



Weekly Program Activity Resource Guide

Week 5: April 17, 2020

A weekly program guide of creative ideas and instructions for skill-building activities to support client goals.

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This guide is divided into sections for each skills-building topic. The first page of each section summarizes the activities included in this edition of the guide. Any worksheets associated with the listed activities, will immediately follow the summary page. Return to this page by clicking the "Return to Table of Contents" link at the end of the topic summary page. Click on a topic from the list below to navigate directly to the activities and associated worksheets.

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**Supported in part by Community Support Network, Inc.
in collaboration with the UNH Institute on Disability**



Money Management

Games

Money Management, Counting, Planning, Budgeting

- Math Scavenger Hunt – Source: learnincolor.com

Search through magazines or newspapers for the below items. Once you find them, cross the items off the list. Don't have newspapers or magazines at home? Fear not, you may use digital newspapers or magazines instead. Once the item has been found from the list, take a picture of it, for your proof.

Search for the following on the list:

- number written in word form
 - table of data
 - circle graph
 - bar graph
 - line graph or timeline
 - polygon
 - temperature
 - date
 - fraction
 - number greater than one million
 - price with dollars and cents
 - percentage
 - decimal less than 1
 - decimal greater than 1
 - negative number
 - time
 - line longer than 2 inches
 - pattern
 - mixed number
 - recipe
 - height and length of something
 - unit of measure (inches, feet, miles, etc.)
 - coupon
 - prices
- Addition Basketball Game – Source: http://www.math-play.com/one-digit-addition-basketball-game/one-digit-addition-basketball-game_html5.html
In this interactive basketball game, clients will have fun adding one-digit numbers. The game can be played by one or two clients, or in two teams.
 - Addition Number Find (MM1) – Source: edhelper.com

Math Problems

Adding, Subtracting, Counting Problem Solving, Life Skills

- 10 times table (MM2) – Source: greatschools.org
- Math Word Problems (MM3) – Source: edhelper.com

Money Skills

Counting Money, Adding, Subtracting, Bills,

- Making Change Worksheet (MM4) – Source: edhelper.com
- Money match to 10 dollars (MM5) – Source: math-salamanders.com

Budgeting

Money Management, Decision Making, Planning, Understanding Needs vs. Wants

- Budgeting – Needs vs Wants (MM6) – Source: www.wihed.org
- Create a Buying Plan Activity – Source: weareteachers.com

Have client make a list of up to 10 items they'd like to buy. These items can range in price, but encourage clients to think as big as they'd like. From this exercise, ask clients to explain why they chose these items and to answer some other guiding questions. What personal values do these items represent? How will these items help them achieve their goals? Will those items make them feel happy? Then, have clients create a buying plan for a few of the objects that they'd like to buy in the next year. Help them decide, based on whether they have a job, receive an allowance, or have a savings account, how they'll make the purchase and help them tailor each plan to their situation.

- Teach grocery shopping and meal prep – Source: weareteachers.com

Challenge your clients to meal prep on a budget! Have your client make a hypothetical grocery list using the Market Basket weekly flyer found here: <https://www.shopmarketbasket.com/weekly-flyer> . Help clients budget for and prepare their own lunches to last one week. At the end of the week, clients assess how they used their money: Did they have enough food or too much? Was the food they purchased nutritious? This game helps clients understand how financial habits support wellness as well as consider how food access and financial health are linked.

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Name: _____

$6 + 8 = 14$

$8 + 8 =$

$12 + 5 =$

$9 + 10 =$

$3 + 12 =$

$5 + 10 =$

$7 + 11 =$

$6 + 7 =$

$12 + 2 =$

$2 + 6 =$

$10 + 12 =$

12	8	10	7	7	14	14	7	1	10	7	7	14	15	5	10
14	5	13	2	3	12	9	18	8	2	12	8	1	1	6	18
9	12	2	14	22	10	3	2	27	14	14	22	6	6	10	12
10	10	2	14	2	17	16	14	25	10	9	5	3	12	8	27
19	25	18	24	19	15	12	13	8	23	16	5	7	10	10	8
27	15	24	10	13	4	11	7	13	16	12	10	16	22	6	13
8	8	11	24	18	10	17	17	17	18	9	13	10	24	7	5
19	1	6 + 8 = 14	5	2	22	15	13	12	5	17	2	1	10		
6	12	16	9	9	10	9	19	10	10	12	5	9	8	7	15
21	14	14	12	18	12	26	6	18	8	14	4	7	9	12	12
5	6	17	6	13	10	3	2	6	14	7	10	12	2	9	3
8	29	7	1	8	10	12	6	12	19	11	11	16	18	15	15
8	8	8	13	15	29	15	8	29	14	19	4	18	19	22	7
16	8	0	6	9	13	18	2	6	5	12	15	13	11	7	6

Write
operation.

Write = sign.

Circle.

$11 + 7 = 18$

$4 + 8 =$

$9 + 4 =$

$4 + 2 =$

$12 + 12 =$

$8 + 2 =$

$9 + 3 =$

$8 + 12 =$

$9 + 9 =$

$12 + 9 =$

$5 + 3 =$

20	25	24	9	12	9	22	9	2	8	8	9	3	12	26	5
24	8	12	15	22	11	3	16	12	4	8	12	9	11	24	21
19	9	4	18	5	18	8	12	19	8	19	13	6	4	2	8
12	16	4	18	12	6	11	12	19	8	19	3	4	2	6	2
19	6	11	12	9	4	13	5	20	29	6	7	12	22	4	10
13	1	3	12	4	9	4	21	13	6	24	12	4	9	13	8
12	2	8	24	5	6	19	2	10	2	12	17	25	9	9	20
4	21	21	5	2	21	4	12	9	8	9	9	11	19	8	18
9	8	9	13	6	13	9	3	5	11	24	8	21	9	6	19
11	20	11 + 7 = 18	4	17	24	3	4	19	8	5	18	12	8		
13	3	7	11	3	3	18	5	8	4	6	3	9	21	22	19
12	8	4	7	2	12	12	21	10	28	27	6	22	28	9	24
8	17	24	10	28	8	12	13	21	20	9	12	11	18	26	8



10 times table

Count in 10s, color, and find a pattern.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Write the answers.

$1 \times 10 = 10$ $2 \times 10 = \square$ $3 \times 10 = \square$ $4 \times 10 = \square$
 $5 \times 10 = \square$ $6 \times 10 = \square$ $7 \times 10 = \square$ $8 \times 10 = \square$
 $10 \times 10 = \square$ $9 \times 10 = \square$

Each box contains 10 crayons. How many crayons are there altogether?



2 sets of 10 $2 \times 10 = 20$ crayons



\square sets of 10 $\square \times \square = \square$ crayons



\square sets of 10 $\square \times \square = \square$ crayons



\square sets of 10 $\square \times \square = \square$ crayons



10 times table

Count in 10s, color, and find a pattern.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100


Write the answers.


$1 \times 10 = 10$ $2 \times 10 = 20$ $3 \times 10 = 30$ $4 \times 10 = 40$


$5 \times 10 = 50$ $6 \times 10 = 60$ $7 \times 10 = 70$ $8 \times 10 = 80$


$10 \times 10 = 100$ $9 \times 10 = 90$

Each box contains 10 crayons. How many crayons are there altogether?

 2 sets of 10 $2 \times 10 = 20$ crayons

 4 sets of 10 $4 \times 10 = 40$ crayons

 6 sets of 10 $6 \times 10 = 60$ crayons

 9 sets of 10 $9 \times 10 = 90$ crayons

Name: _____

There are 10 pieces of fudge on each plate. There are 5 plates. Count by tens. How many pieces of fudge are there in all?

Their pet fish knew it wasn't right. He knew the Cat shouldn't do those things. The pet fish just knew there would be trouble. There was fish food all over the floor. They would have to buy more! Fish food costs \$0.64. If Conrad gave the clerk \$1, how much change would he get?

Megan likes roasted pumpkin seeds. When her father carved a pumpkin to make a jack-o-lantern, he gave her the seeds. She put them on a baking sheet, salted them, and baked them at 350 degrees for twenty-four minutes. They were done at 4:23 p.m. What time did Megan start baking the pumpkin seeds?

Hunter made a chain from black and orange construction paper. The first loop was orange, the next loop was black, the next loop was orange, and so on. He used thirty-four loops in his chain. If he glued a pumpkin to each black loop, how many pumpkins did he use?

Fill in the missing letters. Write ue or ei.

bl_____

th_____r

d_____

_____ght

cl_____

rec_____ved

Name: _____

Make change. You can use \$20, \$10, \$5, \$1, 25¢, 10¢, 5¢, or 1¢.

Use the fewest bills and coins to make \$55.15.

\$20	\$20	\$10	\$5
------	------	------	-----

10¢	5¢
-----	----

Use the fewest bills and coins to make \$51.44.

\$20			
------	--	--	--

	10¢					
--	-----	--	--	--	--	--

Use the fewest bills and coins to make \$22.24.

--	--	--

--	--	--	--	--	--

Use the fewest bills and coins to make \$51.54.

--	--	--	--

--	--	--	--	--	--

$$\begin{array}{r} 8 \\ + 8 \\ \hline \end{array}$$

$$\begin{array}{r} 22 \\ - 14 \\ \hline \end{array}$$

$$\begin{array}{r} 87 \\ - 33 \\ \hline \end{array}$$



Name _____

Date _____



MONEY MATCH TO \$10 SHEET 2

Draw a line to match the coins to the correct total.

		
-----------------------------------------------------------------------------------	------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

\$7.21	\$3.02	\$8.35	\$6.62	\$7.46	\$6.35
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-------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------

BUDGETING ACTIVITY SHEET

Needs Vs. Wants

*You may have many things you want and need.
This worksheet should help you think about which is which!*

I need...	Least important				Most important
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
I want ...					
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5
	1	2	3	4	5



Social Skills

Games

Communication, Turn Taking, Interaction, Processing Information

- **Trivia** – Source: triviacountry.com

Trivia is a great way to get encourage discussions and spark conversation. It also adds an educational proponent.

Trivia Questions:

What is the name of the funny little old gun-toting guy with the mustache who hunts Bugs Bunny?

A: Elmer Fudd

What is the common link between Frozone, Syndrome and Bomb Voyage?

A: They are all characters from the cartoon feature The Incredibles

Which character was it that advised that 'a spoonful of sugar helps the medicine go down'?

A: Mary Poppins

Wile E Coyote is always trying to catch what desert bird?

A: Road Runner

What's the top number of a fraction called?

A: The numerator.

Cartoon land's Tweetie Pie is what kind of bird?

A: A canary

In Charlotte's Web, what kind of animal is Templeton?

A: a rat

In Charlie and the Chocolate Factory, what are Johnny Depp's little helpers called?

A: Oompa Loompas

What was it that turned Peter Parker into the Spiderman?

A: He's bitten by a radioactive spider

What metal that can deprive Superman of his powers?

A: Kryptonite

What do beavers eat?

A: The bark of hardwood trees, leaves, plants.

The Gulf of Mexico is bordered by How many U.S. states?

A: Five

In the Superman movies what newspaper does Clark Kent Work for?

A: The Daily Planet

What is the name of the protective outer layer of trees?

A: Bark.

In the Madagascar movies, Melman is what kind of animal?

A: He's a giraffe

What cartoon character is always trying to catch the canary Tweetie Pie?

A: Sylvester the cat

What is Batman's real name?

A: Bruce Wayne

What is the most common trick that pet dogs perform?

A: Sit.

The Wicked Queen gives Snow White what to render her comatose?

A: An apple

- **20 Questions** – Source: group-games.com

The Game of 20 Questions is a nice introduction to getting clients comfortable asking questions, which will lead to more fulfilling conversations.

Objective: Guess the person, place or thing in 20 questions or less

Directions: Select one person to begin 20 Questions. This person is designated as "it."

