

Updated: 3/2020

The Arc Westchester Residential-Day Program

Curriculum Guide:



Topic 1: Health

It's important to have individuals understand what is going on with COVID-19. Using the PowerPoint and information guides below, it's important to review, in simple terms, what this virus is and what measures to take to take precautions and flatten the curve.

- Be frank with the individuals you support and address their concerns.
Link: [Plain-Language-Information-on-Coronavirus.pdf](#)
- Proper Hand Washing Visual: Link: [Hand Washing Technique.docx](#)
- Safe Glove Removal: Link: [Glove Removal.docx](#)
- Safe Removal of Medical Attire: Link: [Safe Removal of PPE.docx](#)
- Practice, Practice, Practice!

Topic 2: Virtual Tours

Google Expeditions

- 34 national parks you can visit virtually!

Link:

<https://www.google.com/amp/s/www.insider.com/national-parks-america-virtual-tours-3d-visit-2020-3%3famp>

Follow up activities:

- Group discussions related to which parks you visited
- Staff can research articles/activity sheets related to the national park you visited
- Group can research facts related to the national park visited

YMCA @ Home

- Virtual field trips offered through YMCA website. Field trips include Cincinnati Zoo and Botanical Garden, Yellowstone, The Met Museum, Dairy Farm, and Outer Space.

Link:

<https://ymcanyc.org/ymca-home/families-kids#learning>

Follow up activities:

- Pause at certain exhibits to have a discussion about said exhibit

Topic 3: Live-Streams

Brookfield Zoo: “Bring the Zoo To You”

- Chicago Brookfield Zoo is hosting daily, live educational streams of the zoo and animals **every week day at 11am.**

Information & Article:

<https://www.nbcchicago.com/news/local/brookfield-zoo-brings-the-zoo-to-you-with-daily-streams-for-kids-at-home/2240278/>

Facebook Link:

<https://www.facebook.com/BrookfieldZoo/>

Follow up activities:

- Group discussions related to material covered in the stream watched
- <https://www.czs.org/activitysheets>- Site offers a multitude of activity sheets for various skill sets correlated with the zoo’s animals
- <https://www.justcolor.net/nature/animals/> Adult animal coloring pages

Topic 4: Exercise

YMCA @ Home

- YMCA is offering free online workout videos for a range of activities including meditation and senior movement activities.

Link:

<https://ymcanyc.org/ymca-home>

Follow up activities:

- **Walks in the community, limited to one or two individuals, are still encouraged in their neighborhoods.**
- Allow individuals to look through the different exercises and choose their own.
- Have some individuals lead an “exercise class” and teach others how to complete the exercises.
- Set up a rotation of exercises based on ability level and have people cycle through different physical movements.
- Chair exercises (consider all abilities, anyone can exercise!): [10 Minute Chair Workout for Seniors - HASfit Seated Exercise for Seniors - Chair Exercises for Elderly](#)

Topic 5: E-Books, Movies and Magazines

YMCA @ Home

- Access to e-books, audio books, movies and magazines from NYPL's E-Book Central. Includes animated books, story books, picture books, puzzles, chapter books and items from National Geographic. Suitable for ranges of ages and ability levels.

Link:

<https://ymcanyc.org/ymca-home/families-kids#learning>

Follow up activity:

- Pause the story frequently to ask comprehension questions of what just happened, where did this character go, what is this character's mission, to avoid a static experience.

Audible Today:

Many of the offerings cover many age ranges, so there's material that could be of interest to the people we serve. Link: [Audible Stories](#)

The Westchester Library System has a huge catalog of audiobooks.

Follow up activity:

- If you use this, it might be a good idea to stop the feed every 10-15 minutes and let the person/group recap what's happening in the story and make it a more interactive, rather than passive, experience.

'Choose Your Own Adventure':

These are really fun and interactive, basically you get to make your own story and talk about your choices. Link: [Storygames](#)

Topic 6: Online Games and Activities

YMCA @ Home

- Access to interactive games featuring San Diego Zoo, American Museum of Natural History, Broadway Plays, and PBS. Also offers Arts and Crafts Activities using household items.
- Links-
<https://ymcanyc.org/ymca-home/families-kids#learning>
[BrainPOP](#)
[FunBrain](#)

Follow up activities:

- Choose and create an arts and crafts activity using household items. Have people individually or in teams go on a scavenger hunt to find items needed for activity. *(Requires planning that all items are available within the house!)*

- Divide house into small groups or individually and assign different locations to each group (Zoom, Museum, watch a play). Have each group watch/interact with their assignment and then lead group discussion about what everyone learned.
- Have individuals who are interested in one topic watch the assigned videos/interact on the webpage and then present their topic to teach others.
- [Blueprint.com](https://www.blueprint.com) has multiple classes with clear step-by-steps for every interest. Membership required, though many classes are free.

Discussing Art Online:

- There's a range of topics that can be covered by just looking at a piece of art online. Here are some example questions for this activity- Link: [Art on the Web](#)

Topic 7: Meditation and Mood Apps

It's important to manage anxiety through this crisis, staff and individuals.

