

# The ARC Westchester Residential-Day Program Curriculum Guide 2.0

## Topic 1: Health

**It's important to stress to the individuals we serve, in simple to understand terms, the importance of hand washing during the COVID-19 pandemic.**

- Putting hand washing visuals together in the correct sequence and then practicing what they learned.  
[HowTo\\_HandWashing\\_SequenceActivity.pdf](#)
- It's important to focus on mental health and coping mechanisms using mindfulness and to combat 'cabin fever.' Here is a great resource from our own Project Search program using YouTube as a support. [Mindfulness\\_Guidelines.pdf](#)
- This interactive resource from YAI shows how to build a G.R.E.A.T. board, or 'Gratitude, Relaxation, Exercise, An Act of Kindness and to Take Care of Yourself.' [GREAT\\_Activity.pdf](#)
- Stay Positive with this Self-Affirmation resource:  
[SelfAffirmation\\_Activity.pdf](#)
- Create a social skills lesson on personal space using these resource guides. [GiveMeSomeSpace.pdf](#) and [Support Understanding-Greeting People.pdf](#)

## Topic 2: Spring Activities

Since the season changed, there are now plenty of activities to do to celebrate this time of year.

- A comprehensive [Planting Guide](#)
- Watch and walk the [Cherry Blossom](#) grove in Japan on Google Earth
- The [Wolf Preserve](#) in South Salem goes live, the wolves are awake!
- Do an outdoor/indoor [Scavenger Hunt!](#)
- Check out the [Disney Magic Happens Parade!](#)

## Topic 3: Group Games

Some group activities that stress turn taking and tolerance building.

- To practice money skills, set up a 'mock market place' and create price tags for products the house would normally discard, such as old cereal boxes or used containers, and have individuals choose their favorite products and role play 'checking out' with money or debit/credit cards.
- A [resource from YAI](#) that features three simple games you can do at home with a few people, while also observing social distancing!
- It's important to maintain routine, give this [Hygiene Bingo](#) game a try.

## Topic 4: Social Applications

- Hard to Please? The app [Spin the Wheel](#) helps our individuals choose which activity they'd like to do next. Several other activities include options to see 'which character are you' from your favorite tv show or movie!
- **Sensory Light Box & Sensory Sound Box:** two different interactive apps that explore different sounds and interactive visuals that can start a group discussion on weather, seasons, holidays and staying safe in an emergency, such as a fire.