For each round, this person must choose any person, place, or thing. The person can be living (e.g. a current athlete or classmate), deceased (e.g. a famous person in history), or fictitious (e.g. cartoon or movie character). The place can be anywhere in the world, including creative places. The thing can be an inanimate object, an animal, a food, etc. Basically, anything can be chosen, but try to make the selected item something that can be reasonably guessed. It's no fun to play a guessing game that is impossible to solve!

After the person has chosen a person, place, or thing, the guessing begins! The other players take turns and ask “yes” or “no” questions in an attempt to figure out what the chosen answer is. That is, the questions must be answered with simply “yes” or “no”.

After each guess, keep track of the number of guesses that are used until it reaches the limit of 20. Once 20 questions are used up, players may not ask any more questions.

If a player correctly guesses the object before then, they become “it” for the next game and choose the next person, place, or thing. Otherwise, the answer is revealed.

Communication

Assisted Technology, Communication, Eye Contact, Processing Information, Body Language

- How to Have Conversations – Source: https://www.youtube.com/watch?edufilter=NULL&v=S_IxQkKcwly
Conversations are a back and forth dialog between two or more people. Quality conversations require connected comments and questions to be most successful. Watch the video with your client to review this point. Prior to the video “Connected Comments and Questions Communication video” talk about conversations with your clients asking them what do they think makes a conversation successful. Debrief after the video.
- Ask Me Two Questions (SoS1) – Source: counselorchelsey.com
This worksheet will practice the skills learned from the previous video - *Connected Comments and Questions*.
- Body Language Worksheet (SoS2) – Source: worksheetplace.com

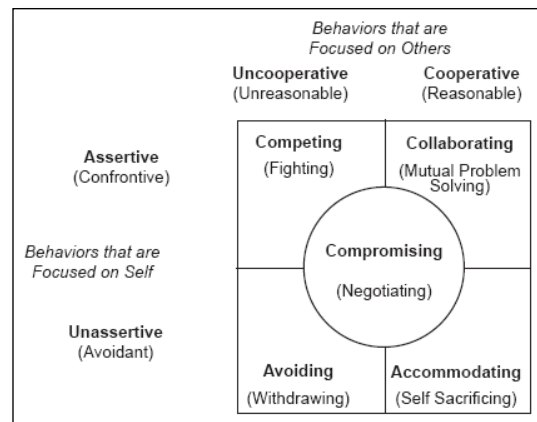
Conflict Resolution

Communication, Eye Contact, Processing Information, Body Language, Decision Making

- Wise choices conflict resolution (SoS3) – Source: worksheetplace.com
Strategies are an important aspect of conflict resolution. This worksheet gives clients the opportunity to recognize conflict resolution and pair strategies with different scenarios.
- Conflict Management Styles – Source: extension.iastate.edu

A framework for learning various conflict management styles is presented below. No one style is superior. The most effective style depends on the situation. You should master all of the styles and know when to use each one.

In the figure, two basic variables are represented. One variable is assertiveness, or the extent to which the individual attempts to satisfy his or her own concerns. The other is cooperativeness, or the extent to which the individual attempts to satisfy the other person's concerns. These two dimensions define five distinct styles for coping with conflict: competition, collaboration, avoidance, accommodation, and compromise.



Styles for coping with conflict:

- **Competition** - Competition reflects a desire to meet one's own needs and concerns at the expense of others (win/lose situation). The most assertive and least cooperative people use the competitive style (see figure). To achieve the desired outcome, the competitor uses whatever power is available and acceptable, e.g., rank, persuasion, expertise, economics, or coercion. Competition (or any other style) is neither good nor bad, but only one of the many styles that may be appropriate and effective, depending on the situation.
- **Accommodation** - Accommodation means placing the other party's needs and concerns above one's own (lose/win). It is characterized by cooperative and unassertive behavior (see figure). Accommodation is appropriate and effective if one party is not as concerned as the others. It is effective when preserving harmony and avoiding disruption are important. It builds good will and leads to cooperative relationships.
- **Avoidance** - People using this style simply do not address the conflict and are indifferent to each other's needs and concerns (lose/lose). It is characterized by uncooperative and unassertive behavior by both parties (see figure). Avoidance can be employed effectively as a short-term or interim strategy until more information is

available or emotions cool down. It can be used as a permanent strategy if the probability of satisfying one's needs and concerns is exceedingly low.

- **Collaboration** - People using a collaborative style aim to satisfy the needs and concerns of both parties (win/win). It involves the maximum use of both cooperation and assertion (see figure). Collaboration requires more commitment than the other styles and takes more time and energy. With this style, the parties often are more committed to the resolution because an outcome that meets the needs of both parties is more likely to be supported.
- **Compromise** - Compromise is midway between the previous four styles (see figure). It will lead to a partial fulfillment of the needs, concerns, and goals of both parties. Compared to collaboration, few issues are confronted. Compromise is appropriate when the goals of the parties are moderately important and not worth the effort and time required for collaboration.

Movies (no more than 1/day)

Discussion, Virtual Movie Club

- Questions to Ask When Watching a Film – Source: engagingmedia.info

First response

1. How did the film make you feel?
2. To what extent did it fit with your expectations, or did it change your expectations in some ways?

Structure

1. What causes the major turning points in the narrative come?
2. Does the world of the film work like the real world? If not, what are the differences?
3. How does the film end? Is everything resolved? How? If not, why not?

Characters

1. How would you describe the main characters? What are their goals? What problems do they face?
2. What choices do the characters make? What motivates them? What are the consequences?
3. What do the main characters learn about themselves, and how do they change?

Meaning

1. Whose point of view does the camera represent?
2. What are the underlying themes (morality, politics, religion, sexuality, happiness, freedom, love, spirituality, identity, etc.)?

Worldviews

1. What does the film say about the nature of human beings? What does the film say about communities and families?
2. How do characters know what is true (experience, logic, intuition or revelation)? How do they make decisions? Where do they find wisdom?
3. What does goodness mean? How do characters make moral decisions? What are the characters' values, and are these the same as the film's values?
4. What do human beings most need in life? Does the film identify any universal problems confronting human beings? What do humans need in order to flourish?
5. What good insights into life are there in the film?

Movies of the Week - Source: mommypoppins.com

1. **Sister Act (PG)** - When Reno lounge singer Deloris is placed in the witness protection program at an inner-city convent, she brings a little life to the convent choir.
2. **The Princess Diaries (G)** - Mia may seem like an unlikely candidate for a princess, but that doesn't make her any less worthy of wearing a crown. This modern day "ugly duckling" story has some unique twists that make it an ideal family movie.
3. **Hidden Figures (PG)** - Based on the true story of three African-American women who worked at NASA in the 1950s through 1960s, Hidden Figures offers tweens and up a story rich in integrity, teamwork, and tenacity.
4. **Indiana Jones (PG)** - Whether you choose to watch Raiders of the Lost Ark, Temple of Doom, Last Crusade, or Kingdom of the Crystal Skull, all four of these movies are jam-packed with action and adventure that have been appealing for decades.
5. **E.T. the Extra-Terrestrial (PG)** - "E.T. go home!" there is nothing more magical than E.T. and Elliott soaring past the moon in a bike. There have been many alien movies over the years, but none have been as captivating as E.T. and Elliott's friendship.

6. **Harry Potter Saga (PG-13)** - Pour a glass of Butterbeer, and grab your wand, because no matter which of the eight Potter films you pick, you are in for an evening of sorcery, friendship, and harrowing adventure.
7. **Annie (PG)** - Annie is the quintessential “rags to riches” tale. Delight watching little Orphan Annie get picked from the orphanage to live with Daddy Warbucks in his mansion.

Gardening

Planning, Budgeting, Exercise, Following Instruction

- 10 Smart Ways to Garden on a Budget (SoS4) – Source: modernfarmer.com
- Seed Starting – Source: <https://www.facebook.com/111034845580291/videos/2975090645881511/>
This time of year is the perfect time to start seedlings inside. Granite State Gardening brought to you by UNH cooperative extension offers this free video, the topic being Seed Starting.

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Ask Me Two Questions!

Guess what? I just got a puppy!

1. _____
2. _____

I am so tired after everything I did today.

1. _____
2. _____

Marcus is in the hospital.

1. _____
2. _____

My dad is in California this week.

1. _____
2. _____

My sister didn't go to school today.

1. _____
2. _____

I didn't get what I wanted for Christmas.

1. _____
2. _____

My birthday is next week!

1. _____
2. _____

I watched my favorite movie yesterday.

1. _____
2. _____

Body and Voice Language

1 How can you convey how you're feeling without using your voice?
(discuss eye contact, posture and facial expression)

2 Give 3 examples of using body language positively: _____

3 Give 3 examples of using body language negatively: _____

Conflict Resolution

Wise Choices

Choose the strategies that may resolve the conflict listed and explain why you chose those strategies.

- | | | |
|----------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------|
| <input type="radio"/> Ignore | <input type="radio"/> Be inclusive | <input type="radio"/> Establish expected behaviors and or rules |
| <input type="radio"/> Share | <input type="radio"/> Model acceptable play and behavior | <input type="radio"/> Set expectations |
| <input type="radio"/> Redirect | <input type="radio"/> Simply stop | <input type="radio"/> Don't blame |
| <input type="radio"/> Make alternative suggestions | <input type="radio"/> Converse kindly, taking turns talking and listening | <input type="radio"/> Apologize and forgive |
| <input type="radio"/> Discourage behavior | <input type="radio"/> Be accepting | <input type="radio"/> Be fair |
| <input type="radio"/> Suggest turn taking | <input type="radio"/> Provide opportunity for participation | <input type="radio"/> Use Humor |
| <input type="radio"/> Suggest a different idea | <input type="radio"/> Track the taking of turns | <input type="radio"/> Other |
| <input type="radio"/> Reassure | | |

1 Two individuals arguing over the same item: _____

2 You are being blamed for something you didn't do: _____

3 You feel you're being treated unfairly by your brother: _____

10 Smart Ways to Garden on a Budget

FEB 29, 2016 by Brian Barth



1. Grow from Seeds, Not Starts:

This one is obvious: A six-pack of lettuce seedlings costs anywhere from \$3 to \$6, while a pack of 500 lettuce seeds costs no more than \$3. It's a bit of work to start seeds in flats indoors, which gives you a head start on the growing season, but sowing seeds directly in the garden bed takes no more time than planting seedlings.

2. Go to a Seed Swap:

Shopping for seeds is fun, and can find some real bargains. But going to a seed swap – essentially a party where everyone shows up with seeds they've saved from the year before and trades them – is arguably even more fun and will save you money. Which brings about another point – save your seeds in the fall! As long as they're not patented by Monsanto, saving seed doesn't cost a thing.

3. Take Cuttings:

You're probably thinking: saving seed is fine for vegetables, but who really grows blueberries or dogwood trees from seed? That's true. Lots of things are hard to grow from seed, or don't grow "true" from seed because they are propagated asexually (meaning they're genetic clones). The good news is virtually all perennials, most shrubs and vines, and many trees are easily propagated by cuttings. Find a neighbor or a friend with the desired plant, cut a few pencil-size sticks from it, pot them up in moist perlite, and within a few weeks or months you should start to see roots and leaves emerging.

4. Repurpose and Upcycle:

Plants are costly enough, but planters, pavers, arbors, and other hardscape materials are where the budget goes quickly into the four-figure range and up. But one man's junk pile is another man's goldmine, right? Planters can be fashioned out of everything from an old bathtub to used wooden pallets. I've seen arbors made from a repurposed satellite dish mounted on a pole and trellises built from ancient bedsprings. Instead of expensive flagstone, try broken concrete – some people lovingly refer to it as urbanite and dye the surface for a more attractive finish. But exercise restraint: When you go overboard, upcycling can make you feel like you have a yard full of junk.

5. Forage for Your Gardening Supplies:

Nature also offers free materials to help you get the most mileage from your gardening dollar. Bamboo poles at a garden center, which are used for everything from tomato stakes to building beautiful oriental

fences and arbors, run from \$1 each to \$10 each (and more), depending on the size. But lots of folks have a yard full of bamboo and would be happy for you to come take some of it off their hands. There are many other examples like this – any time you think, oh I wish I had the money to buy that for the garden, rack your brain for a free, locally harvestable alternative.

