

Welcome to Blue Heron Collective

At Blue Heron Collective, we believe everyone deserves the opportunity to learn, grow, work, and belong. As an inclusive, community-driven organization, we empower individuals of all ages and abilities through engaging classes, hands-on learning, meaningful opportunities, and supportive social experiences.

Our programs are designed to celebrate each person's unique strengths while building confidence, independence, friendships, and real-world skills. Whether you're exploring a new hobby, preparing for employment, developing life skills, or connecting with others, you'll find a welcoming community where everyone is valued, supported, and encouraged to thrive.

Together, we're building a more inclusive community—one person, one opportunity, and one meaningful connection at a time.

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Game Story: Interactive Storytelling & Game Design Class

Provider: Blue Heron Collective LLC

Course Description

Game Story is an 8-week instructor-led class that combines tabletop role-playing games, storytelling, art, and game design to build communication, socialization, executive functioning, creativity, and problem-solving skills. Participants work collaboratively to create characters, develop stories, solve challenges, and participate in structured group activities while receiving guidance and instruction from the facilitator.

Course Objectives

Throughout the course, participants will:

- Develop expressive and receptive communication skills through guided storytelling and role-play.
- Practice reciprocal conversation, active listening, and social interaction.
- Build teamwork and collaborative problem-solving skills.
- Increase executive functioning by planning, sequencing, and organizing game activities.
- Strengthen perspective-taking, flexibility, and compromise during cooperative gameplay.
- Design and create original characters using a variety of art mediums.
- Explore character identity and creative self-expression.
- Learn introductory 3D printing skills by designing and creating game pieces.
- Improve attention, decision-making, and critical thinking through structured game scenarios.
- Develop peer relationships in an inclusive community environment.

Each weekly class includes:

- Instructor-led lessons
- Guided group discussion
- Hands-on art activities
- Collaborative game play
- Character development
- Creative problem-solving exercises
- Individual coaching and peer interaction

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Communication & Social Skills

The instructor facilitates collaborative storytelling, tabletop role-playing, and group discussions that encourage expressive communication, reciprocal conversation, active listening, turn-taking, and respectful peer interaction. Participants receive coaching in perspective-taking, compromise, conflict resolution, and cooperative decision-making throughout each game session.

Executive Functioning & Problem-Solving

The instructor teaches participants how to plan adventures, organize story elements, sequence events, manage game objectives, and make thoughtful decisions during gameplay. Activities strengthen planning, organization, working memory, cognitive flexibility, attention, and critical thinking through structured challenges and collaborative problem-solving.

Storytelling & Creative Expression

The instructor provides step-by-step instruction in character creation, world building, creative writing, and narrative development. Participants learn to develop original characters, create engaging storylines, express ideas creatively, and build confidence through imaginative storytelling and role-playing.

Game Design & Creative Arts

The instructor teaches the fundamentals of tabletop game mechanics, character development, and visual design using a variety of art materials. Participants create original character artwork, game accessories, and visual storytelling elements while developing fine motor skills, creativity, and artistic expression.

Technology & 3D Printing

The instructor provides guided instruction in basic 3D printing concepts, safe equipment operation, and introductory digital design. Participants learn how to design and create simple game pieces while practicing technology skills, following multi-step directions, and using equipment safely and responsibly.

Community Participation & Leisure Skills

The instructor teaches participants how to engage in inclusive recreational activities, participate appropriately in group games, and build meaningful peer relationships through shared interests. Activities promote confidence, self-advocacy, positive social engagement, and the development of lifelong leisure skills that support meaningful participation in community settings.

Course Information

- Duration: 8 weeks
- Schedule: Saturdays, 11:00 a.m.–12:00 p.m.
- Age Group: 13+

Teaching Methods:

- **Communication:** Instructor facilitates group discussions, role-playing, and storytelling exercises.
- **Executive functioning:** Instructor teaches sequencing, planning, and decision-making during campaign development.
- **Social skills:** Instructor models and coaches turn-taking, compromise, perspective-taking, and conflict resolution.
- **Creative arts:** Instructor provides guidance in character design and art techniques.
- **Technology:** Instructor teaches basic 3D printer operation and safe creation of game components.

