



Spring 2025 - January 13-May 23

Culinary & Wellness

Career Readiness

Hobbies & Rec

Social - Emotional

Life Skills

Mondays

10:00	Crockpot Meals 1. choose a crockpot meal recipes 2. follow the directions (including preparing ingredients, setting time and temperature) 3. clean up after themselves.	Grocery Store Explore 102 1. Create grocery lists within budget parameters 2. While shopping, estimate the cumulative cost of items on the list 3. Compare estimation with actual cost to make purchasing decisions *must attend and complete Grocery Store Explore 101 before registering in Grocery Store Explore 102	Sewing 1. Thread a needle, both for hand and machine sewing 2. Sew on a button and repair a hem by hand 3. Sew a hem or seam with a sewing machine	Tools, Projects, and Household Care 1. Use hand tools such as hammer, screwdriver, and pliers to repair household items and create projects 2. Use power tools such as screwdriver, drill, and saw to repair household items and create projects 3. Plan and create personal projects and manage the project to completion.
11:00			Art & Soul 1. Identify a variety of emotions by facial expression, body language, and other non-verbal cues 2. describe how your body feels during the emotion (biofeedback) 3. Create art to portray a variety of emotions	

<p>1:00</p>	<p>Public Speaking 1.Create messages that are interesting, engaging, and include a clear beginning, middle, and end. 2.Create fun and colorful visuals to support the message 3.Deliver messages confidently with eye contact, gestures, and clear speech.</p>	<p>Media Creation 1.Brainstorm and plan media projects that highlight individuals within Redstick Cares. 2.Create and edit media projects with peers 3.Display media projects in the front lobby</p>	<p>Drama (females only) 1.Express emotions through dramatic expression such as improv, scene performance, and visual arts 2.Create a monologue or visual art expression of what it is like to live the female experience 3.Participate/perform in a mixed media art program expressing the female experience</p>	<p>Automotive Care 1.Detail vehicles including washing the car, windows, mirrors, and wheels 2.Check vehicle fluids including oil, washer fluid, and gas levels 3.Check for appropriate tire air pressure</p>
<p>2:00</p>	<p>Redstick Ambassadors 1.Create messages about Redstick CARES to share with the public 2.Garner public support by delivering personalized messages to various community members 3.Secure three community partners within the community</p>	<p>Newsletter: Journalism 1.Use google docs and email to create and share information 2.Create articles including print and photographs to convey current events 3.Use professional writing to convey messages (title, byline, spelling, grammar, and punctuation)</p>	<p>Paint Lab 1.Explore a variety of elements such as tint, shade, value, and warm vs cool colors 2.Explore techniques for painting such as double loading, specialized brushes, and brush movements 3.Explore geometric and organic shapes and patterns in art such as optical art, tessellations, still life, and more.</p>	<p>Employment Search 1.Review jobs within the community 2.Job-shadow jobs within the community and identify personal strengths and weaknesses in relation to the job 3.Create resume, cover letter, and interview for ideals jobs within the community</p>