6. Design it Yourself:

Professional garden design can run several thousand dollars, even for a small yard. There are reasons for that (i.e. years of training and experience), but with a bit of patient effort you'll be surprised at what you can come up with. Start at the library, where there are volumes upon volumes of garden design books and references that will tell you exactly what conditions are preferred by every plant in the known universe and how to build patios, fences, raised beds, gazebos, waterfalls, and anything else you can dream up. Then map out your yard on paper, as accurately as you can, and start penciling in ideas. Make careful observations and taking the time to visualize your ideas in detail before you start building.

7. Make Your Own Soil Amendments:

Buying bags of compost and all-natural fertilizers can really add up, but if you think about what is actually in those products –it seems a pity to pay for them. If you don't have your own chickens or other livestock as a manure source, you can certainly find a friend or local farmer who will let you clean out their barn. Mix the manure with wood shavings, grass clippings, leaves – any form of organic matter you can get your hands on will do – and then pile it up and let it stew for a few months into a rich black compost. For extra nutrients, save your eggshells and crush them into the compost (adds calcium and phosphorus) and, if you live near the beach, harvest some seaweed for a boost of micronutrients – just be sure to rinse the seaweed thoroughly in fresh water to get rid of the salt.

8. Avail Yourself to Free Compost and Mulch:

Tree-cutting companies often have big piles of mulch on hand that they give away for free. And many municipalities convert their citizens' green waste into compost and mulch, which they then give away for free at the landfill or sell for a nominal cost. These freebies aren't always the greatest quality – they may contain shredded trash or seeds of invasive species, for example – so use at your own risk.

9. Become a "Free List" Specialist:

Craigslist has a "Free Stuff" section that is often a goldmine for everything from live plants to pots to piles of compost, and many other classified services have their own "Free Lists" or barter sections. Beyond total freebies, scouring flea markets and garage sales is a great way to find gently used gardening tools at a fraction of the cost of buying them new.

10. Grow Organic:

Sticking with all-natural methods does have its financial benefits. Chemical pesticides always cost money, for example, but attracting beneficial insects to the garden (good bugs that eat the bad bugs) is surprisingly easy and totally free. Same with herbicides: You can manually remove pesky weeds, smother them to death under black plastic or layers of cardboard and woodchips, or even borrow a couple of goats to munch through particularly heavy vegetation (they love eating things like kudzu, poison ivy and thorny briars). In addition to composting, you can use living plants, called cover crops, to return nutrients to your soil the all-natural, and inexpensive, way.

<https://modernfarmer.com/2016/02/gardening-ideas-on-a-budget/>

Safety Skills

Home Safety

Evacuation, Communication, Fire Safety, Planning, Processing Information, Critical Thinking, Cooking Safety

- Top Ten Fire Safety Tips (SaS1) – Source: bonlacfoods.com
- Kitchen Safety Activity (SaS2) – Source: prevention1st.org
- Safety Games: – Source: freesafetygames.weebly.com

Safety Sort

Safety Sort is a great activity for hazard and unsafe conditions awareness and identification.

Before the game, you (staff) will need to identify 10 different safety hazards that are commonly found in a home and write each hazard on a separate index card.

Give your client a set of the hazard cards. Ask client to put the cards in order from least to most hazardous condition. After your client has had time to sort their cards, ask client to share the order of their cards. There is likely not one correct order since important background information is often not evident by a few words on a card. The true value of the activity is the discussion and friendly arguments that follow.

Please note: If you print out the file onto a sheet of labels (like Avery shipping labels #8163 or any sheet with ten labels on the page) you can place the labels on index cards and easily make multiple sets of cards.

Examples of home safety hazards:

- Blocked Fire Extinguisher
- Blocked Electrical Panel
- Box in front of a heater
- Blanket hanging near a heating unit
- Large water puddle on floor

A-Z Safety Race

This game is fun to play alongside your client. Give your client a paper and writing utensil. Ask your client to write the first half of the alphabet, A - M, down the left side of the page, and the second half of the alphabet, N-Z, down the middle, as shown in the image. Tell your client that when you say "go", they will need to write down a word, related to the safety that begins with each letter of the alphabet.

After your client has finished, stop the activity and review their words with them.



Self-Management Strategies

Self-Regulation, Meditation, Practicing Skills (DBT), Medication Management

- How to Sit for Meditation: Source: mindful.org

Here's a posture practice that can be used as the beginning stage of a period of meditation practice or simply as something to do for a minute, maybe to stabilize yourself and find a moment of relaxation before going back into the fray. If you have injuries or other physical difficulties, you can modify this to suit your situation.

- Take your seat. Whatever you're sitting on—a chair, a meditation cushion, a park bench—find a spot that gives you a stable, solid seat, not perching or hanging back.
- Notice what your legs are doing. If on a cushion on the floor, cross your legs comfortably in front of you. (If you already do some kind of seated yoga posture, go ahead.) If on a chair, it's good if the bottoms of your feet are touching the floor.
- Straighten—but don't stiffen— your upper body. The spine has natural curvature. Let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.

- Situate your upper arms parallel to your upper body. Then let your hands drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch. Too far back will make you stiff. You're tuning the strings of your body—not too tight and not too loose.
- Drop your chin a little and let your gaze fall gently downward. You may let your eyelids lower. If you feel the need, you may lower them completely, but it's not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.
- Be there for a few moments. Relax. Now get up and go about your day. And if the next thing on the agenda is doing some mindfulness practice by paying attention to your breath or the sensations in your body, you've started off on the right foot—and hands and arms and everything else.
- Begin again. When your posture is established, feel your breath—or some say “follow” it—as it goes out and as it goes in. (Some versions of the practice put more emphasis on the outbreath, and for the inbreath you simply leave a spacious pause.) Inevitably, your attention will leave the breath and wander to other places. When you get around to noticing this—in a few seconds, a minute, five minutes—return your attention to the breath. Don't bother judging yourself or obsessing over the content of the thoughts. Come back. You go away, you come back.

Try This Beginner's Practice:

A 5-Minute Breathing Meditation to Cultivate Mindfulness - <https://www.mindful.org/what-is-mindfulness/>

This practice is designed to reduce stress, anxiety, and negative emotions, cool yourself down when your temper flares, and sharpen your concentration skills.

- **Journaling** – Source: Margarita Tartakovsky, MS – psychcentral.com/blog
Journaling helps us figure out who we are, what we need and what we want. It can help us make better decisions, and focus on the very things that support us in taking compassionate care of ourselves and others.

This Week's Journaling Topics

- Topic 1: Name a compassionate way you've supported a friend recently. Then write down how you can do the same for yourself.
 - Topic 2: What do you love about life?
 - Topic 3: Use 10 words to describe yourself.
- **10 Minute Relaxation Breathing Exercise** – Source: greatist.com

Controlled breathing exercises can help keep your mind and body in shape, by helping to lower blood pressure, promote feelings of calm and relaxation, and relieve stress.

This Week's Breathing Exercise

Progressive muscle relaxation

Source: <https://greatist.com/happiness/breathing-exercises-relax#4.-Nadi-Shodhana-or-alternate-nostril-breathing->



The progressive muscle relaxation method works best when you're sitting at home, in your office chair, or even in your car. By intentionally tensing and then relaxing each muscle group one at a time, you can nix excess tension from head to toe.

How to do it: Close your eyes and focus on tensing and relaxing each muscle group for 2 to 3 seconds. Start with your feet and toes, and then move up to your knees, thighs, glutes, chest, arms, hands, neck, jaw, and eyes. Maintain deep, slow breaths the entire time.

Having trouble staying on track? Psychologist and anxiety and panic specialist Patricia Farrell suggests inhaling through your nose, holding for 5 counts while tensing your muscles, and then exhaling through your mouth as you release those muscles.

If holding your breath ever feels uncomfortable, tone it down to just a few seconds.

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Top Ten Fire Safety Tips

- 10. Stay away from hot stove in the kitchen**
- 9. Never hide from a firefighter**
- 8. Have an escape plan if house on fire**
- 7. Practice your escape plan**
- 6. Have a meeting place outside**
- 5. Have smoke detectors in each bedroom**
- 4. Have carbon dioxide detector in home**
- 3. Call 911 in case of a fire in your house**
- 2. Don't play with matches.**
- 1. STOP, DROP & ROLL**

KITCHEN SAFETY ACTIVITY

Overview:

More fires start in the kitchen than in any other room. The oven is relatively safe since it is closed when we cook. But we must know how long to cook the food and then set a timer to remind us. If a fire starts in the oven because something spills, turn off the oven and leave the oven door closed.

Cooktops get very hot, cook food fast, and are open. They are the leading source of cooking fires, especially when frying.

Objectives:

Clients will be able to identify hazards in the kitchen, e.g. grease on the stove, paper near the stove, loose sleeves.

Resources/Props/Preparation:

- Kitchen objects and pictures of objects that reflect common hazards: plastic spoon, toaster, wooden spoon, towel, pot.
- Shirt with loose sleeves
- Chef's hat optional

The Lesson:

- Set up a "kitchen" w/ common household objects & pictures of objects to show common hazards:
 - Plastic spoon on a toaster.
 - Wooden spoon and towel next to a burner.
 - Pot handle sticking out.
- Staff dresses like a chef with baggy sleeves to show the danger of cooking with loose fitting garments.
- Ask clients to file through the "kitchen," keeping quiet about what they see
- After all clients have looked, ask client to identify a fire hazard they saw.
- Review why these things are hazards:
 - If something spills, it can catch fire.
 - If we cook on too high a heat, or for too long, food can catch fire.
 - If papers (like recipes), clothing (loose sleeves), or oven mitts get too close to the burner they too can burn.

Review what to do to prevent these hazards:

- o Keep anything that can burn away from the cooktop
- o Wear tight or short sleeves.
- o Clean off grease (which can catch fire).
- o Don't leave the kitchen when cooking with the cooktop.

<http://prevention1st.org/wp-content/uploads/2016/07/Before-The-Fire-Prevention-Works-1.pdf>

Decision-Making Skills

Art & Crafts

Processing, Decision Making, Supply Management/Planning

- Recycled Crafts: DIY Key Wind Chime (DMS1) – Source: giving.innerchildfun.com
- Create Colored Salt Jars (DMS2) – Source: sheknows.com
- Paper Bag Star (DMS3) - Source: crayola.com
Supplemental how-to video for paper bag stars: <https://youtu.be/MDp20vQwSTs>

Daily Activity Planning

Planning Day, Choice, Researching Information

- Decision making word find (DMS4) – Source: wordmint.com
- Steps to the decision-making process (DMS5) – Source: missionself.com

All humans are faced with certain situations in their everyday life, where they need to take important decisions. However, decisions that are made without any planning have a risk of leading to failure. To avoid such problems, it is necessary to take decisions in an organized way. This can be done by following these six steps of decision making.

Games

Decision Making, Critical Thinking

- Boggle – Game sheet (DMS6a) – Source: teacherspayteachers.com
Word grids (DMS6b) – Source: teachersherpa.com
To play Boggle, use the provided word grids to fill in the game sheet.
- Cracking Secret Codes (DMS7) – Source: [The Online Teacher Resource / teach-nology.com](http://TheOnlineTeacherResource.com)

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Recycled Crafts: DIY Key Wind Chime

April 8, 2013 by carlawiking



Materials Needed:

at least 5 old keys
a piece of drift wood or stick
string or fishing line
optional: acrylic paint

Directions:



Optional: Paint your keys and stick.

Choose a few coordinating colors and paint the keys and stick.

The keys take 2 coats.

Let the first side dry before flipping and painting the other side.

Tie a piece of string to either end of the stick so that you have a way to hang it.

Tie a piece of string to each key.

Tie the keys to the stick making sure that they are close enough to each other that they will chime when the wind blows them.