Functional Outcomes:

- Expressive and receptive communication
- Reciprocal conversation skills
- Active listening
- Turn-taking and cooperation
- Teamwork and collaboration
- Perspective-taking
- Problem-solving and critical thinking
- Executive functioning skills
- Planning and organization
- Cognitive flexibility
- Decision-making
- Attention and task completion
- Emotional regulation
- Self-confidence and self-advocacy
- Creative expression
- Character design and storytelling
- Introductory 3D printing skills
- Safe technology use
- Peer relationship development
- Community participation
- Leisure and recreation skills

Upon completion of the course, participants will demonstrate improved communication, collaboration, executive functioning, problem-solving, creativity, and social interaction skills through active participation in structured storytelling, game design, and cooperative role-playing activities. These functional skills support greater independence, meaningful community participation, increased self-confidence, and readiness for future educational, and social opportunities.

Get Outside

Provider: Blue Heron Collective LLC

Course Description

Get Outside is an 8-week instructor-led outdoor education class that uses the natural environment of the Erie Canal and surrounding community to teach recreation, environmental science, navigation, safety, communication, and independent living skills. Participants engage in structured, hands-on learning experiences while exploring seasonal outdoor activities such as hiking, fishing, snowshoeing, wildlife observation, and nature identification.

Through guided instruction, participants develop confidence navigating community spaces, build social connections through shared outdoor experiences, strengthen executive functioning, and learn practical skills that promote independence, recreation, and lifelong wellness.

Course Objectives

Throughout the course, participants will:

- Develop communication and social interaction skills through collaborative outdoor activities and group discussions.
- Build friendships and community connections through shared recreational experiences in nature.
- Learn basic map reading and compass navigation skills to safely explore outdoor environments.
- Practice navigating community trails, parks, and public spaces while developing spatial awareness and confidence.
- Learn seasonal outdoor recreation skills such as fishing, snowshoeing, hiking, and nature exploration.
- Identify common birds, plants, trees, insects, and wildlife native to Western New York.
- Explore the life cycles and habitats of native plants and animals.
- Develop observation, problem-solving, and critical thinking skills through environmental exploration.
- Learn pedestrian safety, trail etiquette, and strategies for safely sharing outdoor spaces with cyclists and other community members.
- Strengthen executive functioning skills including planning, organization, flexibility, sequencing, and decision-making during outdoor activities.
- Increase self-confidence and independence while participating in community-based recreational experiences.

Each weekly class includes:

- Instructor-led outdoor lessons
- Guided nature walks and environmental exploration
- Hands-on navigation activities
- Community-based recreation experiences
- Seasonal outdoor skill instruction
- Wildlife and plant identification activities
- Interactive science investigations
- Group discussions and reflective learning
- Individual coaching and peer collaboration

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Community Building & Social Skills

The instructor facilitates cooperative outdoor activities that encourage conversation, teamwork, shared problem-solving, active listening, and peer interaction. Participants receive coaching in communication, turn-taking, flexibility, encouragement of others, and collaborative decision-making.

Navigation & Executive Functioning

The instructor teaches participants how to read maps, use a compass, follow trail markers, plan routes, sequence travel steps, and make safe navigation decisions. Activities promote organization, planning, working memory, and cognitive flexibility while exploring community environments.

Outdoor Recreation Skills

The instructor provides step-by-step instruction in seasonal recreational activities such as hiking, fishing, snowshoeing, and nature exploration. Participants learn proper equipment use, outdoor preparation, safety procedures, and responsible recreation practices.