Tuesdays

<p>10:00</p>	<p>Financial Lit</p> <ol style="list-style-type: none"> 1. Create a basic budget 2. Identify the difference between a one-time and an ongoing expense 3. Analyze the cost of various items, how long it would take to earn specific amounts, and discuss the cost benefit of the item 	<p>Expanded Communication</p> <ol style="list-style-type: none"> 1. Practice turn taking, not interrupting, and not distracting the speaker 2. Turn take in conversations for a minimum of three turns while remaining on topic 3. Communicate verbally to complete a group project 	<p>Computer 101</p> <ol style="list-style-type: none"> 1. Create a google email address; practice sending and receiving emails 2. Increase typing skills by writing basic correspondence 3. Open docs, sheets, or slides to create projects to practice basic computer skills 	<p>Cooking Skills</p> <ol style="list-style-type: none"> 1. Create recipes that enhance learning of basic kitchen safety, kitchen hygiene, knife skills, and measurement comprehension 2. Use a variety of kitchen equipment such as crockpots, air fryers, and insta pots to create meals 3. Explore various cooking styles from multiple cultures <p>*Taught by a professional chef</p>
<p>11:00</p>	<p>Computer 101</p> <ol style="list-style-type: none"> 1. Create a google email address; practice sending and receiving emails 2. Increase typing skills by writing basic correspondence 3. Open docs, sheets, or slides to create projects to practice basic computer skills 	<p>Expanded Communication</p> <ol style="list-style-type: none"> 1. Practice turn taking, not interrupting, and not distracting the speaker 2. Turn take in conversations for a minimum of three turns while remaining on topic 3. Communicate verbally to complete a group project 	<p>Communicating Online</p> <ol style="list-style-type: none"> 1. On a private platform, create an account and share appropriate information 2. Create and share appropriate content for online friendships 3. Respond to online messages that are both appropriate and inappropriate and set healthy boundaries 	<p>*Taught by a professional chef</p>

<p>1:00</p>	<p>Problem Solving</p> <ol style="list-style-type: none"> 1. Use five guiding questions to support problem solving 2. Learn the various functions of the brain and how to strengthen thinking skills 3. Utilize visual cues to self-regulate solving problems and asking for assistance 	<p>Communicating Online</p> <ol style="list-style-type: none"> 1. On a private platform, create an account and share appropriate information 2. Create and share appropriate content for online friendships 3. Respond to online messages that are both appropriate and inappropriate and set healthy boundaries 	<p>Computer 102</p> <ol style="list-style-type: none"> 1. Choose a docs invitation template and complete with all necessary information to invite attendees to a party 2. Utilize sheets to make a party invitation list; track RSVPs to the party 3. Research a travel destination and create a presentation to persuade others to join them <p>*Must complete Computer 101 to register</p>	<p>Employment Skills</p> <ol style="list-style-type: none"> 1. Complete a custom career interest inventory 2. Set goals for employment 3. Practice and refine skills related to ideal job duties
<p>2:00</p>	<p>Games with Friends</p> <ol style="list-style-type: none"> 1. Develop skills such as clear communication, team coordination, and active listening 2. Strengthen strategic thinking skills 3. Practice patience, sportsmanship, and handling disappointment 	<p>Exploring Emotions</p> <ol style="list-style-type: none"> 1. Identify a variety of emotions and how they are seen in others 2. Practice coping skills for challenging emotions 3. Build advocacy by expressing emotions appropriately 	<p>Get Ready With Me (females only)</p> <ol style="list-style-type: none"> 1. Properly take care of your body by washing and moisturizing, removing make-up, washing hair, and brushing teeth. 2. Make the connection between healthy self image and self care 3. Use positive affirmations to boost self esteem and the self esteem of others 	<p>Employment Search</p> <ol style="list-style-type: none"> 1. Review jobs within the community 2. Job-shadow jobs within the community and identify personal strengths and weaknesses in relation to the job 3. Create resume, cover letter, and interview for ideal jobs within the community

Wednesdays

10:00	<p>Grocery Store 101</p> <ol style="list-style-type: none"> 1. Create a shopping list based on recipe choice 2. Use a shopping list in the grocery store to successfully procure all items 3. Check out and pay for all items at the grocery store 	<p>Healthy Dating</p> <ol style="list-style-type: none"> 1. Identify safe people and places for dates 2. Practice nonverbal communication that show others you are interested (flirting) 3. Practice etiquette for a dating (conversations topics, disagreements, dress, affection) 	<p>Sublimation & Cricut</p> <ol style="list-style-type: none"> 1. Using canva, design a variety of t-shirts for potential creation; give and receive feedback on designs 2. Print designs for t-shirts and operate a heat press to transfer the image onto the t-shirt 3. Manage the stock of sublimated items for sale including managing inventory, pricing, and selling. 	<p>Catering & Cafe</p> <ol style="list-style-type: none"> 1. Identify ingredients needed and plan the preparation of catering orders 2. Serve in various roles within the kitchen including: sous chef, expediter, and server 3. Prepare and package catering orders using health conscious practices <p>*Taught by a professional chef</p>
11:00		<p>Understanding Others</p> <ol style="list-style-type: none"> 1. Practice taking the perspective of others and show appreciation of others by using positive affirmations 2. Identify facts versus feelings and acknowledge the impact our feelings can have on our perceptions of reality 3. Build empathy about challenging situations by building curiosity regarding misunderstandings 		