Create Colored Salt Jars

by Jennifer Coe Mar 05, 2013



Materials Needed:

Regular table salt
Colored chalk
Glass jars
Paper



Directions:

1) Pour about a tablespoon of salt onto the middle of a piece of paper.

2) Rub the salt with the side of a piece of chalk. You will see the salt start to change color. Keep rubbing the chalk in the salt, and stirring the salt around, until you have reached your desired color.



3) Using your paper as a funnel, carefully pour the salt into your jar.



4) Repeat this process, using different colors of chalk, until your jar is full.

Please note: Use care not to shake up your jar – if the colors mix, your beautiful rainbow of colors will turn muddy looking.

Paper Bag Star

By CIY Staff

Supplies Needed:

Crayola Washable Paint
Crayola Markers
Crayola Glue Stick
Hole Punch
Crayola Paint Brushes
Crayola Scissors
Upcycled Paper Bags
Ribbon

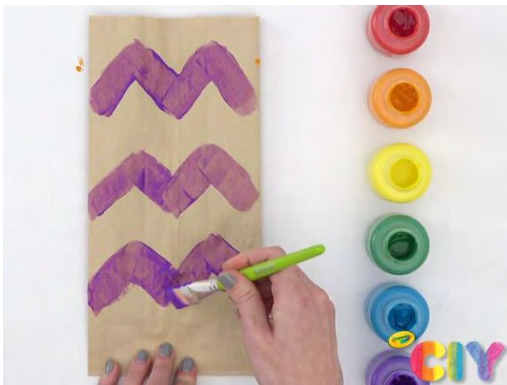
Directions:

1)

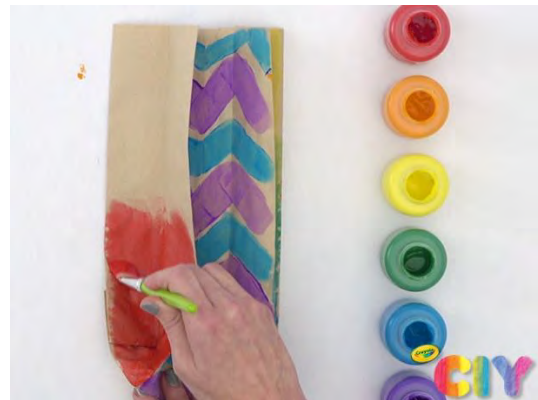


Decorate the large and bottom panel of a paper bag with paint and paint brush. Dry 1 hour.

2)



Paint a design on the other large panel, then dry 1 hour.

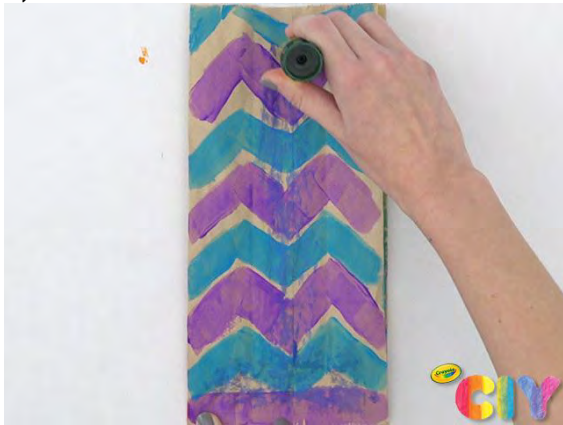


3) Follow the same process on both side panels. Dry 1 hour.



4) Repeat Steps 1-3 on 7 more paper bags. Use markers to decorate with no dry time!

5)



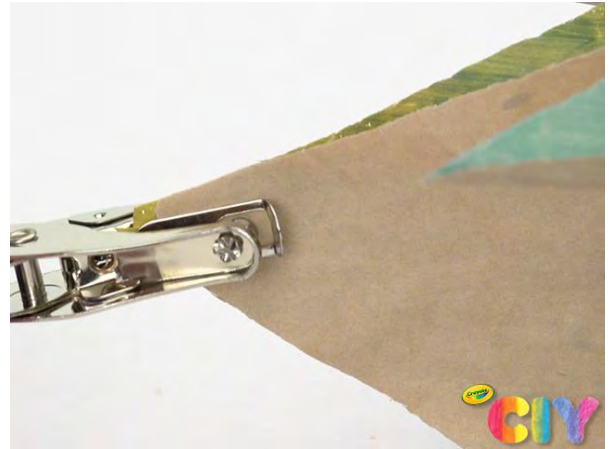
Hold a folded, decorated paper bag with open end at top. Make an upside-down "T" on the large panel with glue. Put another paper bag on top and press down. Repeat up until the last bag.



6) With scissors, cut a point at the open end of the paper bag stack.



7) Make upside-down "T" with glue on the large panel of the last bag. Gently fan the paper bags, then connect and glue together the first and last paper bag to make a paper star.



8) Hole punch the top of the paper star, then feed through and tie the ribbon.



9) Hang as a party decoration or everyday décor!

Name: _____

Date: _____

Decision Making Word Search

Y B Y W I T Y Z H R X W T G X G Q D B V N O D P
 M J X H C N A G B M G R B F S E C I O H C M X U
 U J M A S E S E I T I L I B I S N O P S E R C T
 J S F U L M T I X N N B M G X A I R Q X T P Y M
 R V K E N N Q Z E A E H V C M G E D Z K Q N I V
 Y C F O J O M X Y M T P D S C O P H J Y O A Z P
 Z F Q N T R L A U T A A M S I F I D E N T I F Y
 Y E E T V I R U J S O D A X V S O F S T Z M F F
 F H F H A V X G M E J N H H P O D Y V U X Q B G
 O Z I T H N L I H B Q H B M Q I O K Y T W S T X
 V S L H J E A B S D E C I S I O N S A X E Q F L
 C H B S D N J L S G K W N W O O H G O L Z R K D
 Z J R V O S R E D I S N O C F L G X F C C P F X
 V W J C K L Q O X B E V I T A N R E T L A A R M
 X T C U H K D O J X P N E S E T G B E R K F N H
 O Q U I H G G Z Z F R S G U Y R O D K V K M L H
 H X O I C F J Y K U O I P K P H H K V U E A W U
 C T W X P Y Z W G T C F L N O Y N Q S T F T Q O
 O B I B O M E I I U E K S G N I L E E F G T N R
 U D S S N N E S X R S T X F R A M T E L F C Y N
 N F E Q W P S Z L E S C V B Z E M O K D R E A C
 S F E X S Z F I K F H C J U F X T Q R E D F L P
 E S E I T I L I B I S S O P Z L Y E X S T F F A
 L Q W R V H G A O B T T D W J I P O D Z Z A F D

Alternative Consider Best Responsibilities Decisions Counsel Wise Future
 Life Affect Environment Feelings Possibilities Process Identify Choices

1



Define the Problem.

2



Develop Alternatives

3



Evaluate the Alternatives

4



Make the Decision

5



Implement the Solution

6

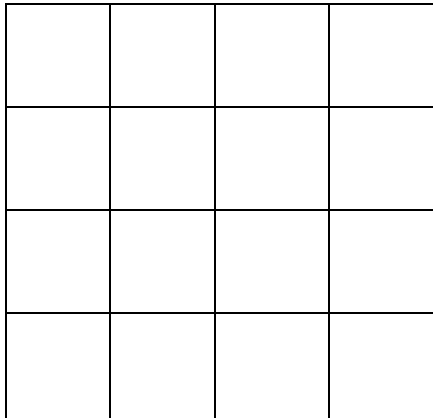


Monitor your Solution



HOW MANY WORDS CAN YOU FIND?

Name: _____ Date: _____



l	m	p	e	r
s	e	t	s	d
g	l	d	a	w
e	p	r	t	w
s	t	l	g	a

t	a	r	s	l
e	b	o	d	c
t	l	l	a	b
a	s	i	r	t
i	d	p	n	a

n	r	l	a	n
a	h	i	d	e
c	o	p	a	n
m	a	t	o	t
f	d	n	a	s

b	t	i	p	t
a	p	d	e	n
n	e	e	s	i
t	y	i	t	n
o	d	e	w	o

e	b	c	r	e
e	h	a	t	d
a	t	g	t	s
d	g	o	a	e
a	p	t	d	l

n	e	h	y	e
i	p	o	t	l
r	a	g	o	l
b	d	n	e	t
x	o	i	b	p

a	d	e	e	n
i	b	p	o	t
g	a	n	d	m
e	s	p	u	a
t	a	n	t	h

b	m	s	e	d
p	a	t	n	r
h	n	d	s	a
d	o	b	c	d
e	a	t	a	r

a	m	e	p	a
r	n	o	t	e
s	u	k	u	n
t	h	i	s	h
a	b	d	a	e

a	t	u	b	e
r	e	d	m	t
b	s	r	a	e
t	e	t	e	s
o	w	r	a	w

g	u	p	a	e
w	p	e	t	r
h	t	s	a	x
d	a	f	e	g
r	c	e	r	t

i	r	n	t	a
b	q	u	o	h
o	p	i	z	o
t	a	t	e	p
i	s	x	b	g

n	u	s	e	t
r	w	a	h	o
l	a	t	e	d
p	i	a	r	i
l	e	g	i	o

a	m	i	n	a
d	t	s	p	k
r	u	m	i	c
o	b	e	h	o
t	p	a	n	d

t	c	l	d	k
e	a	h	o	c
k	p	g	u	a
i	s	g	m	o
t	h	e	o	z

z	a	h	o	r
f	m	g	a	t
i	a	l	f	h
x	b	a	s	u
p	o	s	t	g

Name _____

Date _____

Secret Code

Directions: Use the key to figure out the riddle below.

What is black and white but red all over?

— — — — — — — — — — — — — — — —
2 74 97 12 41 97 94 12 36 58 23 36 41 94 2

Riddle Key

12 = N	58 = D	69 = J	45 = L	74 = S
23 = Z	36 = E	41 = B	72 = O	8 = V
2 = A	7 = G	19 = K	14 = T	25 = C
27 = H	65 = X	32 = W	49 = P	78 = I
94 = R	29 = M	97 = U	67 = F	89 = Y

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Name _____

Date _____

Secret Code

Directions: Use the key to figure out the riddle below.

Why was Christopher Columbus a crook?

— — — — — — — — — — — — — — — —
27 36 58 72 97 41 45 36 25 94 72 74 74 36 58

— — — — — — — — — — — — — — — — — — — — — — — — — —
14 27 36 2 14 45 2 12 14 78 25 72 25 36 2 12

Riddle Key				
12 = N	58 = D	69 = J	45 = L	74 = S
23 = Z	36 = E	41 = B	72 = O	8 = V
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Name _____

Date _____

Secret Code

Directions: Use the key to figure out the riddle below.

What kind of snake is good at math?

