

Varied Abilities Days for **Elementary Youth**



September 28, 2020: Hygiene

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|---------------------|---------------------------|
| 9:00 am – 9:30 am | Showering and Handwashing |
| 9:35 am – 10:05 am | Dental Hygiene |
| 10:10 am – 10:40 am | Bathroom Etiquette |
| 10:45 am – 11:15 am | Odor Eaters 101 |
| 11:20 am – 11:50 am | Showering and Handwashing |

Themed Activity Time

| | |
|--------------------|---------------------------|
| 12:30 pm – 1:00 pm | Showering and Handwashing |
| 1:05 pm – 1:35 pm | Dental Hygiene |
| 1:40 pm – 2:10 pm | Bathroom Etiquette |
| 2:15 pm – 2:45 pm | Odor Eaters 101 |



November 10, 2020: Safety

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|---------------------|----------------------------|
| 9:00 am – 9:30 am | Be a Germ Genius |
| 9:35 am – 10:05 am | Anger Management |
| 10:10 am – 10:40 am | Body Safety Check |
| 10:45 am – 11:15 am | Emergency |
| 11:20 am – 11:50 am | Internet Surfin and Safety |

Themed Activity Time

| | |
|--------------------|-------------------|
| 12:30 pm – 1:00 pm | Be a Germ Genius |
| 1:05 pm – 1:35 pm | Anger Management |
| 1:40 pm – 2:10 pm | Body Safety Check |
| 2:15 pm – 2:45 pm | Emergency |



January 22, 2021: Drugs and Alcohol

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|---------------------|---|
| 9:00 am – 9:30 am | Habit Free for Me: Role Models/Refusal Skills |
| 9:35 am – 10:05 am | Habit Free for Me: Alcohol |
| 10:10 am – 10:40 am | Habit Free for Me: Tobacco |
| 10:45 am – 11:15 am | Habit Free for Me: Pills |
| 11:20 am – 11:50 am | Habit Free for Me: Role Models/Refusal Skills |

Themed Activity Time

| | |
|--------------------|---|
| 12:30 pm – 1:00 pm | Habit Free for Me: Role Models/Refusal Skills |
| 1:05 pm – 1:35 pm | Habit Free for Me: Alcohol |
| 1:40 pm – 2:10 pm | Habit Free for Me: Tobacco |
| 2:15 pm – 2:45 pm | Habit Free for Me: Pills |



February 24, 2021: Nutrition

| | |
|---------------------|----------------------------|
| 9:00 am – 9:30 am | Food to Go |
| 9:35 am – 10:05 am | Happy Healthy Me |
| 10:10 am – 10:40 am | Health Adventure |
| 10:45 am – 11:15 am | Living an Active Lifestyle |
| 11:20 am – 11:50 am | Food to Go |

Themed Activity Time

| | |
|--------------------|----------------------------|
| 12:30 pm – 1:00 pm | Food to Go |
| 1:05 pm – 1:35 pm | Happy Healthy Me |
| 1:40 pm – 2:10 pm | Health Adventure |
| 2:15 pm – 2:45 pm | Living an Active Lifestyle |