Environmental Science

The instructor teaches identification of native birds, plants, trees, insects, and wildlife using observation techniques, field guides, and interactive activities. Participants learn about ecosystems, habitats, seasonal changes, and the life cycles of local plants and animals.

Community Safety

The instructor models and teaches safe pedestrian practices, road crossing techniques, trail etiquette, environmental awareness, and strategies for safely navigating shared outdoor spaces with cyclists, runners, and other community members.

Independent Living & Community Participation

The instructor teaches practical skills for safely accessing parks, trails, and community recreation areas, helping participants build confidence using local outdoor resources independently while making informed decisions about safety, preparedness, and environmental stewardship.

Course Information

Duration: 8 weeks

Schedule: Wednesday, 10:00-11:00 a.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Community participation
- Socialization and relationship building
- Executive functioning
- Independent recreation
- Environmental awareness
- Safe community navigation
- Communication and teamwork
- Healthy lifestyle habits
- Self-confidence and personal independence

This instructor-led course emphasizes active teaching, guided practice, and individualized coaching to help participants apply newly learned skills in real-world community settings while fostering confidence, inclusion, and lifelong engagement with nature.

Brain Builders: Executive Function & Cognitive Skills

Provider: Blue Heron Collective LLC

Course Description

Brain Builders is an 8-week instructor-led cognitive skills class designed to strengthen executive functioning, memory, self-regulation, and problem-solving for adults of all abilities. Through structured instruction, interactive activities, games, role-playing, and guided discussion, participants develop practical strategies to improve organization, emotional regulation, flexible thinking, and independent daily living skills.

Participants receive individualized coaching while practicing real-world executive functioning skills in a supportive, inclusive environment that promotes confidence, self-awareness, and personal growth.

Course Objectives

Throughout the course, participants will:

- Develop self-monitoring skills to increase awareness of thoughts, emotions, and behaviors.
- Learn strategies to improve impulse control and thoughtful decision-making.
- Identify and practice emotional regulation techniques that support daily success.
- Strengthen working memory through structured cognitive activities and group games.
- Improve attention, concentration, and information processing skills.
- Build flexible thinking by practicing perspective-taking and adapting to changing situations.
- Develop planning, organization, prioritization, and time management strategies.
- Strengthen problem-solving and critical thinking skills through real-life scenarios.
- Improve communication and social interaction through collaborative activities and role-playing.
- Increase confidence and independence in managing everyday responsibilities.
- Build executive functioning skills that support success at home, in the workplace, and within the community.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided group discussion
- Interactive cognitive skill-building activities
- Memory games and brain challenges
- Role-playing and real-life scenarios
- Executive functioning strategy instruction
- Problem-solving exercises
- Individual coaching and peer collaboration
- Reflection and goal-setting activities

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Executive Functioning

The instructor explicitly teaches planning, organization, task initiation, sequencing, prioritization, time management, and goal-setting strategies. Participants practice breaking larger tasks into manageable steps while learning tools to improve independence in everyday routines.

Emotional Regulation & Self-Monitoring

The instructor teaches participants how to recognize emotions, identify personal triggers, monitor their thoughts and behaviors, and apply individualized self-regulation strategies. Guided practice helps participants build coping skills for managing stress, frustration, and unexpected changes.

Impulse Control & Decision-Making

The instructor models and teaches strategies for pausing, evaluating choices, considering consequences, and making thoughtful decisions. Structured activities reinforce self-control, problem-solving, and responsible decision-making across a variety of real-life situations.

Memory & Cognitive Development

The instructor facilitates structured memory exercises, cognitive games, and attention-building activities designed to strengthen working memory, recall, concentration, and processing skills. Participants learn practical memory strategies that can be applied in daily life.

Flexible Thinking & Problem Solving

Through instructor-guided role-playing, cooperative challenges, and real-world scenarios, participants learn to adapt to changing situations, consider multiple perspectives, generate alternative solutions, and practice cognitive flexibility.