$\frac{\quad}{2}$ $\frac{\quad}{12}$ $\frac{\quad}{2}$ $\frac{\quad}{58}$ $\frac{\quad}{58}$ $\frac{\quad}{36}$ $\frac{\quad}{94}$ $\frac{\quad}{74}$ $\frac{\quad}{12}$ $\frac{\quad}{2}$ $\frac{\quad}{19}$ $\frac{\quad}{36}$

Riddle Key

12 = N	58 = D	69 = J	45 = L	74 = S
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Nutrition & Healthy Lifestyle

Exercise

Health & Wellness, Motor Planning, Self-Regulation, Range of Motion

- NEW: Fuzion Fitness Chair Workout - <https://www.youtube.com/watch?edufilter=NULL&v=V4XW74W9t4o>
- NEW: Fitness Challenge: COVID-19 Exercise Challenge by YMCA of Downtown Manchester <https://www.facebook.com/ymcafun/videos/2793027030745094/>

For this challenge, you will do 12 repetitions of 7 different exercises. Once all 7 exercises are done 12 times, repeat 2 more times for a total of 3 rounds. Watch the video below for correct form on each of these exercises. The challenge is yours to decide – so make it count! The exercises are:

- 1) Mountain Climbers
 - 2) Dead Bugs
 - 3) Leg Lifts
 - 4) Glute Bridges
 - 5) Left Side Plank
 - 6) Right Side Plank
 - 7) Supermans
- Planet Fitness you tube channel – Source: <https://www.youtube.com/planetfitness>
Free home work-ins for anyone and everyone. Stay active with our trainers and even some surprise celebrity guests.
 - Tai Chi
 - 10 Tai Chi Moves for Beginners - 14 Minute Daily Taiji Routine https://youtu.be/6w7IS8_UzHM
 - Tai Chi for Beginners 01 “Tai Chi Fundamentals” <https://youtu.be/oCnCSOWqIUU>
 - Online Yoga Classes
 - Yoga in Action: <https://yogainaction.org/online-yoga.html>
 - Chair Yoga: <https://www.youtube.com/watch?edufilter=NULL&v=1DYH5ud3zHo>
<https://www.youtube.com/watch?edufilter=NULL&v=m4t9nCW3630>
 - Adaptive Yoga: https://www.youtube.com/watch?v=84_eH-P4aBq&fbclid=IwAR1LdJVMV056Ppx_SGniSw9oqvaXJ-nrHkXkLox2Bepbz5dxQ_ZDc-1p9Vo
 - Zumba
 - https://www.youtube.com/watch?edufilter=NULL&v=9_MxwQw10RI
 - Chair Zumba: https://www.youtube.com/watch?edufilter=NULL&v=GdHFXAeC_Ys

Online Hiking Guides

With hiking trails closing daily, if you want to get out for a hike, check out one of these NH outdoor trail websites:

NEW: <https://hikingandfishing.com/blog/new-hampshire/>
<https://www.nhstateparks.org/activities/hiking/trail-maps-and-information>

<https://wildlife.state.nh.us/trails/>

<https://www.visit-newhampshire.com/state/walking-and-hiking/>

<https://www.alltrails.com/us/new-hampshire>

<https://www.hikingproject.com/directory/8009200/new-hampshire>

How to Hike and be Socially Responsible – Source: hikingandfishing.com

- Stay close to home – ideally, you shouldn’t need to drive anywhere. (If you must travel, you should strictly follow the below tips)
- If you have ANY symptoms, or have been in contact with anyone that has, do not go out.
- Avoid public places (bathrooms, trailheads, campgrounds, towns, gas stations, coffee shops, etc)
- Bring your own food in a cooler

- Travel in your own car, only with people you live with
- Carry all supplies so that you don't have to stop anywhere
- On the trail, maintain distance from others and avoid touching common areas, signs, bathrooms, etc
- If with a dog, keep them on leash, and don't let them approach others
- Be sure to wash surfaces and hands frequently, especially before eating
- If you have been in contact with other people that have been traveling, or have been sick, simply don't go anywhere.

This week's hiking activity:

- Backyard Plant Identification (NHL1) – Source: outdoors.org

Can your client find five different kinds plants? How about three different kinds of flowers? Can they tell the difference? Think about the colors of the leaves or petals, the shapes of the branches or stems, and how tall or short they are. Can they find an item that's a circle, a triangle, or another shape? To make this even harder, cut shapes out of a piece of paper and have your client try to match the shape to something in nature. Find household items that are brightly colored, like old paint swatches, parts of cereal boxes, bathroom towels, or running shoes, and have your client find natural items in those colors. But be sure your client knows that when we're looking for different nature, we don't pick them! Here's a handy plant identification guide you can use.

- Spring Activity worksheet (NHL2) – Source: Maine Dept of Inland Fisheries and Wildlife

Please note:

- Before exploring the trails, double check to see if they are open as things change daily due to Covid-19
- Follow social distancing practices. Make sure to stay at least 6 feet apart from people and keep your hands to yourself.



Check out this website for valuable information and updates during Covid-19: <https://www.nhstateparks.org/covid-19>



Meal Preparation

Sanitation, Healthy Choices, Healthy & Wellness, Planning

- Hacking your snacks (NHL3) – Source: PDF choosemyplate.gov
- Food Borne Illnesses– Source: Utah Education Network, uen.org/

You may not be able to see, smell, or feel which foods have bacteria in them. You must rely on the rules of food safety and sanitation. Unscramble the sentences below to find out the basic rules of food safety.

1. hot hot foods keep
2. foods cold keep cold
3. in it doubt out when throw
4. before foods for hands handling hot in 20 seconds wash water
5. areas clean food keep preparation

Cooking

Cooking safety, chopping, utilizing appliances

- Kitchen Safety Crossword (NHL4a) and answer key (NHL4b) – Source: wordmint.com
- Kitchen Appliance Safety (NHL5) – Source: productdiggers.com

Self-Regulation Skills

Practicing Self-Regulation Skills (DBT), Meditation

- DBT Workbook (NHL6) – Source: RecTherapyToday.com
A continuation of last week's DBT practice.
- Mindfulness Meditation - Guided 10 Minutes – Source:
https://www.youtube.com/watch?edufilter=NULL&v=6p_yaNFSYao

Self-Care

Medication, Activities of Daily Living, Proper Handwashing, Bathroom, COVID-19 Sickness

- Types of Self Care– Source: verywellmind.com



- COVID-19 Tips (NHL7) – Source: safetyandhealthmagazine.com
- Hand washing scramble (NHL8) – Source: teacherspayteachers.com

- [Virtual Museum Tours](#) – Source: learnincolor.com

Not only is it important to keep your body active during this time, it is also important to keep your mind active as well. Below is a list of Educational Museums with Free Virtual Tours to help keep your mind active.

United States Holocaust Memorial Museum

<https://www.ushmm.org/teach/teaching-materials/primary-sources-collections/virtual-field-trip>

The United States Holocaust Memorial Museum in Washington DC has several of their exhibits online. Pick a subject, and several resources will come up, ready to view.

Lincoln Memorial

<https://www.nps.gov/featurecontent/ncr/linc/interactive/deploy/html/index.html>

National Park Services has panoramas of the Lincoln Memorial. Click and drag to experience things up-close, so you can read inscriptions. They also have a map of the whole memorial, which makes it easy to quickly move from location to location.

Martin Luther King Jr.'s Home

<https://www.nps.gov/features/malu/feat0001/BirthHomeTour/>

Take a virtual tour of Martin Luther King Jr's home. King was a great leader and helped shape the Civil Rights movement. Click on each room in his house, and a video will play.

Housekeeping

Following Instruction, Communication

- Create a Cleaning Schedule (NHL9) – Source: acultivatednest.com
Want to stay organized and on top of your housecleaning? It has been said that writing things down helps people to remember. Use this cleaning schedule to keep track of your hard work.

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Scarlet Oak

Quercus coccinea To 60 ft. (18 m)
Acorns have 2-9 spreading lobes and
a cap up to 7 in. (18 cm) long. Leaves
turn scarlet in fall.



American Beech

Fagus grandifolia To 80 ft. (24 m)
Flowers bloom in rounded
clusters in spring and are
succeeded by 3-lobed nuts



Black Tupelo

Nyssa sylvatica To 100 ft. (30 m)
Crown has horizontal branches.
Glossy leaves turn red in autumn.
Black fruits have ridged seeds.



Weeping Willow

Salix babingtonii To 80 ft. (12 m)
Non-flowering evergreen tree has a
wide crown of drooping branches



Poison Ivy

Toxicodendron radicans
To 8 ft. (2.4 m)
3-pair leaves turn
red in autumn



Spotted Alder

Alnus rugosa
To 20 ft. (6 m)
Forms thickets
along waterways.
Woody fruit is
cone-like



Blueberry

Vaccinium spp.
To 10 ft. (3 m)
Blue-black berries
have a white bloom.



White Oak

Quercus alba To 100 ft. (30 m)
Leaves have 3-9 rounded lobes.
Acorn has a shallow, scaly cap.



Northern Red Oak

Quercus rubra To 90 ft. (27 m)
Large tree has a rounded crown.
Leaves have 2-11 spiny lobes



Trembling Aspen

Populus tremuloides To 70 ft. (21 m)
Long-stemmed leaves rattle in the
slightest breeze. The most widely
distributed tree in North America.



Bigtooth Aspen

Populus grandidentata To 60 ft. (18 m)
Leaves have large, blunt teeth along
the edges. Bluish flowers bloom in
a long cluster and are succeeded by
small capsules



Wild Red Raspberry

Rubus idaeus
To 6 ft. (1.8 m)
Leaves have
3-5 leaflets.



Common Juniper

Juniperus communis
To 4 ft. (1.2 m)
Woody-blue berries
grow in whorls
of 3 around twigs



Mountain Laurel

Laurokalmia
To 20 ft. (6 m)
Evergreen shrub has
alternate leaves and
clusters of delicate
pink flowers.



Chestnut Oak

Quercus prinus To 80 ft. (24 m)
Leaves are up to 8 in. (20 cm) long
and have toothed edges.
Acorns have deep cups



Bear Oak

Quercus ilicifolia To 20 ft. (6 m)
Leaves usually have 5 lobes with
pointed tips. Common on sandy
and rocky soil.



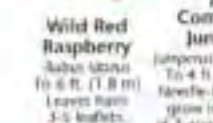
Sugar Maple

Acer saccharum To 100 ft. (30 m)
Leaves have five coarsely-toothed
lobes. Fruit is a winged seed pair.
Tree sap is the source of maple syrup



Red Maple

Acer rubrum To 90 ft. (27 m)
Leaves have 3-5 lobes and turn scarlet
in autumn. Flowers are succeeded
by red, winged seed pair.



Blackberry

Rubus ulmifolius To 10 ft. (3 m)
Leaves usually have 3 leaflets.
White flowers are succeeded by
red berries that blacken when ripe.



Smooth Sumac

Rhus glabra
To 20 ft. (6 m)
Long leaves turn
red in autumn. White flowers
are succeeded by "hairy"
red fruits.



Flowering Dogwood

Cornus florida
To 30 ft. (9 m)
Tiny yellow flowers are
succeeded by red berries.



Black Oak

Quercus velutina To 80 ft. (24 m)
Leaves have 3-7 spiny lobes. Acorns
have a ragged-edged cap.



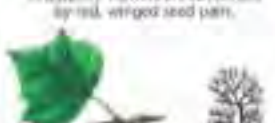
Yellow Birch

Betula alleghaniensis To 100 ft. (30 m)
Bark is red to yellowish and peels off in
strips. Cone-like oval fruit grows into
or branches.



American Mountain-ash

Sorbus americana To 30 ft. (9 m)
Leaves have 13-17 leaflets. Red fruits
occur in dense clusters.



American Sycamore

Rhus typhina To 100 ft. (30 m)
Leaves have 3-5 shallow lobes.
Roundish fruits are hairy.



Common Chokecherry

Prunus virginiana To 20 ft. (6 m)
Cylindrical clusters of spring
flowers are succeeded by black,
red-purple berries.



Labrador Tea

Saxifraga arifolia
To 30 ft. (75 cm)
Leaves have rolled
edges and are
not-crimped and
hairy below.



Rosebay Rhododendron

Rhododendron maximum
To 40 ft. (12 m)
Evergreen shrub has large
clusters of pinkish flowers.



Paper Birch

Betula papyrifera To 70 ft. (21 m)
Whitish bark peels off in
thin sheets. Bark was used by
Native Americans to make
baskets and canoes.



Black Ash

Fraxinus nigra To 50 ft. (15 m)
Leaves have 7-11 leaflets.
Fruit is a winged seed.



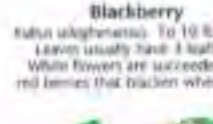
Pin Cherry

Prunus pennsylvanica To 30 ft. (9 m)
Lance-shaped leaves have curled margins.
Small clusters of whitish flowers are
succeeded by bright red berries.



American Plum

Prunus americana To 30 ft. (9 m)
Oval leaves have toothed edges.
Bright red fruits have yellow flesh.



Sassafras

Sassafras alabicum
To 60 ft. (18 m)
Alternate, flat or shield-
like leaves that turn
red, orange or
yellow in fall.



Witch Hazel

Hamamelis virginica
To 30 ft. (9 m)
Flowers have long yellow
petals. Woody buds can
remain on tree up to 15 ft.



