

January 2026

ABILITYTOTHRIVE.ORG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 LIFESKILLS

BUILD- YOUR-DAY BOARD,PARTICIPANTS CREATE A VISUAL DAILY SCHEDULE USING CARDS:WAKE UP, HYGIENE, MEALS, PROGRAM TIME, FREE TIME, BEDTIME,DISCUSS WHY ROUTINES HELP US FEEL CALM AND SUCCESSFUL.ROUTINE FIX-IT GAMESHOW A MIXED-UP ROUTINE (E.G., PAJAMAS AFTER LUNCH).GROUP WORKS TOGETHER TO “FIX” THE ORDER.INDEPENDENCE STATIONSROTATE THROUGH SHORT TASKS:MAKING A BED (OR FOLDING A BLANKET),PACKING A BACKPACK,SETTING AN ALARM ON A PHONE OR CLOCK(CHICKEN QUESADILLAS)

12 LIFESKILLS

“SAY IT THE RIGHT WAY” GIVE SCENARIO CARDS:“YOU DON'T LIKE THE MUSIC.”“YOU NEED HELP.”PRACTICE SAYING IT POLITELY AND CLEARLY.VOICE VOLUME METER:PRACTICE WHISPER, TALKING VOICE, AND LOUD VOICE.MATCH THE CORRECT VOICE TO SITUATIONS (LIBRARY, GROUP ROOM, OUTSIDE).CHOICE BOARD CHALLENGE:PARTICIPANTS PRACTICE MAKING CHOICES:WHAT ACTIVITY?WHAT SNACK? WHO TO WORK WITH?REINFORCES EXPRESSING PREFERENCES. (SKYLINE CHILI DOGS)



CLOSED
MARTIN LUTHER KING DAY

26 LIFESKILLS

CLEAN-IT BINGO,BINGO SQUARES INCLUDE:WIPE TABLE,PICK UP TRASH,PUT ITEMS AWAY,FIRST BINGO WINS, BUT EVERYONE FINISHES THEIR BOARD.WHOSE JOB IS IT? SORTING GAME:SORT TASKS INTO:MY RESPONSIBILITY,SHARED RESPONSIBILITY,STAFF RESPONSIBILITY,GREAT FOR EXPECTATIONS AND ACCOUNTABILITY.BEFORE-AND- AFTER PHOTO MATCH,MATCH MESSY VS. CLEAN PICTURES.TALK ABOUT HOW CLEAN SPACES MAKE US FEEL.(COLD CUT SLIDERS)

6

RH

COMPLIMENT SNOWBALL TOSS- TOSS SOFT “SNOWBALLS” WITH KIND WORDS WRITTEN ON THEM,GOAL BINGO (SIMPLE) –GOALS LIKE “BE KIND,” “TRY SOMETHING NEW,” “HELP A FRIEND”POSITIVE WORD COLLAGE – CUT WORDS/PICTURES FROM MAGAZINES(PACK LUNCH)

PF

RAISING CANES AND TARGET

HPF

CICIS PIZZA AND JUNGLE JIM'S

DAY

DAY:MIDDLETOWN SHOPPING, GRANDPA JOES AND STEAK AND SHAKE

13

RH

AROUND THE WORLD! ROAD TRIP ACROSS AMERICA! MAP MATCH GAME: MATCH STATES TO LANDMARKS (STATUE OF LIBERTY, GRAND CANYON, ETC.), MUSIC ACROSS AMERICA:LISTEN TO COUNTRY, JAZZ, POP, AND ROCK, STATE BINGO:STATES, FOODS, AND FAMOUS PLACES, LICENSE PLATE CRAFT: DECORATE A PRETEND LICENSE PLATE FROM A CHOSEN STATE, SNACK STOP: POPCORN BAR OR TRAIL MIX(PACK LUNCH)

PF

RURAL KING AND WENDYS

HPF

THE STUDIO (PACK LUNCH)

DAY

VOA SHOPPING AND LUNCH AT CHICK-FIL-A

20

RH

CONNECTIONS & CREATIVITY VISION BOARD COLLAGES,MAGAZINES, PICTURES, WORDS FOR GOALS OR THINGS THEY ENJOY,WORD OF THE YEAR ART – DECORATE ONE WORD (HAPPY, CALM, BRAVE, FUN)SNOWFLAKE NAME ART SNOWFLAKE WITH NAME + THINGS THAT MAKE THEM SPECIAL,SNOWBALL QUESTION TOSS TOSS PAPER SNOWBALLS WITH FUN QUESTIONS,GOAL MATCH GAME,MATCH PICTURES OF GOALS TO DESCRIPTIONS,WINTER BINGO,NEW YEAR SHARE CIRCLE – “ONE THING I WANT TO TRY”,COMPLIMENT SNOWFLAKES,WRITE KIND WORDS ON OTHERS' SNOWFLAKES (PACK LUNCH)

