

Empower Me!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30		Drop Off	Drop Off	Drop Off / Yoga	Drop Off	Drop Off
8:30-9:00		Orientation/ Social Skills Training	Social Skills Training/ Transition	Travel to Chaps	Social Skills Training/ Transition	Social Skills Training/ Transition
9:00-9:30		Music Therapy	Music Therapy	CHAPS/Activity	Music Therapy	Music Therapy
9:30-10:00		Pillow project w/ Kelley	Computers	CHAPS/Activity	Computers	Art Activity
10:00-10:30		Tie Dye T-Shirts	Computers	CHAPS/Activity	Computers	Prepare Snacks for Celebration
10:30-11:00		10:30 – 11:30 Karate	10:30 – 11:30 Karate	CHAPS/Activity	10:30 – 11:30 Karate	10:30 – 11:30 Karate
11:00-11:30		Karate	Karate	CHAPS/Activity	Karate	Karate
11:30-12:00		Wash Up Lunch	Wash Up Lunch	CHAPS/Activity	Wash Up Lunch	Wash Up Lunch
12:00-12:30		Tie Dye T-Shirts	Sports	CHAPS/Activity	Sports	Snacks for Celebration
12:30-1:00		Travel/Transition	Sports	CHAPS/Activity	Sports	Yoga
1:00-1:30	Parent Education	Ropes Low	Discussion	CHAPS/Activity	Discussion	Yoga
1:30-2:00	Parent Education	Ropes Low	Therapy Dog	Travel back to school	Art activity	Prepare room for ceremony
2:00-2:30	Parent Education	Ropes Low	Therapy Dog	Snack/transition	Art activity	Ceremony
2:30-3:00	Parent Education	Travel/Transition	Portable Challenge games/ Team building	Computers	Portable Challenge games/ team building	Ceremony
3:00-3:30	(at McKinley Elementary School)	Yoga/OT	Yoga/OT	Computers	Yoga/OT	Ceremony/Leave
3:30-4:00		Yoga - kids Point Sheets – reports to parents	Yoga - kids Point Sheets – reports to parents	Activity Point Sheets – reports to parents	Yoga - kids Point Sheets – reports to parents	Wrap Up
4:00-4:30		Staffing / Prepare for next day	Staffing / Prepare for next day	Staffing / Prepare for next day	Staffing / Prepare for next day	