Red-Osier Dogwood

Cornus stolonifera
To 10 ft. (3 m)
Red bark is a good
marker field mark.



Eastern Hophornbeam

Ostrya virginiana To 50 ft. (15 m)
Thrust has stripes, muscled like
web. Hop-like fruits are hanging
cone-like clusters.



American Elm

Ulmus americana To 100 ft. (30 m)
Horse-vain-shaped profile. Leaves are
toothed. Fruits have a pappery outline
and are notched at the tip.



Shagbark Hickory

Carya ovata To 100 ft. (30 m)
Bark curls away from the trunk,
giving it a shaggy appearance.
Leaves have 5 leaflets.



Hawthorn

Crataegus spp. To 40 ft. (12 m)
Tree has rounded crown of spiny
branches. Apple-like fruits appear
in summer.

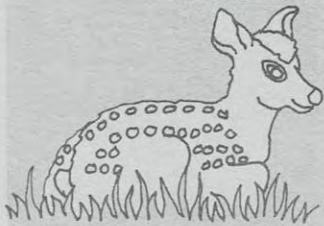
SPRING

Get outside to look for the arrival of migrating birds, plus new baby animals everywhere!

What if?

Circle the one right thing to do if you find a baby animal without its mother.

1. What if you find a fawn without its mother?



- a. Leave it alone - mom will come back.
- b. Call a veterinarian.
- c. Take it home.

2. What if you find a nest of baby raccoons?

- a. Take them all home.
- b. Call a game warden.
- c. Wait from a safe distance to see if mom comes back.



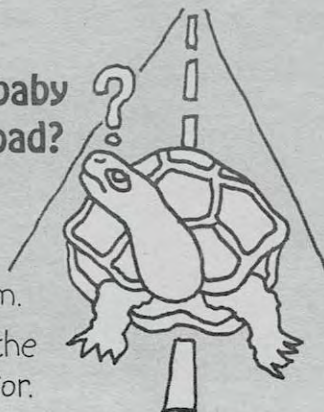
3. What if you find a baby bird on the ground?



- a. Take it home.
- b. Look up. Find the nest. Put it back in nest.
- c. Leave it alone.

4. What if you see a baby turtle crossing the road?

- a. Take it home.
- b. Put it on the side of the road it came from.
- c. Put it on the side of the road it was heading for.



Name This Bird

This bird always catches big worms in the rain. Starting at the top, find the letters that appear in the raindrops touching the worm. Write them in order on the dotted lines above to name this bird. Then have fun coloring it!



MyPlate
MyWins

Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



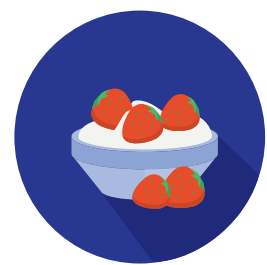
Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



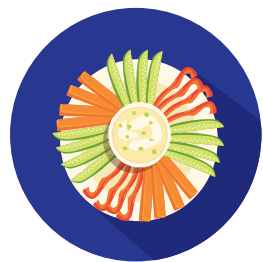
Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



Make it a combo

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



Snack on the go

Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.

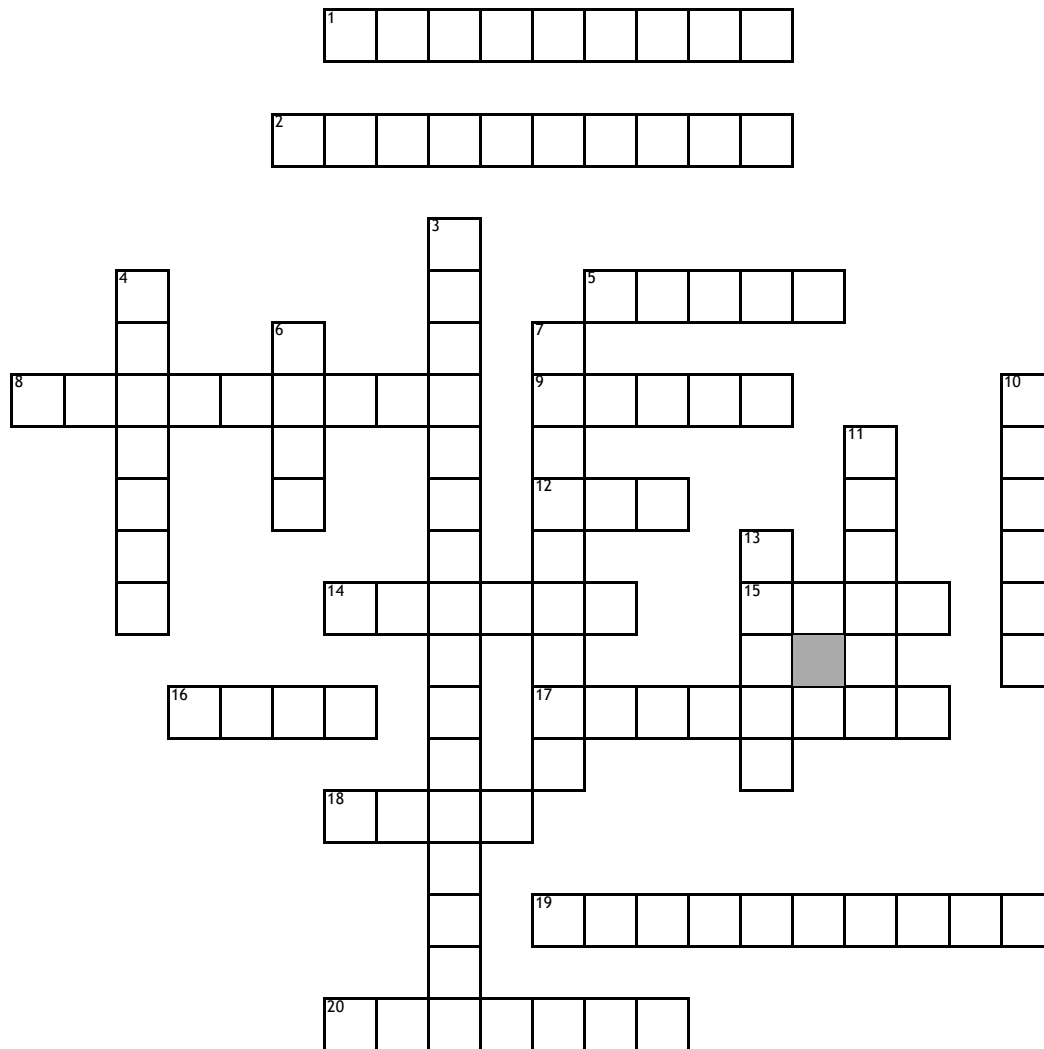


List more tips

Name: _____

Date: _____

Kitchen Safety



Across

1. Use ____ to pick up hot pans
2. Call the ____ ____ if there is a gas leak
5. Make sure to not wear ____ clothing near the stove
8. Do not leave anything ____ near a stove
9. Never light a ____ near a gas leak
12. Never ____ in a kitchen or food laboratory
14. Never leave in the sink
15. Cut ____ from your body
16. Turn pot handles to the ____ to avoid getting bumped
17. Never let ____ near the stove unsupervised
18. Make sure to tie ____ back before cooking
19. Keep products in original
20. ____ ____ appliances as soon as you are done with them

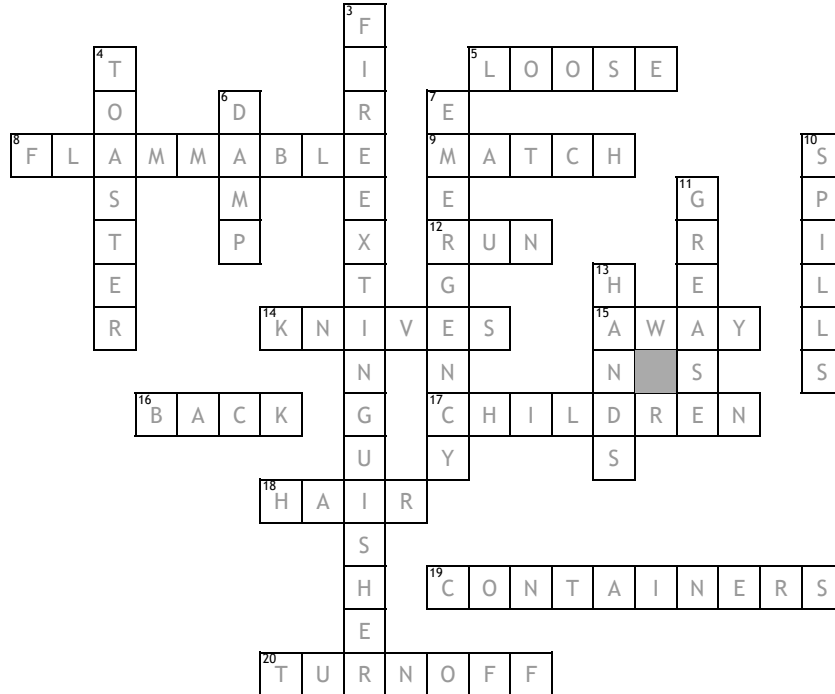
Down

3. Always have a ____ ____ in your kitchen
4. Never stick a metal object in the
6. To clean up broken glass, use a ____ paper towel
7. Always keep a copy of ____ numbers on the fridge
10. Always clean up ____ or broken glass immediately
11. Make sure to keep stove tops free of
13. Before working in the kitchen, wash your

Kitchen Safety

1 O V E N M I T T S

2 G A S C O M P A N Y



Across

1. Use ____ to pick up hot pans
2. Call the ____ if there is a gas leak
5. Make sure to not wear ____ clothing near the stove
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Down

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7. Always keep a copy of ____ numbers on the fridge
10. Always clean up ____ or broken glass immediately
11. Make sure to keep stove tops free of
13. Before working in the kitchen, wash your

Kitchen Appliance Safety

Much of kitchen appliance safety is common sense. However, be sure to keep these tips in mind:

- Always unplug kitchen appliances when you're not using them. They could cause a kitchen fire.
- Keep heavier appliances well back on your counters so they're less likely to be bumped into.
- If you will be leaving an appliance for a period of time (for example, a crockpot or Dutch oven), make sure it's well back on the counter. Also, check that it is well-insulated from burning the surrounding area. Only use a crock pot or Dutch oven that meets manufacturer's current safety requirements.
- If possible, replace your oven with one that has an insulated door. This will prevent burns from touching the oven.
- Always use the back burners on your stovetop if you can. Work from "inner to outer." If you have a single pot on the stove, place it on the back burner closest to a counter. For additional pots and pans, arrange from farthest-to-reach outward.
- Turn pot and pan handles inward. Don't let them stick out from the perimeter of the stove. This will increase safety.
- Keep flammable materials such as oven mitts well away from the stove. The safest way to do this is to hang them against a wall not directly over or near the stove.
- Buy a fire extinguisher and hang it in or right near the kitchen.

M is for Meaning

What might be the meaning in your suffering? Are you able to find a good outcome?

How can finding a meaning help you to feel better?



P is for Prayer

Crate your own “thank you” and gratitude prayer. List things that you feel thankful for and grateful for in life.

How does prayer help you to feel better?



R is for Relaxation

How do you like to relax? Answer below.

How does relaxation help you to feel better?

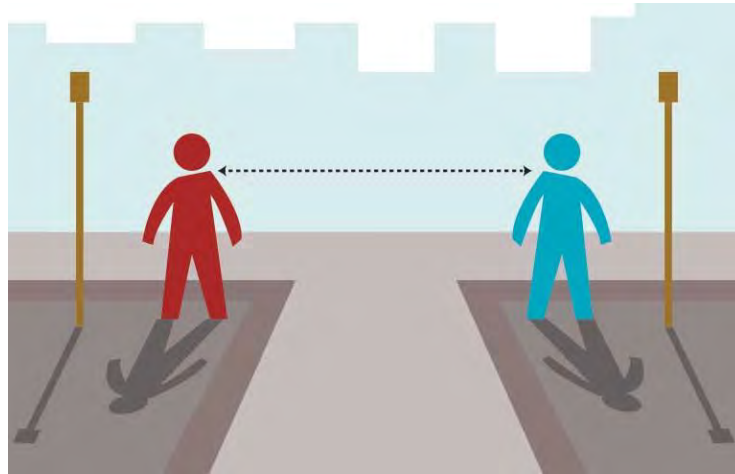


O is for One-minded

Focus on one-thing at a time. What is an activity that you could do that would help you to get your mind focused on something besides the stress?