<p>1:00</p>	<p>YouTube Creation</p> <ol style="list-style-type: none"> 1. Write scripts for various scenarios to relay a cohesive message; film scenarios 2. Edit video clips into full stories or reels to relay a cohesive message 3. Post videos and track site analytics to guide creation of future videos 	<p>Financial Lit</p> <ol style="list-style-type: none"> 1. Create a basic budget 2. Identify the difference between a one-time and an ongoing expense 3. Analyze the cost of various items, how long it would take to earn specific amounts, and discuss the cost benefit of the item 	<p>Grocery Store Explore 102</p> <ol style="list-style-type: none"> 1. Create grocery lists within budget parameters 2. While shopping, estimate the cumulative cost of items on the list 3. Compare estimation with actual cost to make purchasing decisions 	
<p>2:00</p>	<p>Problem Solving</p> <ol style="list-style-type: none"> 1. Use five guiding questions to support problem solving 2. Learn the various functions of the brain and how to strengthen thinking skills 3. Utilize visual cues to self-regulate solving problems and asking for assistance 	<p>Newsletter: Journalism</p> <ol style="list-style-type: none"> 1. Use google docs and email to create and share information 2. Create articles including print and photographs to convey current events 3. Use professional writing to convey messages (title, byline, spelling, grammar, and punctuation) 	<p>*must attend and complete Grocery Store Explore 101 before registering in Grocery Store Explore 102</p>	

Thursdays

10:00	Grocery Store 101		Tools, Projects, and Household Care	Easy Meals
11:00	1. Create a shopping list based on recipe choice 2. Use a shopping list in the grocery store to successfully procure all items 3. Check out and pay for all items at the grocery store	Life Skills 1. Implement skills to successfully navigate a restaurant 2. Implement skills to successfully navigate a movie theatre 3. Implement skills to successfully navigate a clothing store	1. Use hand tools such as hammer, screwdriver, and pliers to repair household items and create projects 2. Use power tools such as screwdriver, drill, and saw to repair household items and create projects 3. Plan and create personal projects and manage the project to completion.	1. Choose recipes that can be made at home with ingredients from the pantry 2. Identify ingredients needed to create chosen recipes 3. Prepare and consume simple meals that can be recreated in the home environment *Taught by a professional chef

<p>1:00</p>	<p>Computer 102</p> <ol style="list-style-type: none"> 1.Choose a docs invitation template and complete with all necessary information to invite attendees to a party 2.Utilize sheets to make a party invitation list; track RSVPs to the party 3.Research a travel destination and create a presentation to persuade others to join them <p>*Must complete Computer 101 to register</p>	<p>Yoga</p> <ol style="list-style-type: none"> 1.Can demonstrate 3 yoga poses with accurate body placement 2.Can hold 3 yoga poses for 30 seconds without excessive movement 3.Can explain how to do a yoga pose, correctly, to a friend 	<p>Dog Walking</p> <ol style="list-style-type: none"> 1.Study dog behavior to identify red flag behaviors to be able to safely work with dogs known to the participant 2.Utilize a variety of techniques to walk, curb, brush, and bathe dogs within the dog walking program. 3.Create a business plan for a personal dog walking business 	
<p>2:00</p>	<p>Computer 101</p> <ol style="list-style-type: none"> 1.Create a google email address; practice sending and receiving emails 2.Increase typing skills by writing basic correspondence 3.Open docs, sheets, or slides to create projects to practice basic computer skills 	<p>Mixed Media Art</p> <ol style="list-style-type: none"> 1.Use decoupage techniques to create and finish a variety of art projects 2.Measure, pour, and mold resin to create a variety of art projects 3.Use a variety of found materials, such as oyster shells and old book pages, to create a variety of art 	<p>Get Ready With Me (females only)</p> <ol style="list-style-type: none"> 1.Properly take care of your body by washing and moisturizing, removing make-up, washing hair, and brushing teeth. 2.Make the connection between healthy self image and self care 3.Use positive affirmations to boost self esteem and the self esteem of others 	