PF

THE STUDIO (PACK LUNCH)

HPF

CHICK-FIL-A , FIVE BELOW AND TARGET

DAY

DOLLAR TREE, CICIS PIZZA AND JUNGLE JIM'S

27

RH

COMMUNITY SCIENCE WINTER BINGO,ICE GUESSING GAME (WHAT WILL MELT FASTEST?)SNOWBALL TOSS (COTTON BALLS)ICE EXCAVATION (TOYS FROZEN IN ICE)FROZEN VS MELTED TIME TEST,SNOWFLAKE SYMMETRY CRAFT (ORDER LUNCH OUT)

PF

PF:SUBWAY AND JUNGLE JIM'S

HPF

RURAL KING AND RAISING CANES

DAY

THE STUDIO, WENDYS, MEIJER

7

RH

DIY SLIME OR SENSORY PUTTY,COLOR-MIXING ART WHEELS, BUBBLE PRINT ART, MINI SCIENCE DEMOS(SAFE+VISUAL),GUESS THE TEXTURE BAG,SCIENCE BINGO,BALLOON POP QUESTION GAME

DAY

CONTEMPLATE ARTS MUSEUM (PACK LUNCH)

14

RH

ABSTRACT EMOTION ART (COLORS = FEELINGS)PAINT-ALONG CANVAS (STEP-BY-STEP VISUALS)TEXTURE COLLAGE (FABRIC, FOIL, PAPER, YARN)MUSIC-INSPIRED DRAWING (DRAW WHAT YOU HEAR),CHOICE STATIONS: PAINT, DRAW, COLLAGE,ART CHARADES (ACT OUT ART TOOLS OR STYLES),PASS-TH-ART (ADD SOMETHING BEFORE PASSING)(PEANUT BUTTER PRETZEL BITES)

DAY

BOONSHOFT MUSEUMS

21

RH

DESIGN YOUR OWN BOARD GAME (SIMPLE PATHS & ICONS)TEAM FLAGS OR PENNANTS DECORATE DICE OR GAME PIECE, ROTATE THROUGH GAME STATIONS,VOTING FOR FAVORITE GAME PLAYED, GIANT DICE GAMES (MOVE, ANSWER, ACT),BEANBAG CORNHOLE,MINUTE-TO-WIN-IT CHALLENGES

DAY

DAY:THE STUDIO, KFC, WALMART

28

RH

MOVIE TRIVIA DAY! NACHO BAR & SUGAR FREE ROOT BEER FLOAT (NACHO BAR)

DAY

DAYTON MALL

1

8

RH

KIND WORDS SNOWSTORM, WRITE KIND WORDS OR SHORT COMPLIMENTS ON PAPER SNOWFLAKES.HANG THEM AROUND THE BUILDING FOR STAFF AND PEERS TO READ.OPTIONAL: CREATE A “TAKE ONE KIND WORD” BASKET AT THE FRONT DESK,KIND WORD MATCH – MATCH POSITIVE WORDS TO PICTURES OR SCENARIOS.SNOWBALL COMPLIMENTS – CRUMPLE PAPER INTO “SNOWBALLS,” TOSS, AND READ ALOUD.

EDU

STORE SCAVENGER HUNT AT BRIDGEWATER WALMART AND WENDY'S

15

RH

LETTERS OF ENCOURAGEMENT! WRITE SHORT ENCOURAGEMENT NOTES FOR:OTHER PROGRAM MEMBERS,STAFF,FAMILIES,USE SENTENCE STARTERS FOR ACCESSIBILITY (“YOU ARE GOOD AT...”, “THANK YOU FOR...”).COMPLIMENT CIRCLE – PASS AN OBJECT; SAY SOMETHING KIND BEFORE PASSING.MESSAGE MATCH – MATCH ENCOURAGEMENT PHRASES TO EMOTIONS (HAPPY, SAD, PROUD).

EDU

THE STUDIO, RAISING CANES AND DOLLAR TREE

22

RH

CREATE ART USING ONLY REUSED MATERIALS (SCRAP PAPER, OLD MAGAZINES, CARDBOARD).GROUP CHALLENGE: “WHAT CAN WE MAKE FROM NOTHING?”DISPLAY FINISHED PIECES AS A MINI GALLERY.GUESS THE MATERIAL – GUESS WHAT REUSED ITEMS WERE USED IN EACH ART PIECE.BUILD-IT RELAY – TEAMS BUILD SOMETHING USING SCRAP ITEMS.

