

Possible Community Activities For _____ Leisure

Type of activity	Motivators	The Student's activity & opportunities to practice her skills
<ul style="list-style-type: none"> • Recreation Pool – FN Swim club - swimming • join local swim club? • - indoor walking class 	<ul style="list-style-type: none"> • movement, peers, exercise, praise? 	<ul style="list-style-type: none"> • dressing skills; communication; choice making; use swim activity board; voice output to greet people • exercise with walker, or independent walking for short distances in between
<ul style="list-style-type: none"> • Going for breakfast, lunch, snack – A & W, Backroads Bar & Grill, Capp-A-Lu's, Dixie Lee Chicken, Fort Pizza, Pantry Restaurant, Pizzarama pizzeria, P&T Restaurant 	<ul style="list-style-type: none"> • walking, tea, coffee 	<ul style="list-style-type: none"> • make choices using choice board or concrete objects; use voice output to make conversation with waitress; mobility with a purpose
<ul style="list-style-type: none"> • Public Library – helper, sign out books or videos 	<ul style="list-style-type: none"> • picture books; library, videos 	<ul style="list-style-type: none"> • hand skills – place books back on shelves; help stamp or scan books? collect books and place in book cart;
<ul style="list-style-type: none"> • Recreation Badminton program 	<ul style="list-style-type: none"> • movement, exercise, praise 	<ul style="list-style-type: none"> • provide cheers using voice output • play background music
<ul style="list-style-type: none"> • FN Friendship Centre 	<ul style="list-style-type: none"> • people, praise, movement, music, videos, earrings, tea, coffee 	<ul style="list-style-type: none"> • share collections with others (buttons, earrings, etc.) • watch videos & listen to music with others and talk about them using picture boards • go on walks with others, etc.
<ul style="list-style-type: none"> • Girl Guides of Canada • Sparks, Brownies, guides, Path Finders 	<ul style="list-style-type: none"> • be a guide helper with a mom 	<ul style="list-style-type: none"> • assist in activities • help get information out by delivering messages
<ul style="list-style-type: none"> • Tea at Capp – Qu's 	<ul style="list-style-type: none"> • tea, outing with buddy 	<ul style="list-style-type: none"> • use picture board to select item, refer to remnant book for conversational cues about a community activity, mealtime skills
<ul style="list-style-type: none"> • Lunch at FNSS in multipurpose room with others 	<ul style="list-style-type: none"> • food 	<ul style="list-style-type: none"> • food choices, communication with remnant book or Alpha talker around conversation topic, mealtime skills
<ul style="list-style-type: none"> • Mavis Brown – foot massage 	<ul style="list-style-type: none"> • physical activity 	<ul style="list-style-type: none"> • activity – communication board around choices – “more, different scented creams, slower, deeper, lighter, tickles” etc.
<ul style="list-style-type: none"> • visit Dixie Lee for a snack 	<ul style="list-style-type: none"> • watching the fish tank, food, drink 	<ul style="list-style-type: none"> • hand skills – feeding fish? • communication board – choices for drink or snack
<ul style="list-style-type: none"> • visit Subway for lunch once a month 	<ul style="list-style-type: none"> • food 	<ul style="list-style-type: none"> • pick selections for sandwich from her communication board designed for that activity

Work/ Community Service

Type of work	Motivators	The Student's activity & opportunities to practice her skills
• deliver mail for swim club – mail newsletters	• walking	• walk with purpose; use voice output ask for stamps
• Laundromat – do tea towels, dishcloths, facecloth, etc. from school	• walking	• mobility with purpose; using voice output for greeting, hand skills
• LA Coffee Brewers or Reg's Coffee & Snack Bar– grind coffee beans	• praise for using switch; peers;	• use switch and Powerlink to grind coffee for staff; use voice output to ask what kind of coffee people would like
• Helene's Sewing House; Susan's Specialty Sewing; Fabric Fun; Designs by Dot, etc.	• buttons	• sorting buttons; placing new button packages on the shelf; choice making for matching; voice output greet
• Pharmasave – tidy magazine on shelves - purchase a teen magazine too?	• teen magazines	• tidy shelves; matching & choice making choice making for teen magazine?
• provide visits for various people identified by churches: Alliance Church, Anglican Church, United Church, Etc.	• people, walking,	• Provide music to listen to • shop for groceries • pick up or deliver laundry
• 4 H club – help with animals? • Pet store – help with animals?	• animals, movement, hair	• brushing short haired animals • helping to feed animals • help walk animals
• Hospital Auxiliary - help make crafts to sell - hand out cookies and juice to folks on one floor?	• people, buttons, earrings	• help make earrings to sell at bazaars • make button blankets to sell at bazaars • help make cookies or cakes to sell at bazaars • push cart with juice/cookies & use Alpha talker to greet and ask what each person would like
• Welcome Wagon	• praise, people, movement, walks	• sort and make up welcome baskets for folks • purchase items for the baskets at the store
• Fort Nelson Playschool • Country Care Pre-School • Mountain View Childcare • Lottelen Day Care	• people, videos, music, peers	• play videos and music for children • read story books with tapes to children and engage in questions with story board • engage in action songs with children as big buddy
• Jewelry stores Booncocks Gifts, G & B jewelers ltd., Great Canadian Dollar Store, Hildreds Treasures, Moten Moment jewelry, Specialty Gifts & jewelry	• earrings, buttons,	• make earrings and sell them on consignment • make button earrings and button jewelry • shine earrings at stores • sort out new earrings and place them on racks • sales person – wear earrings and use voice output to solicit people to look at earring selections

<ul style="list-style-type: none"> • Hair We Are, Illusions Family Hair Care, Beverley K's Beauty Boutique, Carri Lee's Body Design 	<ul style="list-style-type: none"> • hair 	<ul style="list-style-type: none"> • sort curlers out for perms (diff. sizes and colours) • use switch to help blow dry hair
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Home

Type of activity	Motivators	The Student's activity & opportunities to practice her skills
<ul style="list-style-type: none"> • help cook supper at home once a week 	<ul style="list-style-type: none"> • cooking; praise 	<ul style="list-style-type: none"> • use Powerlink and switch to make supper; choice making; follow recipe using activity board; hand skills
<ul style="list-style-type: none"> • listen and/or dance to country music 	<ul style="list-style-type: none"> • country music; rocking to music 	<ul style="list-style-type: none"> • use switch to play music with timed feature
<ul style="list-style-type: none"> • look at picture books with story tape 	<ul style="list-style-type: none"> • picture books 	<ul style="list-style-type: none"> • turn pages, answer questions using picture boards
<ul style="list-style-type: none"> • tidy mom's earring box 	<ul style="list-style-type: none"> • earrings 	<ul style="list-style-type: none"> • matching; hand skills; sorting;
<ul style="list-style-type: none"> • have hair done - Hair We Are, Illusions Family Hair Care, Beverley K's Beauty Boutique, Brighter Shades Esthetics Studio, Carri Lee's Body Design 	<ul style="list-style-type: none"> • hair 	<ul style="list-style-type: none"> • get hair done once a month • make choices about style, colour, length, etc. using hair activity board
<ul style="list-style-type: none"> • do nails at home or at school with peers (nail club?) 	<ul style="list-style-type: none"> • interactive, praise 	<ul style="list-style-type: none"> • make choices about colours • use switch with fan to dry nails

Advertise in the paper to do small jobs for others (grocery shop, Christmas shopping, pick up dry cleaning, walk small dogs, etc.)