Communication & Social Skills

The instructor facilitates group discussions, cooperative learning activities, and role-playing exercises that strengthen active listening, reciprocal conversation, perspective-taking, conflict resolution, and respectful communication with peers.

Independent Living Skills

The instructor teaches practical executive functioning strategies that support everyday responsibilities, including managing schedules, organizing personal belongings, completing tasks, following routines, and solving everyday challenges with increasing independence.

Course Information

Duration: 8 weeks

Schedule: Monday, 1:00-2:00 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Executive functioning
- Emotional regulation
- Memory and attention
- Organization and time management
- Self-monitoring and impulse control
- Flexible thinking and problem-solving
- Communication and social participation
- Independent living skills
- Workplace readiness
- Self-confidence and personal independence

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and repeated opportunities to apply executive functioning and cognitive strategies in meaningful, real-world situations. Participants leave with practical tools they can use to increase independence, manage daily responsibilities, and successfully participate in home, work, and community environments.

Financial Wellbeing:

Provider: Blue Heron Collective LLC

Course Description

Financial Wellbeing is an 8-week instructor-led financial literacy course designed to help individuals build the knowledge, confidence, and practical skills needed to make informed financial decisions. Through direct instruction, guided practice, role-playing, and real-world activities, participants learn essential concepts including budgeting, banking, saving, responsible spending, credit, taxes, and consumer awareness.

Participants develop financial independence by practicing everyday money management skills in a supportive, inclusive learning environment that promotes confidence, self-advocacy, and long-term financial well-being.

Course Objectives

Throughout the course, participants will:

- Develop budgeting skills by creating a personalized monthly budget and money management plan.
- Learn to distinguish between needs and wants when making purchasing decisions.
- Build responsible spending habits through self-monitoring and financial decision-making activities.
- Identify practical strategies for saving money and establishing healthy financial habits.
- Learn how to become an informed consumer by researching products, comparing prices, and evaluating purchasing options.
- Gain an understanding of banking services, including checking and savings accounts, debit cards, and online banking.
- Receive guided instruction on opening, managing, and maintaining personal bank accounts.
- Learn introductory concepts related to credit, credit scores, loans, and responsible borrowing.
- Explore taxes, payroll deductions, and other essential financial topics through interactive learning activities.
- Strengthen executive functioning skills including planning, organization, decision-making, and goal setting related to personal finances.
- Increase confidence and independence in managing everyday financial responsibilities.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided group discussion
- Interactive financial literacy activities
- Budgeting workshops
- Role-playing and real-life financial scenarios
- Consumer research projects
- Individual coaching and peer collaboration
- Reflection and financial goal-setting activities

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Budgeting & Money Management

The instructor teaches participants how to create realistic budgets, track income and expenses, monitor spending, prioritize financial goals, and develop personalized money management plans. Guided activities help participants apply budgeting skills to everyday situations.

Responsible Spending & Self-Control

The instructor facilitates role-playing activities and real-life purchasing scenarios that teach participants how to distinguish between needs and wants, delay impulsive purchases, evaluate spending decisions, and develop self-control strategies that support long-term financial success.

Saving & Financial Goal Setting

The instructor teaches practical savings strategies, goal-setting techniques, and methods for building healthy financial habits. Participants learn how consistent saving contributes to greater financial independence and security.

Consumer Awareness

The instructor teaches participants how to research products and services, compare prices, read advertisements critically, recognize marketing influences, understand warranties, and make informed purchasing decisions. Activities promote critical thinking and consumer confidence.

Banking & Financial Services

The instructor provides step-by-step instruction on banking fundamentals, including opening checking and savings accounts, using debit cards responsibly, understanding account statements, managing online banking tools, and protecting personal financial information.

Credit & Financial Responsibility

Through instructor-led lessons introduce participants to the basics of credit, credit scores, loans, interest, and responsible borrowing. Participants learn how financial decisions can affect future opportunities and develop strategies for building healthy credit habits.

