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| --- | --- |
| 9:00 AM | Choose from Bank A. |
| 9:30 AM | Choose from Bank B. |
| 10:00 AM | Choose from Bank A. |
| 10:30 AM | Choose from Bank B. |
| 11:00 AM | Lunch. |
| 11:30 AM | Choose from Bank A. |
| 12:00 PM | Choose from Bank B. |
| 12:30 PM | Choose from Bank A. |
| 1:00 PM | Choose from Bank B. |
| 1:30 PM | Choose from Bank A. |

ACTIVITY SCHEDULE – ADULT CONSUMER DAY PROGRAM

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| --- | --- |
| Bank A: Preferred Activities | |
| Car Ride.  Tabletop activities – Dominoes.  Music Time, Play instruments, Radio/headphones.  Community Walk OR Fitness Walk. | Play Ball (e.g., basketball, toss ball).  Sort Objects (e.g., blocks, straws).  Local Frozen Yogurt Shop.  Gardening (e.g., water plants, pull weeds, rake).  Sensory Activity (e.g., scented lotion, oils, dough). |

|  |  |
| --- | --- |
| Bank B: Self-Care Activities | |
| Laundry Skills – Sorting Clothing.  Enhance Communication Skills with iPad.  Practice grooming and hygiene skills.  Set Tables.  Community Walk OR Fitness Walk. | Dusting Furniture.  Take Out the Trash.  Rinse Dirty Dishes.  Wipe Tables. |

INSTRUCTIONS: Staff will use above form with CONSUMER Monday through Friday.

1. Make it obvious that we use this form for transitions to/from activity (e.g., prompt “Finished”).
2. Consumer may request a different activity. This is okay.
   1. Try to persuade them to complete an activity from the scheduled bank.
3. Make time for bathroom and snack breaks (consumer and staff) as needed.
4. Write actual activities on the spaces above.
5. Add to the banks as needed.