



Presents

**A. L. I. V. E.**  
*Abilities, Life skills, Independence training, Vitality, and Education*

## 2010 Schedule

### **Healthy Choices**

**Feb. 10/11, 17/18, 24/25 March 3/4, 10/11, 17/18, 24/25;**

**April 7/8, 14/15 and 21/22.**

Portion control techniques and strategies, nutrition, exercise and maintaining a healthy lifestyle.

### **Personal Safety**

**May 5/6, 12/13, 19/20, 26/27; June 2/3, 9/10, 16/17, 23/24, 30/7-1 and**

**July 7/8.**

Personal safety, especially in the community, using age-appropriate assertive techniques. Recognizing when assistance is necessary and developing community resources and safety plans.

### **Social Skills and Relationships**

**July 28/29; Aug 4/5, 11/12, 18/19, 25/26; Sept 1/2, 15/16, 22/23, 29/30; and Oct 6/7.**

Age-appropriate public behavior including speech, manners, grooming.

Identification of feelings and their appropriate expression. Maintaining relationships.

### **Happy Holidays! (Halloween, Thanksgiving, Christmas, Hanukkah)**

**Oct 20/21, 27/28; Nov 3/4, 10/11, 17/18; Dec. 1/2, 8/9, and 15/16.**

Making holiday-themed crafts with an emphasis on identifying and sharing our many gifts with others.

**Our themes of developing relationships, self-care, personal responsibility and appropriate adult behavior are always included throughout the curriculum.**