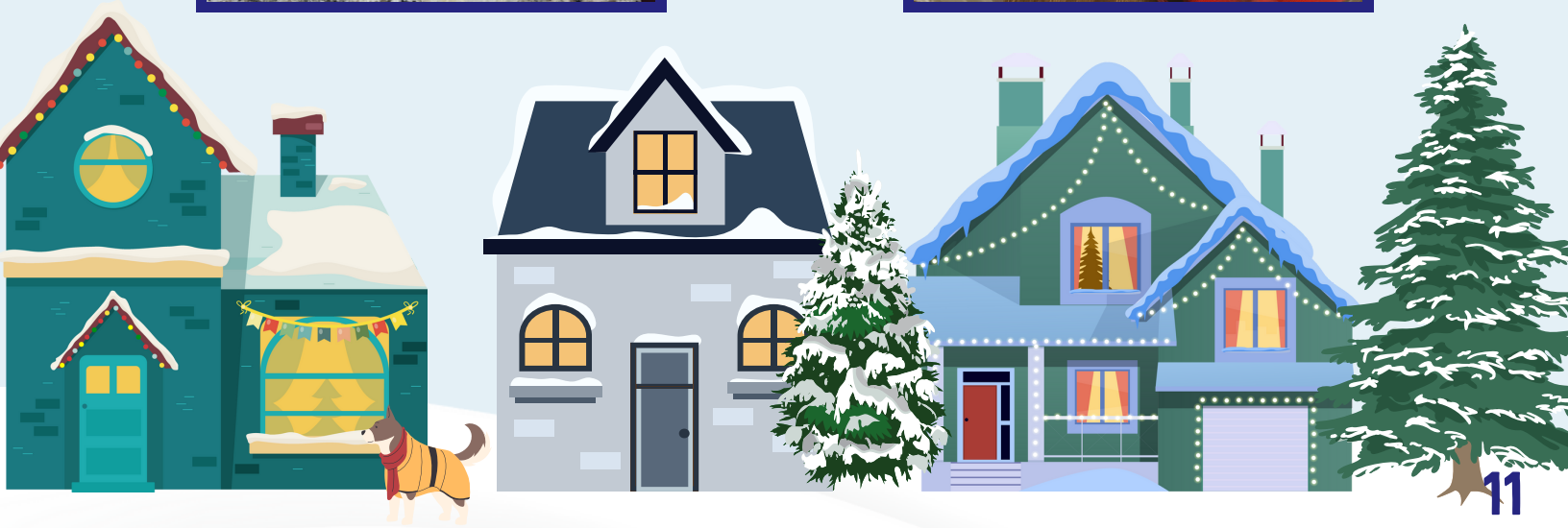
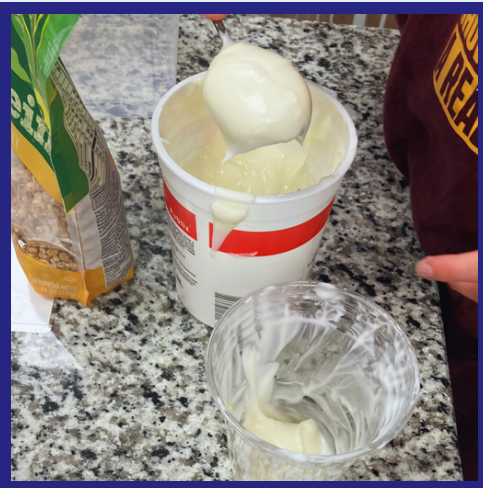
-Parent of ADL Class 2 Learner



# GENERALIZATION: ACTIVITIES FOR HOME

Matching and sorting clothing is a great way to involve your child in household chores while teaching important life skills. Laundry can be used to teach many skills, such as matching identical socks, matching non-identical shirts or pants, folding, and identifying the size of clothing on the label.

To determine how independent your child is with matching and sorting clothing, you could start with identical socks. Pick three pairs of identical socks and place one of each sock in front of them. Hand them one of the identical pairs one by one and ask them to “match socks.” This can be a fun activity to work on together!



# ACTIVITIES FOR FAMILIES:



**Art Gallery in High Point  
(Autism Certified)**



**12 Neurodiversity-Friendly Activities to Try with Your Family**