EDU

DAYTON AIR FORCE MUSEUM (PACK LUNCH)

29

RH

DO IN-HOUSE HELPING PROJECTS:ORGANIZE SUPPLY BINS,WIPE TABLESFOLD PAPER OR TOWELSMAKE “HELPING HANDS” CUTOUTS LISTING WAYS THEY HELPED THAT DAY.ACT-IT-OUT – ACT OUT HELPING ACTIONS (CLEANING, SHARING, HOLDING DOORS).HELPING HANDS BINGO – BINGO CARDS WITH SIMPLE HELPFUL TASKS.

EDU

LANE LIBRARY AND BURGER KING

2

LIFESKILLS

LIFE SKILLS: WHAT TIME IS IT? CIRCLE,SHOW A CLOCK (REAL OR VISUAL).TALK ABOUT:WHAT TIME WE WAKE UP,WHAT TIME PROGRAM STARTS,WHAT TIME WE EAT LUNCH,PRACTICE SAYING: MORNING / AFTERNOON / EVENING. BEAT THE TIMER CHALLENGE,USE A VISUAL TIMER.GIVE SIMPLE TASKS:PUT SHOES AWAY,CLEAN TABLE,PACK A BAG,TRY COMPLETING TASKS BEFORE THE TIMER ENDS (NO RUSHING– JUST AWARENESS). READY OR NOT? SORTING GAME,CARDS SHOW SCENARIOS:COAT ON / COAT OFF IN WINTER,PHONE CHARGED / PHONE DEAD,LUNCH PACKED / LUNCH FORGOTTEN,SORT INTO:READY,NOT READY,DISCUSS HOW BEING READY HELPS THE DAY GO SMOOTHER. (CHICKEN CEASAR SALAD) HPF: WENDYS

HPF

CHICK-FIL-A

9

LIFESKILLS

GOOD CHOICE / POOR CHOICE WALK- AROUNDPLACE CHOICE CARDS AROUND THE ROOM.PARTICIPANTS WALK TO THE CARD THEY THINK SHOWS A GOOD CHOICE.DISCUSS OUTCOMES TOGETHER.WOULD YOU DO THIS? CIRCLE GAME,READ SHORT SCENARIOS:LEAVING MONEY ON THE FLOOR,ASKING FOR HELP WHEN CONFUSED,THUMBS UP/DOWN AND GROUP DISCUSSION.CONSEQUENCE MATCHING,MATCH ACTIONS WITH RESULTS:FORGET COAT → COLD,SAVE MONEY → BUY SOMETHING LATER,REINFORCES CAUSE AND EFFECT.(SLOPPY JOES)

HPF

CHICK-FIL-A

16

LIFESKILLS

CLEAN-IT BINGO,BINGO SQUARES INCLUDE:WIPE TABLE,PICK UP TRASH,PUT ITEMS AWAY,FIRST BINGO WINS, BUT EVERYONE FINISHES THEIR BOARD.WHOSE JOB IS IT? SORTING GAME:SORT TASKS INTO:MY RESPONSIBILITY,SHARED RESPONSIBILITY,STAFF RESPONSIBILITY,GREAT FOR EXPECTATIONS AND ACCOUNTABILITY.BEFORE-AND- AFTER PHOTO MATCH,MATCH MESSY VS. CLEAN PICTURES.TALK ABOUT HOW CLEAN SPACES MAKE US FEEL.(PIZZA BAR)

HPF

POPEYES

23

LIFESKILLS

“SAY IT THE RIGHT WAY” GIVE SCENARIO CARDS:“YOU DON'T LIKE THE MUSIC.”“YOU NEED HELP.”PRACTICE SAYING IT POLITELY AND CLEARLY.VOICE VOLUME METER:PRACTICE WHISPER, TALKING VOICE, AND LOUD VOICE.MATCH THE CORRECT VOICE TO SITUATIONS (LIBRARY, GROUP ROOM, OUTSIDE).CHOICE BOARD CHALLENGE:PARTICIPANTS PRACTICE MAKING CHOICES:WHAT ACTIVITY?WHAT SNACK?WHO TO WORK WITH?REINFORCES EXPRESSING PREFERENCES.(TACO SALAD DORITOS)

HPF

RAISING CANES

30

LIFESKILLS

BUILD-YOUR- DAY BOARD,PARTICIPANTS CREATE A VISUAL DAILY SCHEDULE USING CARDS:WAKE UP, HYGIENE, MEALS, PROGRAM TIME, FREE TIME, BEDTIME,DISCUSS WHY ROUTINES HELP US FEEL CALM AND SUCCESSFUL.ROUTINE FIX-IT GAMESHOW A MIXED-UP ROUTINE (E.G., PAJAMAS AFTER LUNCH).GROUP WORKS TOGETHER TO “FIX” THE ORDER.INDEPENDENCE STATIONSROTATE THROUGH SHORT TASKS:MAKING A BED (OR FOLDING A BLANKET),PACKING A BACKPACK,SETTING AN ALARM ON A PHONE OR CLOCK(CHICKEN NOODLE SOUP)

HPF

BOB EVANS