How does focusing on the present and doing one thing at a time help you to feel better?





COVID-19 pandemic: Tips to remain ‘sane & safe’ during social distancing

March 18, 2020

Muncie, IN — Maintaining a routine, helping others and taking time to focus on self-care are among the tips one Ball State University professor is sharing to help people stay “sane and safe” while practicing social distancing during the COVID-19 pandemic.

Jagdish Khubchandani, a health sciences professor, has 15 recommendations to “counterbalance” the physical and psychological effects of social distancing, which involves reducing close contact with others in an effort to help stop the spread of the disease, per guidance from the Centers for Disease Control and Prevention.

Khubchandani’s tips:

- Maintain a routine. As much as possible, social distancing should not disrupt your sleep-wake cycle, working hours and daily activities.
- Make social distancing a positive by taking time to focus on your personal health, training, diet, physical activity levels and health habits.
- Cook for yourself and others in need. Add more fruits, vegetables, vitamins and proteins to your diet. Eat two or three meals a day.
- Go for a walk or exercise at home.
- Don’t let anxiety or being at home lead to binge eating or alcohol and drug use.
- Know that social distancing can cause anxiety and depression because of disruption to routines, isolation and fear over a pandemic.
- Make the best use of technology to finish your work, attend meetings and engage with co-workers with the same frequency required during active office hours.


- Small breaks during social distancing are also good times to reassess your skills and training.
- Engage in spring cleaning, clear clutter and donate household items.
- Social distancing shouldn't translate to an unhealthy life on social media.
- Based on the Bureau of Labor Statistics' American Time Use Survey "too much time" is spent on screens. Except for one to two times a day to watch, read or listen to national news for general consumption and local news for updates on the spread of COVID-19.
- Reach out to others and offer help. Social distancing should help reinvest in and recreate social bonds.
- Check your list of contacts on email and your phone. It may be a good time to check on your friends' and family members' well-being.
- Engage in alternative activities to keep your mind and body active.
- Don't isolate yourself completely – social distancing shouldn't become social isolation.


www.safetyandhealthmagazine.com/articles/19578-covid-19-pandemic-tips-to-remain-sane-and-safe-during-social-distancing


Germs are Not for Sharing

Word Scramble

There are good _____ like bacteria in foods like  and
MSGER

yogurt and bad  called viruses that make you sick.

Please cover your  when you _____ and cover your
GHCOU

 when you _____ because you do not want to spread
EEEZSN

your _____.
MGSER

It is important to  your _____ with  and
DSNHA

_____ before you eat and when they feel dirty.
TRWAE



Cleaning Schedule



Daily

Bedrooms

- Straighten up
- Make the beds

Bathrooms

- Clean the mirrors
- Clean the toilet seat + bowl
- Wipe down the tubs/showers
- Wipe down the counters + sink

Kitchen

- Wash dishes/load dishwasher
- Disinfect countertops
- Wipe down the sink
- Sweep the floor
- Empty the trash

Dining Room

- Wipe down the dining table

Family/Living Room

- Straighten up
- Wipe down tables

Home Office

- Sort mail

Laundry Area

- Do laundry

Weekly

Bedrooms

- Clean/change the sheets
- Vacuum
- Dust

Bathrooms

- Wash the floor + vacuum rugs
- Deep clean the toilets
- Disinfect knobs, handles, + faucets
- Clean the sinks
- Scrub the tubs/showers
- Empty the trash
- Dust

Kitchen

- Check for expired food
- Wipe down the fridge shelves
- Wipe down appliances + cabinets
- Wash the floor + vacuum rugs

Dining Room

- Vacuum
- Dust

Family/Living Room

- Vacuum
- Dust

Home Office

- Vacuum
- Dust
- File papers
- Wipe down keyboard + mouse
- Wipe down computer's screen

Laundry Area

- Vacuum
- Dust

Monthly

Bedrooms

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans

Bathrooms

- Wash windows
- Clean blinds/curtains
- Wash the showerhead

Kitchen

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans
- Deep clean appliances

Dining Room

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans

Family/Living Room

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans
- Wipe down electronics
- Vacuum couch + chairs

Home Office

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans

Laundry Area

- Wash windows
- Clean blinds/curtains
- Clean the washer
- Clean the dryer + its vent

Improve Self-Advocacy

Human Rights

Reviewing Human Rights

- Human Rights Activity Part B (ISA1) – Source: hrlibrary.umn.edu
This is a continuation of last week's activity. If you didn't get a chance to do part A, refer to the Week 4 guide.
- Universal Declaration of Human Rights (ISA2) – Source: undp.org
- Understanding the Bill of Rights – Source: Bill of Rights Institute

The founding documents are the true primary sources of America. Writings such as the Declaration of Independence, the Constitution, the Bill of Rights, and others written from 1764 to 1791, showcase the philosophical, traditional, and political foundations on which our nation was built and that continue to shape our free society. Learning about these documents is the best way to understand the purpose of our national government, the liberties we enjoy, and how those liberties affect and shape our free society.

Each week we will explore one of the founding documents and the accompanying explanatory resources to broaden your knowledge about the birth of our nation and the impact to human rights.

Lesson of the Week: The Bill of Rights

<https://billofrightsinstitute.org/founding-documents/bill-of-rights/>

Current Events

Understanding and discussing community events, politics

- The five Ws – Source: educationworld.com
Introduce clients to the 5Ws found in most news stories. Often, the five Ws are introduced in a story's opening paragraph. Find a major news story. Invite clients to talk about the who, where, when, what, and why of the story. Circle or highlight and label the areas of the story that tell each of the five Ws. Then provide your client with a news story and ask them to find the who, where, when, what, and why of the story. clients might underline each of the five Ws with a different colored crayon.
- Sequencing the facts – Source: educationworld.com
Select a news story that includes a clear sequence of events. Write each of the facts of the story on a separate strip of paper. Invite clients to order the sentence strips to tell the story in its correct sequence. They can retell the events of a story in five simple sentences, each written on a separate strip of paper. Have your client share the activity he/she created and a copy of the original story.

Current Events Website of the Week – Source: classtechtips.com

CNN 10: <https://www.cnn.com/cnn10>

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Human Rights Activity

PART B: What Is a Right?

1. Brainstorm for the many meanings "right" can have (e.g., "correct," "opposite of left," "just.") Consider common expressions like "We're within our rights" or "You have no right to say that." Record these different meanings on the board. What is the meaning of "right" when we speak of a human right?

2. In small groups or all together, brainstorm a definition for human rights and write these possibilities on the board. Try to evolve a definition that everyone can agree upon and write it on a chart sheet by itself.

3. Write on the board this definition of human rights:

Human rights belong to all people regardless of their sex, race, color, language, national origin, age, class, religion, disability or political beliefs. They are universal, inalienable, indivisible, and interdependent.

•What is meant by universality? By inalienable? By indivisible? By interdependent? Ask participants to look up these terms in a dictionary or in A Human Rights Glossary, Part V, "Appendices," and explain their meaning.

4. Look back at the list of qualities that define a human generated in Part A.

5. Write "SURVIVAL," "HUMAN DIGNITY," and "CONVENIENCES AND LUXURIES" on another paper. Discuss the meaning of these terms.

Consider the chart made in Part A. Place each item listed as necessary to fully develop human qualities under one of these headings. For example, is education necessary to survival? To human dignity? Is education a convenience or a luxury?

6. Discuss:

•Should human rights address only what a human being needs to survive? Why or why not?

•Should human rights also protect those things you classified under "conveniences and luxuries"? Why or why not?

•Some people in the world have only what is necessary to survive while others have luxury and convenience. Is this situation just? Is it a human rights violation?

•Can something be done to equalize the enjoyment of human dignity? Should something be done? If so, how? And by whom?

Sources: Adapted from The Bells of Freedom (Addis Ababa, Ethiopia: Action Professionals Association for the People, 1996) 15-17; Ralph Pettman, (Teaching for Human Rights: Pre-School and Grades 5-10) 30; Betty Reardon, Educating for Human Dignity (Philadelphia: Pennsylvania Studies in Human Rights, University of Pennsylvania Press, 1995) 25-28; Felice Yeboan, ed., Human Rights Education Pack (Bangkok: Asian Resource Center for Human Rights, (1995) 67-68.

Human Rights

The Universal Declaration of HUMAN RIGHTS

Adopted by the General Assembly of the United Nations in 1948, the Universal Declaration states basic rights and fundamental freedoms to which all human beings are entitled.

WE ARE ALL BORN FREE AND EQUAL
EVERYONE IS ENTITLED TO THESE RIGHTS
 NO MATTER YOUR RACE, RELIGION OR NATIONALITY

EVERYONE HAS THE RIGHT TO LIFE, FREEDOM AND SAFETY

You have the responsibility to respect the rights of others
NO ONE CAN TAKE AWAY ANY OF YOUR RIGHTS

No one has the right to hold you in slavery.

No one has the right to torture you.

You have the right to recognition everywhere as a person before the law.

We are all equal before the law and are entitled to equal protection of the law.

You have the right to seek legal help if your rights are violated.

No one has the right to wrongly imprison you or force you to leave your country.

You have the right to a fair and public trial.

Everyone is innocent until **PROVEN** guilty.

You have the right to privacy. No one can interfere with your reputation, family, home or correspondence.

You can travel wherever you want.

You have the right to seek asylum in another country if you are being persecuted in your own country.

Everyone has the right to a nationality.

All adults have the right to marriage and to raise a family.

You have the right to own property.

Everyone has the right to belong to a religion.

Freedom of Expression: You have the right to free thought and to voice your opinions to others.

Everyone has the right to gather as a peaceful assembly.

Democracy: You have the right to help choose and to take part in governing your country, directly or through chosen representatives.

You have the right to social security and are entitled to economic, social and cultural help from your government.

Workers' rights: Every adult has the right to a job, a fair wage and to join a trade union.

You have the right to leisure and rest from work.

Everyone has the right to an adequate standard of living for themselves and their family.

Everyone has the right to education.

Your intellectual property as an artist or scientist should be protected.

We are all entitled to social order so we can enjoy these rights.

Do you respect other people's rights?

What human rights organisations do you know about?

What is the most important human right? Why?

Do you think that religions respect human rights?

Is human rights guaranteed in your country?

Do you know someone whose rights have been violated?

Do you know about anyone, personally or by name, who has had to fight for their rights?

What rights should people who violate the rights have?

What would the world be like if everyone respected the human rights?

Do you find it possible that everyone in the world will have the same rights in the future? Why/why not?

Pre-Employment Skill Building

Job Searching

Researching, Use of Technology, Problem Solving

- Jobs and Work worksheet (PES1) – Source: learningenglish.uk.com
- Career Exploration Word Search (PES2a) and answer key (PES2b) – Source: wordmint.com

Mock Interviews

Communication

- Tips for Successful Job Interviews (PES3) – Source: fldoe.org
- Mock-upations Game – Source: icebreakers.ws

Each player will take turns convincing another that they are the best for an imaginary job. If you are worried about a real job interview coming up, Mock-upations is a great mental exercise: you will work on your speaking, your positive-outlook, and your quick-thinking.

Set Up:

- Give each player seven small strips of paper.
- Each player writes down five or more “traits.” Just an adjective will do – “Fast,” “Stupid,” “Corrupt,” or “Invisible,” for example, but feel free to get creative. Maybe a background, such as “Irish,” or an interest, such as “Video Gamer”.
- Each player writes down two or more “occupations” - boring or fantastical - it all works well. Even if you use everyday roles, like “Office Worker” or “Waitress,” the player will still have a time trying to work out why the silly traits they are given would fit that job! But if you want to go “Dragon Tamers,” that will be funny too.
- All trait slips go into a literal or non-literal hat, and all occupation slips go into a separate vessel.

Rules:

1. Randomly choose a player. They will be the first interviewer.
2. The other players draw an occupation and three traits from the respective hats. They can look at the occupation, but not at the traits.
3. In any order, the interviewer will call on one of the players to be the interviewee. The interviewee will be giving a short speech explaining why they are a fit for the job they have drawn.
4. At the same time, the interviewee looks at one of their trait cards, and starts to give their speech. The first part of their speech should revolve around this trait.
5. When they are ready, the interviewee looks at their next trait, and begins talking about that trait instead. The interviewee might choose to move on before they have said anything, if they can't think of what to say, or they might talk about their first trait for a minute or more first.
6. The interviewer can force the interviewee to move on to the next trait. They say, “Okay, what else?”. If the interviewee is talking about their last trait, the interviewer would instead say, “Okay, I've heard enough.”
7. When the interviewee has finished talking about their three traits, the interviewer chooses another player to give an interview.
8. When all players have given their interview, the interviewer awards a point to whoever they thought was the best interviewee. The interviewer can decide on their own standards: it might be the funniest interview, or the one who made the best case towards their specific occupation. You will have to trust the interviewer to be honest and reward who they feel is the most deserving player.
9. The player to left of the current interviewer becomes the new interviewer, and the game starts again. When you are running out of traits or occupations, return to the setup phase to create more.

Notes:

Not everyone is great at talking when on the spot. There is no need to try to be funny or creative in this game – just relax and say what comes to mind. If players do need a moment to compose themselves, though, they can ask the interviewing player to go last in that round.

You could also allow all players to look at their traits when they draw them so they have some thinking time, and/or have the interviewer draw the occupation and have all players give a speech relating to that same job, so that players can use the ideas they heard in earlier interviews to jump off from. Experiment, do what works for your group.

Time Management

Follow Instruction, Processing Information

- Time Management Techniques - Source: corporatefinanceinstitute.com

Be respectful of other's time:

When you are trying to be productive, it can be irritating when people constantly interrupt you. Don't do the same to other people. Ask for permission before barging in. Ask if it's a good time. Ask when you can meet with them. Already have a solution ready for the problem you want to discuss. Don't waste time discussing unimportant topics. Email about when you can chat. Be respectful of other people's times, and they are more likely to be respectful of yours.

Follow the "touch it once" rule:

We can waste a lot of time by touching the same thing multiple times. For example, we check our email. Then we look at it again. Then we read it again when we respond. Or there is a report or paper we look at multiple times before we do anything with it. Or we put our laundry on the ground. Then later we pick it up and move it somewhere else.

Each touch is a waste of time. Instead, implement the "touch it once" rule. Don't touch anything unless you are willing to take the next step with it, whatever it may be (responding, filing, scheduling, etc.)



Volunteerism

Follow Instructions, Community Integration, Problem Solving

In Celebration of Earth Day on April 22 the following are volunteer ideas:

- Plant a Tree - Source: corporatefinanceinstitute.com
Trees provide us with many benefits. They can help to reduce energy consumption by breaking winter winds and providing shade in the summer. They also provide shelter for birds and animals and help stabilize soil to reduce erosion, and they improve air quality and reduce greenhouse gasses by absorbing carbon dioxide.
- Clean up Your Neighborhood -Source: weareteachers.com
Pick a local park, roadside or trail in your community and collect garbage and recyclables. Be sure to wear gloves!
- Plant wildflower seeds to help the declining bee population -Source: Tyler Clarke of Easter Seals NH
- Plant Early Blooming Flowers -Source: xerces.org
Whether you're planting in a backyard or placing potted flowers on an apartment deck or outside your workplace, you are providing valuable food resources for queens. Make sure your new plants are not pre-treated with systemic insecticides. Pre-treated plants may harm the very animals that you're trying to support.
- Allow Dandelions to Live Long and Prosper -Source: xerces.org
While your neighbors might heckle you, the bees will certainly thank you. Flowers like dandelions and clover that have been deemed "weeds" are important early-blooming resources.

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NAME: _____

DATE: _____

JOBS and WORK



Questions: *What kind of job would you like to have? Why?*

- Complete the 15 sentences with the words on the left.



- C** cashier *n.*
- commute *v.*
- H** hire *v.*
- J** job interview *n.*
- L** librarian *n.*
- M** manager *n.*
- musician *n.*
- P** photographer *n.*
- pilot *n.*
- Q** quit *v.*
- R** reporter *n.*
- S** salary *n.*
- secretary *n.*
- W** waitress *n.*
- work experience *n.*

1. I work in a store. When people want to buy something, they give me money. I'm a _____.
2. I'm looking for a job with a high _____. I want to make a lot of money.
3. I travel to many different countries for my job. I fly an airplane. I'm a _____.
4. I don't like my job. I want to _____.
5. I play a guitar. I'm a _____.
6. My company wants to _____ new workers.
7. I type letters and answer the telephone for my boss. I'm a _____.
8. Last week I had a _____. A man asked me a lot of questions, and later the company hired me!
9. I work in a restaurant and I take people's orders and serve them food. I'm a _____.
10. I want to find a job, but I don't have any _____. I've never worked before.
11. I have a good job, but I have to drive for an hour to get to work. I don't like to _____ so much.
12. I love my job! I use my camera to take pictures of lots of interesting things. I'm a _____.
13. I work in a big company and I have to go to a lot of meetings. I'm a _____.
14. I work in a library. I'm a _____.
15. You can see me when you watch news on television. I'm a TV news _____.

Name: _____

Date: _____

Career Exploration

B T A C O M M U N I C A T I O N Z K O S C Y W R
 B T K P Y V K K N J H S K J D O C A S H I E R R
 B T N C P E T I L O P S H E R P I E E V Q E Z B
 N R O I E L U K S P O A P U X Z E U N M R D P Z
 O R D J H H I A Y D H E Z Y R Y V P Z C U S O R
 Z R B D M M C C M V N T I N O Y T I E I V S J R
 C K N S K Y J Y A D C F Z L E N U U N W N X E X
 R G U V D O A R A T M U P P E U Z T O Z W V R R
 K E Y F T I L B U P I M R M W M E B C P M E D H
 B P G P T M L F M H E O Y V O R D I L N K F T J
 P L H G P E R Q E T N O N Q V Y G O F C R J B A
 O A Z U A D S W P M L I J I I T T B O E Q W U V
 Y Y V V U B R E B P E W E T X P U T K W G C P B
 C D A I W L E M M J U W C W S F S A I J A A E I
 A K S W C M H E L S H A Z J B I B T E Z O W B Y
 C V B V J R S S F W R L T E C R I J Z A N B O W
 O X N Y N E A B L E O E F J C E Y U G X X F S K
 V O W Y S S W D E X H K W J X F A S Q Q N S I J
 D B R A D M H R I O N J Z L W I G E C I L O P I
 A E F B G V S A U H T B S W O G Y X Z X P C K Y
 F K F Q R N I J K H E Y L U K H N N I H N Q Y J
 L X W Y Q K D I W X I Z B W Y T G R G M R M U S
 E N O S C Q U G O T X I X A J E U E D S B H X C
 S L X J T S E Z D B J P I B D R E I O P P K H S

dependable paycheck baker bagger cashier dishwasher police firefighter
 stocker career resume application interview polite communication
 employee selfadvocacy jobs employment

Ten Commonly Asked Interview Questions and Tips on How to Answer

1. Tell me about yourself. **Tip** -Talk about a couple of your key achievements and the interviewer will likely select an accomplishment and ask you to tell more about it.
2. What is your greatest strength? **Tip** - Figure out what your number one strength or skill is, then talk briefly about it and provide a good example. Before going into an interview, write down several of your top strengths and examples of each.
3. Can you describe a situation in your past where you learned from a mistake? **Tip** - The best mistakes to share are those from which you learned something. Use your mistakes to show how you have matured and grown.
4. What is the most difficult situation you have ever faced? **Tip** - Pick an example in which you successfully resolved a tough situation. Tell your story briefly but try to reveal as many good qualities as possible. Your interviewer wants to hear about qualities such as perseverance, good judgment and maturity.
5. Is there anything you would like to improve about yourself? **Tip** - Pick a weakness, then show how you're working to improve it. Your goal here is to provide a short answer that satisfies the interviewer.
6. What is the most important thing you are looking for in a job? **Tip** - Figure out what you want most in a job. You might value challenge, good working conditions, or friendly co-workers. Talk about one or two items and explain why they are important to you.
7. What are your career goals? **Tip** - The interviewer likes to see if you are a person that plans your future and if you might be someone that would meet the company's needs. Your task is to talk about the goals that you think the company can help you achieve. You score points if you leave the impression you are a growth-oriented person with realistic expectations.

8. What motivates you? **Tip** - Challenge, creativity, success, opportunity and personal growth are most frequently mentioned. You can also mention specific skills that you are motivated to use, such as problem solving, decision-making, listening, writing, speaking, planning or counseling people.
9. Why would you like to work for us? **Tip** - This is a great opportunity to impress the interviewer with what you know about their organization. Talk about the positives of their organization.
10. Why should I hire you? **Tip** - This is a great opportunity to sell you. Talk about your strengths and how they fit the needs of the company. You can briefly talk about skills or strengths that haven't already been discussed.

INTERVIEW QUESTIONS

Answer each of the following questions and prepare for a “mock” interview.

1. Tell me about yourself.
2. What is your greatest strength?
3. Can you describe a situation in your past where you learned from a mistake?
4. What is the most difficult situation you have ever faced?
5. Is there anything you would like to improve about yourself?
6. What is the most important thing you are looking for in a job?
7. What are your career goals?
8. What motivates you?
9. Why would you like to work for us?
10. Why should I hire you?

DO'S AND DON'TS OF JOB INTERVIEWING

DO's

1. Wear dress pants or skirt that reaches your knees. (Girls)
2. Pay attention to your personal grooming and cleanliness.
3. Know the exact time and location for your interview.
4. Arrive early; at least 10 minutes prior to the interview start time.
5. Treat all people you encounter with courtesy and respect. Administrative assistants and receptionists also have first impressions and frequently share their opinions with the interviewers.
6. Offer a firm handshake.
7. Show a positive attitude during the interview.
8. Maintain good eye contact during the interview.
9. Respond to questions and back up your statements about yourself with specific examples whenever possible. Ask for clarification if you don't understand a question.
10. Be thorough in your responses but don't ramble on forever. Be concise in your wording.
11. Be honest and be yourself. Dishonesty gets discovered.
12. Exhibit a positive attitude. The interviewer is evaluating you as a potential co-worker.
13. Have intelligent questions prepared to ask the interviewer. The interview can be a two-way street. You can ask what kind of employee they are looking for and return with an explanation of how you fit that description.

DO'S AND DON'TS OF JOB INTERVIEWING

DON'Ts

1. Don't wear a blouse or dress too revealing. (girls)
2. Don't wear lots of jewelry.
3. Don't wear clothing with sequins, etc. It's better to be conservative. (girls)
4. Don't make negative comments about previous employers or others.
5. Don't falsify application materials or answers to interview questions.
6. Don't arrive late.
7. Don't give the impression you are only interested in salary; don't ask about salary and benefit issues until your interviewer brings up the subject.
8. Don't act as though you would take any job or are desperate for employment.
9. Don't be unprepared for typical interview questions. You may not be asked all of them in every interview, but being unprepared looks foolish.
10. Don't refer to the interviewer as "Dude!"
11. Don't go to extremes with your posture; don't slouch, and don't sit rigidly on the edge of your chair.
12. Don't chew gum.
13. Don't smoke or slurp any drinks you brought or are offered. Most work places are smoke-free environments and no-one wants to hear you slurp.