



## Equality for the Disabled: Class Programming

Accepting SDP clients or out of pocket.

**Philosophy:** Stimulate the body and brains regulators to via dopamine, oxytocin, serotonin and endorphin (DOSE) to aid in a balanced day. TLC uses key environmental factors such open space and a variety of activities to release stagnant energy and allow for self-exploration in a supervised setting.

**Dopamine-** *The reward chemical:* Exercise, create something: writing, music, art, anticipating something you're excited for, eating, sleep, understanding expectations and working on goals.

**Oxytocin-** *The empathy/admiration hormone:* Exercise, socializing, music, helping others & interaction with animals.

**Serotonin-** *The mood stabilizers:* Exercise, sunlight, mindfulness & nature/open space.

**Endorphin-** *The natural pain reliever and mood enhancer:* Exercise, create something: writing, music, art, laughing/crying, food choice, meditate & stretching

### Individualized Learning Programs:

Everyone with special needs is welcome to enroll, for those who are not self-sufficient an aid or respite worker is required.

1. **Consistency:** Maintain a consistent routine to help students feel secure.
2. **Flexibility:** Be prepared to adjust the schedule based on students' needs and responses; on a daily/weekly basis.
3. **Breaks:** Include regular breaks to prevent sensory overload and fatigue.
4. **Collaboration:** Work with those who know the client best to tailor the schedule to each student's Individualized Learning Program (ILP).
5. **Pricing:** \$55 per client for 2-hour program. Price is subject to change with 30 days' notice. Additional family participants are +\$20.

## Tentative Schedule: Tuesday and Friday (1:00-3:00pm) \*

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Subject to change with 10-day notice or emergency cancelation. Clients with food allergies will be asked to provide their own snacks.

### **45 Minutes: Check in + Exercise**

- Wash in, check in: One-on-One moment to share their day thus far and assess the amount of output/input needed.
- Tridynamic- mobility, exercise and stagnant energy outlet (Tridynamic 101)
- Four-man bike
- Grounding/Centering techniques (e.g., box breathing, guided stretching)
- Rest Vegas Nerve

### **45 Minutes: Sensory and Creative Activities**

- Supervised “goat Zen”
- Positive music: instrumental, healing hertz, uplifting
- Create something: writing, music, art (e.g., tactile activities)
- Cognitive training games, hand eye coordination, strategy, learning new skills through social interaction

### **30 Minutes: Social Skills and Self development**

- Conversating about goals, intentions, dreams and/or ideas
- Conversations diet effecting mood and feelings
- Exploring the open space encouraging self-exploration through clients' interests

## Future Goals of TLC Program

Measurable Goal: to take skill sets and apply to TLC events.

- Snack bar training
- Tridynamic certified driver for Rickshaw/ 4-man bike
- Animal Husbandry
- Rickys garden- planning process to completion
- Audio/Video setting up stereo/TV equipment