Link: [Six Tips To Managing Staff In The COVID Crisis](#)

YMCA @ Home

- Access to apps that focus on meditation, deep breathing, mindfulness and addressing conflict and anxiety.

Link:

<https://ymcanyc.org/ymca-home/teen-resources>

Follow up Activities:

- Group discussion about everyone's current mood and emotions. Conflict Resolution.
- The idea below is to get three colored pencils (green, yellow and red) and fill in the thermometer (green to yellow to red) to indicate increasing levels of stress. Then discuss with individuals why it's inappropriate to reach red and to discuss alternatives to never reach that level! (Link: [FeelingsThermometer.PNG](#))

Topic 8: Oregon Trail Game

- Collaborative/team building fun while learning about history and also touching upon individual goals such as budgeting and safety

Link: <https://classicreload.com/oregon-trail.html>

Hard Copy CD

Follow up activities:

- Interactive group discussion while playing the game using the free social media platform ZOOM (Link: <https://zoom.us/signup>)
- Staff/Group can research articles/activity sheets related to 19th-century pioneer life on the Oregon Trail

Topic 9: Online games and Downloadable Apps

While the iPad is seen as a personal device, it can be a powerful tool for group presentations to individuals in a day services setting. We provide examples that will engage and stimulate your audience.

Disability Horizons

- List of online games and apps that can be downloaded suitable for various physical disabilities. Offers activities for people who are visually impaired, using assistive technology, using touch screen devices and have limited fine motor skills. Ranges of apps from coloring, word searches, puzzles, drawing and mood tracking.

Link:

[Accessible apps: 10 fun accessible game and activity apps](#)

Follow up activities:

- Divide everyone into small groups and set up interactive games. Work on taking turns and sharing skills. Discuss ways to motivate their partner(s) by providing praise and commenting on their efforts.
- Have people play games individually and compare thoughts on favorite games, scores, and if they would play that game again.

Apps that can be done together, from our very own tech guru, Jordan Jankus:
(jjankus@arcwestchester.org for further questions on all things tech!)

Link: [All Together Now! - iPads for Groups](#)

Apple Clips:

We highlight the feature of Apple Clips, a powerful free app that comes with Apple devices. It's an easy-to-use, but powerful, video-editing tool that allows you to produce fun and engaging video stories. Link: [Apple Clips](#)

Topic 10: Nutrition

- Online resource with printable materials and handouts focused on healthy recipes, nutrition lesson plans, food safety and healthy eating. Link: [Nutrition.gov: Welcome](#)

Follow up activities:

- Create example healthy meals and healthy plates with a group, practice soft skills of cutting, chopping, stirring, mixing, ripping, sauteing.
- Discuss healthy recipes and lunch/dinner ideas to make at home.
- Create healthy grocery lists based on nutritional guidelines.
- Discuss individualized healthy eating habits for each person based on their needs (e.g., low sugar diet, low fat diet)
- Talk portion control and try to practice soft skills, such as cutting, ripping, stirring, chopping, etc. Link: [FoodSafety.gov](#)
- Online resource that allows browsing by category of different types of foods and how you can maximize the freshness and shelf life of each item. Information provided on food safety by types of food, food poisoning and how to keep foods safe. Link: [FoodKeeper App](#)

Follow up activities:

- Create a list of perishable and non perishable foods in the house. Have individuals take guesses on the best storage method for each food. Compare thoughts to facts located on the website.
- Discuss how to best store common foods after doing a grocery shop.
- Create a budget for daily items that the individual enjoys.

Clean out the fridge:

- With the free time, talk about expired food stuff. Cleaning and keeping cabinets and fridge shelves constantly updated and making sure to toss stuff that isn't good for you. **Also discuss creating a chart for labeling food that has been opened and needs to be used in a certain time frame, just to keep track.** Link: for your consideration- [From Ketchup to Pineapples: The Food That Should Never Be Kept in a Fridge](#)

Nutritional Facts

- USDA Food Data website allows you to type in any brand or type of food and research all available nutritional facts. Link: <https://fdc.nal.usda.gov>

Follow up activities:

- Have individuals write down their favorite foods and what they think the nutritional facts are for those foods (e.g., how many calories, how much sugar etc.) Then use the database to compare their thoughts.

- ^^Play a game using those facts to create a recommended, balanced meal of 2000 calories. ‘Time to Refuel.’
- Look up foods commonly eaten, or foods people ate for breakfast or lunch and have discussion about the nutritional value of those foods. Discuss healthier options if appropriate. **Some topics include: Water over soda? Low carb wraps over white bread?**

Topic 11: Self Advocacy

- Attached are some **self-advocacy projects** the individuals can work on.
Link: [Advocacy Projects - MARCH 2020.docx](#)

Topic 12: Pick up the Phone!

- Connect families with their adult children through FaceTime, Skype or Google Duo or just a plain old phone. It’s important during ‘social distancing’ to have individuals access their support network and to know that is within their rights.

Topic 13: The Power of Music

- If you have Spotify or Pandora, both come in free versions, that opens the door for a "**Name That Tune**" game. Play a 10 second clip from a computer or other device and give points out for (1) the artist and (2) the title.

Stay Safe, Stay Healthy! We will get through this!

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