Fridays

<p>10:00</p>	<p>Sports Survey</p> <ol style="list-style-type: none"> 1. Identifies common muscular groups and appropriate stretches and exercises 2. Can tell the rules and procedures for horseshoes, cornhole, bocce, and other yard games. 3. Creates and edits tournament brackets, displays team cooperation and sportsmanship 	<p>Graphic Design</p> <ol style="list-style-type: none"> 1. Search canva to choose templates appropriate to a variety of projects 2. Create graphics for a variety of projects types including invitations, posters, and social media posts 3. Post approved graphics to social media for a variety of purposes; track analytics to guide future creations to post 	<p>Mixed Media Art</p> <ol style="list-style-type: none"> 1. Use decoupage techniques to create and finish a variety of art projects 2. Measure, pour, and mold resin to create a variety of art projects 3. Use a variety of found materials, such as oyster shells and old book pages, to create a variety of art 	
<p>11:00</p>	<p>Newsletter: Editors</p> <ol style="list-style-type: none"> 1. Manipulate computer software to edit articles from journalists (email, canva, google docs) 2. Manipulate files to edit articles from journalists (copy/paste, downloading, uploading) 3. Compiles and edits articles, checks for quality assurance, and publishes completed newsletters 	<p>Move Your Body</p> <ol style="list-style-type: none"> 1. Stretch your body using various techniques (basic stretches, yoga, exercise bands) 2. Engage in common party dances 3. Engage in various games to increase physical activity 	<p>Public Speaking</p> <ol style="list-style-type: none"> 1. Create messages that are interesting, engaging, and include a clear beginning, middle, and end. 2. Create fun and colorful visuals to support the message 3. Deliver messages confidently with eye contact, gestures, and clear speech. 	

<p>1:00</p>	<p>Clay Lab</p> <ol style="list-style-type: none"> 1. Identify several different methods for creating art with clay 2. Identify the different types of paint used with clay 3. Identify the steps of creating and finishing clay art 	<p>Written Expression</p> <ol style="list-style-type: none"> 1. Share writing regarding life experiences and the coping skills used to endure, survive, and thrive 2. Share writing regarding life experiences and the emotions attached to the experiences 3. Build a vision board to communicate hope, dreams, goals, and desires 	<p>Beginner Kitchen Skills</p> <ol style="list-style-type: none"> 1. Identify and use the proper knife to cut various food items 2. Measure to the nearest quarter cup, tablespoon, and teaspoon 3. Identify the parts of a recipe such as: ingredients, instructions, setting the oven and timer, and materials needed such as pot, spatula, whisk, etc 	
<p>2:00</p>	<p>Cleaning Your Space 101</p> <ol style="list-style-type: none"> 1. Wash, dry and fold a variety of clothing and materials 2. Remove all trash and reset trash cans throughout the living space 3. Utilize task analysis cards to completely clean a variety of spaces 	<p>Cleaning 102</p> <ol style="list-style-type: none"> 1. Increase initiative to clean space using guiding questions regarding trash, items that belong, and items that don't belong 2. Create task analysis cards to evaluate cleanliness of a variety of spaces 3. Create an individualized cleaning schedule for home use 		