Taxes & Everyday Financial Topics

The instructor introduces basic tax concepts, payroll deductions, budgeting for recurring expenses, and other common financial responsibilities through role-playing, visual supports, and real-world examples that increase understanding of personal finance.

Executive Functioning & Independent Living

The instructor teaches planning, organization, decision-making, problem-solving, and self-monitoring strategies that support successful financial management. Participants practice applying these executive functioning skills to everyday financial tasks, promoting greater independence in home, work, and community settings.

Course Information

Duration: 8 weeks

Schedule: Tuesday, 4:00-5:00 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Financial literacy
- Budgeting and money management
- Responsible spending
- Saving and financial planning
- Consumer awareness
- Banking skills
- Credit awareness
- Executive functioning
- Decision-making and problem-solving

- Independent living
- Workplace readiness
- Self-confidence and financial independence

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and real-world application of financial concepts. Participants leave with practical tools and strategies to manage their finances responsibly, make informed financial decisions, and build the confidence needed to participate more independently in their homes, workplaces, and communities.

STEAM Pathways: Real-World Readiness Through Science, Technology, Engineering, Art & Math

Provider: Blue Heron Collective LLC

Course Description

STEAM Pathways is an 8-week instructor-led class that integrates **Science, Technology, Engineering, Arts, and Mathematics (STEAM)** with essential workplace, executive functioning, and independent living skills. Through project-based learning, participants engage in hands-on experiments, engineering challenges, creative design, and technology exploration while learning to plan, organize, problem-solve, and collaborate in an inclusive learning environment.

Participants receive direct instruction as they work through each stage of the design process—from researching an idea and developing a plan to creating, testing, revising, and presenting a completed project. The course promotes creativity, critical thinking, communication, and confidence while preparing participants for future educational, vocational, and community opportunities.

Course Objectives

Throughout the course, participants will:

- Explore concepts in science, technology, engineering, art, and mathematics through hands-on learning experiences.
- Conduct research to gather information and develop knowledge about STEAM topics.
- Complete science experiments, engineering challenges, and investigations using the scientific method and design process.
- Learn the principles of simple machines and introductory engineering concepts.
- Design, plan, build, test, and evaluate projects from concept to completion.
- Develop executive functioning skills including planning, organization, task initiation, sequencing, and self-monitoring.
- Learn strategies to improve attention, focus, and task persistence during project work.
- Build teamwork and communication skills through collaborative problem-solving activities.
- Gain introductory experience using 3D printing technology to create project components safely and effectively.
- Explore a variety of artistic mediums to enhance creativity and integrate visual design into STEAM projects.
- Strengthen time management skills by meeting project deadlines and managing multiple project steps.

- Increase confidence, creativity, and independence through successful completion of real-world projects.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided STEAM investigations
- Hands-on experiments
- Engineering and design challenges
- Technology demonstrations
- Creative art integration
- Project-based learning
- Individual coaching and peer collaboration
- Reflection and project presentations

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Science & Inquiry

The instructor teaches participants how to ask questions, make observations, develop hypotheses, conduct experiments, collect data, and evaluate results using age-appropriate scientific methods. Activities encourage curiosity, investigation, and evidence-based thinking.

Technology & Digital Skills

The instructor provides guided instruction in the safe and appropriate use of technology, including introductory 3D printing, digital research tools, and basic design software. Participants learn how technology supports creativity, innovation, and real-world problem solving.

Engineering & Design Thinking

The instructor teaches participants how to identify problems, brainstorm solutions, create prototypes, test designs, evaluate outcomes, and make improvements using the engineering design process. Hands-on engineering activities promote persistence, flexibility, and creative problem-solving.

Mathematics & Measurement

The instructor incorporates mathematical concepts such as measurement, estimation, pattern recognition, data collection, and spatial reasoning into STEAM projects. Participants practice applying mathematical thinking to real-world challenges.

Creative Arts Integration

The instructor introduces participants to a variety of artistic techniques and materials that enhance project design and encourage creative expression. Participants learn how visual arts complement scientific and engineering concepts through thoughtful design and presentation.

Executive Functioning

The instructor explicitly teaches planning, organization, task initiation, sequencing, prioritization, working memory, self-monitoring, and time management. Participants practice breaking complex projects into manageable steps while using visual supports and organizational strategies to complete assignments successfully.

Attention & Self-Regulation

The instructor teaches individualized strategies for maintaining focus, minimizing distractions, managing frustration, and persisting through challenging tasks. Guided coaching helps participants develop self-awareness and regulation skills that support successful learning.

Communication & Teamwork

The instructor facilitates collaborative projects that promote active listening, reciprocal communication, sharing ideas, problem-solving, and respectful teamwork. Participants receive coaching in group participation, conflict resolution, and effective collaboration.

Project Management

The instructor teaches participants how to manage projects from beginning to end by establishing goals, developing timelines, assigning responsibilities, monitoring progress, adapting to challenges, and presenting completed work. These experiences strengthen workplace readiness and independent learning skills.

Course Information

Duration: 8 weeks

Schedule: Thursdays, 12:00 p.m.–1:00 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Scientific inquiry and critical thinking
- Engineering and design skills
- Technology literacy
- Creative problem-solving
- Executive functioning
- Organization and time management
- Attention and self-regulation
- Communication and teamwork
- Project planning and completion
- Workplace readiness
- Independent learning
- Self-confidence and creativity

This instructor-led course emphasizes direct instruction, guided practice, individualized coaching, and hands-on application of STEAM concepts in meaningful, real-world projects. Participants leave with practical skills that enhance executive functioning, foster creativity, and prepare them for continued success in employment, education, and community participation.

Fitness:

Provider: Blue Heron Collective LLC

Course Description

Fitness is an 8-week instructor-led fitness and wellness class designed to help adults of all abilities improve their physical health, emotional well-being, and daily functioning through safe, structured exercise. Participants engage in guided workouts that emphasize strength, balance, flexibility, endurance, and body awareness while learning healthy lifestyle habits that support long-term wellness and independence.

Each class provides individualized instruction and adaptations to meet a variety of fitness levels and abilities. In a supportive, inclusive environment, participants develop confidence, establish healthy routines, strengthen self-regulation skills, and learn strategies for maintaining an active lifestyle that promotes overall health and quality of life.

Course Objectives

Throughout the course, participants will:

- Improve muscular strength, balance, flexibility, and overall physical fitness.
- Learn proper exercise techniques and safe body mechanics.
- Develop healthy movement routines that can be incorporated into everyday life.
- Increase endurance, energy levels, and physical stamina.
- Learn strategies for reducing stress through movement and physical activity.
- Improve focus, attention, and mental clarity through structured exercise.
- Develop self-monitoring skills by recognizing physical cues such as fatigue, hydration, and exertion levels.
- Build healthy habits that promote consistent physical activity and personal wellness.
- Increase confidence while participating in group fitness activities.
- Strengthen communication, teamwork, and social interaction during cooperative exercises.
- Develop personal responsibility and accountability for maintaining a healthy lifestyle.
- Improve overall wellness by understanding the connection between physical activity, sleep, nutrition, and emotional well-being.

Teaching Methods

Each weekly class includes:

- Instructor-led fitness instruction
- Guided warm-up and cool-down routines
- Strength, balance, and flexibility exercises
- Cardiovascular and endurance activities
- Adaptive movement options
- Wellness education discussions
- Goal-setting and progress monitoring
- Individual coaching and peer encouragement
- Reflection on healthy lifestyle habits

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Physical Fitness & Exercise Techniques

The instructor teaches proper exercise form, body mechanics, stretching techniques, balance exercises, strength-building activities, and safe movement patterns. Activities are adapted to meet each participant's abilities while promoting gradual improvement and injury prevention.

Healthy Lifestyle Habits

The instructor teaches the importance of regular physical activity, hydration, nutrition, sleep, recovery, and consistency in maintaining overall health. Participants learn practical strategies for incorporating healthy habits into their daily routines.

Self-Monitoring & Self-Regulation

The instructor teaches participants how to recognize signs of physical exertion, fatigue, stress, and hydration needs while exercising. Guided coaching helps participants develop self-awareness, pace themselves appropriately, and make safe decisions during physical activity.

Stress Management & Emotional Wellness

The instructor introduces movement-based strategies that help reduce stress, improve mood, and support emotional regulation. Participants learn how regular exercise can positively impact mental health, resilience, and overall well-being.

Executive Functioning & Routine Building

The instructor teaches planning, goal-setting, organization, and habit-building strategies that encourage participants to establish consistent fitness routines. Activities reinforce time management, task completion, and personal responsibility related to wellness goals.

Communication & Social Skills

The instructor facilitates cooperative fitness activities that encourage participants to communicate effectively, support peers, practice teamwork, and celebrate individual and group achievements. Participants receive coaching in positive encouragement, respectful interaction, and collaborative participation.

Safety & Personal Responsibility

The instructor teaches safe participation in physical activity, including proper warm-up and cool-down procedures, hydration practices, equipment safety, listening to one's body, and making informed choices to prevent injury.

Confidence & Community Participation

The instructor provides encouragement and individualized coaching that helps participants build confidence in their physical abilities, participate comfortably in community recreation opportunities, and develop lifelong habits that support active, healthy living.

Course Information

Duration: 8 weeks

Schedule: Fridays, 11:00 a.m.–12:00 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Physical fitness and mobility
- Strength, balance, and flexibility
- Healthy lifestyle habits
- Stress management and emotional regulation
- Executive functioning and routine building

- Self-monitoring and personal responsibility
- Communication and teamwork
- Community recreation participation
- Increased confidence and self-esteem
- Overall health and wellness
- Independent living skills

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and adaptive instruction to ensure every participant can safely participate and succeed. Through structured fitness activities and wellness education, participants gain practical skills that support lifelong health, greater independence, and active participation in their homes, workplaces, and communities.

Shelter Helpers:

Provider: Blue Heron Collective LLC

Course Description

Shelter Helpers is an 8-week instructor-led animal education and community service class that teaches participants about humane animal care while creating enrichment toys and resources for local animal shelters. Through hands-on projects, research, collaborative activities, and guided instruction, participants develop practical skills related to animal welfare, empathy, communication, executive functioning, and community engagement.

Participants learn about the needs of a variety of animals—including dogs, cats, farm animals, and small animals—while exploring how responsible care, enrichment, and advocacy improve the quality of life for animals. The course combines service learning with vocational and independent living skills, allowing participants to make meaningful contributions to their community while building confidence and workplace readiness.

Course Objectives

Throughout the course, participants will:

- Learn about the physical, emotional, and behavioral needs of a variety of animals.
- Design and create safe enrichment toys and activities for shelter animals using instructor-guided techniques.
- Explore humane animal care practices and responsible pet ownership.
- Compare and contrast the basic needs of animals and humans, including food, shelter, health, safety, and social interaction.
- Develop empathy, compassion, and kindness through service-learning experiences.
- Strengthen communication, teamwork, and collaborative problem-solving skills.
- Learn introductory animal care techniques appropriate for dogs, cats, farm animals, and small animals.
- Conduct research on animal behavior, breeds, habitats, and welfare topics.
- Learn about community organizations and resources that support animal care, rescue, and adoption.
- Develop executive functioning skills including planning, organization, sequencing, and task completion through project-based activities.
- Build confidence while contributing to meaningful community service projects.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided group discussion
- Hands-on enrichment toy creation
- Animal care demonstrations
- Community service projects
- Research and presentation activities
- Collaborative problem-solving
- Individual coaching and peer collaboration
- Reflection on service-learning experiences

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Humane Animal Care

The instructor teaches participants about the physical, emotional, behavioral, and environmental needs of companion animals, farm animals, and small animals. Participants learn appropriate care techniques, humane treatment practices, animal safety, and responsible interactions with different species.

Enrichment Toy Design & Creative Problem Solving

The instructor provides step-by-step instruction in designing and constructing safe enrichment toys using appropriate materials and techniques. Participants learn how enrichment supports animal health, reduces stress, encourages natural behaviors, and improves overall well-being.

Research & Information Literacy

The instructor teaches participants how to research animal-related topics using reliable resources, organize information, ask meaningful questions, and share what they have learned through presentations and group discussions. Activities promote curiosity, critical thinking, and evidence-based learning.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, task initiation, time management, and self-monitoring throughout the design and completion of enrichment projects.

Participants practice breaking projects into manageable steps while developing strategies for successful task completion.

Communication & Teamwork

The instructor facilitates cooperative projects that encourage active listening, reciprocal communication, respectful discussion, shared decision-making, and collaborative problem-solving. Participants receive coaching in teamwork, flexibility, and effective group participation.

Empathy & Social-Emotional Learning

The instructor guides discussions and reflective activities that help participants understand empathy, compassion, kindness, and advocacy. Participants explore how caring for animals strengthens emotional awareness, perspective-taking, and responsible citizenship.

Community Awareness & Civic Engagement

The instructor introduces participants to local animal shelters, rescue organizations, veterinary services, and community resources that support animal welfare. Participants learn how volunteerism and community partnerships positively impact both animals and people.

Workplace Readiness & Vocational Skills

The instructor teaches workplace behaviors including following multi-step directions, maintaining quality standards, working collaboratively, completing assigned tasks, organizing materials, and contributing to meaningful community projects. These experiences strengthen transferable employment skills while reinforcing responsibility and accountability.

Course Information

Duration: 8 weeks

Schedule: Mondays, 10:00 a.m.–11:00 a.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Humane animal care knowledge
- Community service and civic engagement
- Executive functioning
- Communication and teamwork
- Empathy and social-emotional development
- Research and critical thinking
- Planning and organization
- Fine motor and project-building skills
- Workplace readiness
- Independent living skills
- Self-confidence and personal responsibility

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and meaningful service-learning experiences. Through hands-on enrichment projects and structured instruction, participants develop practical skills that support greater independence, community participation, and compassionate engagement with both animals and people.

YouTube Star:

Provider: Blue Heron Collective LLC

Course Description

YouTube Star is an 8-week instructor-led digital media and communication class that teaches participants how to plan, create, record, and edit engaging video content while developing valuable communication, executive functioning, and technology skills. Through guided instruction, hands-on practice, and individualized coaching, participants transform their interests and knowledge into creative video projects using industry-inspired production techniques.

Participants learn every stage of the content creation process—from brainstorming ideas and writing scripts to filming, editing, reviewing, and refining their work. The course emphasizes digital literacy, self-expression, organization, confidence, and workplace-ready technology skills within a supportive, inclusive learning environment.

Course Objectives

Throughout the course, participants will:

- Develop creative ideas by brainstorming topics based on personal interests, hobbies, and areas of expertise.
- Learn how to organize thoughts and present information in a logical, engaging sequence.
- Write clear, audience-friendly scripts that effectively communicate ideas.
- Improve expressive communication skills through verbal presentations and on-camera speaking.
- Build confidence speaking in front of a camera and presenting original content.
- Learn introductory video production techniques including lighting, framing, camera angles, and green screen technology.
- Develop basic video recording and editing skills using digital media tools.
- Analyze personal recordings to identify strengths and areas for improvement.
- