

Varied Abilities Days for **Middle & High School Youth**



September 28, 2020: Hygiene

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

9:00 am – 9:30 am	Coping with COVID
9:35 am – 10:05 am	Anger Management
10:10 am – 10:40 am	Boundaries
10:45 am – 11:15 am	Emergency
11:20 am – 11:50 am	Home Safety

Themed Activity Time

12:30 pm – 1:00 pm	Coping with COVID
1:05 pm – 1:35 pm	Anger Management
1:40 pm – 2:10 pm	Boundaries
2:15 pm – 2:45 pm	Emergency



January 22, 2021: Drugs and Alcohol

9:00 am – 9:30 am	Vaping
9:35 am – 10:05 am	The News About Booze
10:10 am – 10:40 am	The Stink About Smoking
10:45 am – 11:15 am	Informed Decisions
11:20 am – 11:50 am	Vaping

Themed Activity Time

12:30 pm – 1:00 pm	Vaping
1:05 pm – 1:35 pm	The News About Booze
1:40 pm – 2:10 pm	The Stink about Smoking
2:15 pm – 2:45 pm	Informed Decisions



February 24, 2021: Nutrition

9:00 am – 9:30 am	Healthy Eating
9:35 am – 10:05 am	Living an Active Lifestyle
10:10 am – 10:40 am	Revealing the Fat
10:45 am – 11:15 am	Sugar Simplified
11:20 am – 11:50 am	Healthy Eating

Themed Activity Time

12:30 pm – 1:00 pm	Healthy Eating
1:05 pm – 1:35 pm	Living an Active Lifestyle
1:40 pm – 2:10 pm	Revealing the Fat
2:15 pm – 2:45 pm	Sugar Simplified