

# LEARNING TOGETHER



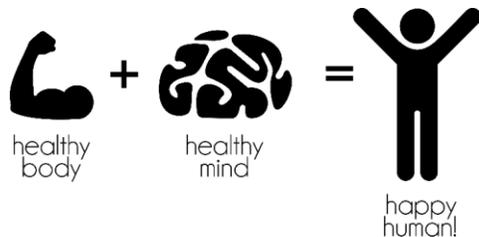
## Specialized Services at Your Fingertips

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### Introduction

Hello everyone and welcome back to another edition of Learning Together. This week's issue will highlight the importance of maintaining good mental and physical health during these challenging times. Practicing physical distancing poses a range of challenges on individuals and families as they respond to the demands of this ever-changing situation. It is normal to be anxious and worried. Relaxation, meditation, staying physically active, and eating healthy can all positively contribute to good mental and physical health.

As Canadians have been urged to stay inside as much as possible to help fight the spread of COVID-19, the specialized services team has compiled some behavioural techniques and resources to keep you healthy, active, and calm while remaining indoors.



### Staying Connected

Have a Netflix account? Watch movies with family and friends using Netflix Party! Netflix Party synchronizes video playback and adds group chat to your favourite shows and movies.



### Follow Along...

Need something to do? Check out these videos on activities that can be done at home with household items.:

- [Sensory bags, Lava Lamps, Slim and Goo](#)
- [Getting lit with lights!](#)
- [Sensory Activities with water](#)
- [How to make delicious brownies](#)

Stay flexible with yoga (kid friendly)

- [Warrior Wednesday's Yoga](#)

Fit in a 10-minute strength workout at home!

- [Warrior Wednesday's Strength Training](#)

### Activities at Home

[Scholastics](#) is offering free learning journeys all the way from Pre-K to Grade 9.

To enjoy practical sensory strategies at home feel free to [click here](#).

[ConnectAbility](#) is offering virtual camps and kid's programs during the outbreak.

[PenguinKids](#) Facebook page is offering virtual storytimes where viewers can tune in and read along to their favorite books.

[Mad Science @ Home](#) has some really fun and interactive at-home activities perfect for all ages.

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Everyday on our Facebook page Community Living Toronto is holding Facebook Live events meant to help promote better health and wellness. From dance parties to yoga stretches to recipe making you can find it all just join us at the [Community Living Facebook page](#).

Ministry of Health launched a new portal dedicated to mental wellness, [please click here to learn more](#).



## Independent Activity Schedule

Independent activity schedules are a set of pictures or words that cues someone to engage in a specific sequence of activities. Depending on the individual's capabilities, the activity can be detailed and broken down into its specific parts, or it can be general, using one picture to cue the learner to perform the activity. Using graduated guidance (which we discussed last issue!), individuals are taught to perform each activity using their schedule.

The goal of using independent activity schedules is to teach individuals to perform a set of activities or tasks without the need for guidance or prompting from others. The use of these schedules increases independence and autonomy in the individuals we support, as well as creating structure throughout their day.

When teaching an individual to use an independent activity schedule, it is important to use prompting correctly. Here are some tips to using an independent activity schedule:

1. The schedule should be set up with the pictures or words necessary and ensure all that activities to be completed are accessible.
2. Have the individual pick an activity or an item to "work for". This will be something that they gain access to once they have completed their schedule.
3. The schedule should then be presented with a cue such as "it's time to do our schedule".
4. When prompting the individual through the schedule, make sure to stand behind the learner (graduated guidance!).
5. The learner should point to each activity and complete them in sequence. It is important to indicate when one activity has been completed before moving on to the next one.
6. As the individual learns, you can fade out prompting. Try not to use any verbal prompts, as they are the hardest to fade out!

**NOTE:** Make sure the activities in the schedule are ones the individual can do independently. An independent activity schedule isn't meant to be used to teach a new skill!

Make sure to check out [Connectability.ca](http://Connectability.ca) and their "Visuals Engine" to help you create a schedule like the one below.

[Connectability.ca - Visuals Engine](http://Connectability.ca)

[Click here for more information on schedules!](#)

 10 Lunges	 DONE
 10 Crunches	 DONE
 10 Squats	 DONE
 10 Side Lunges – Each Side	 DONE
 30 Minutes iPad Time	



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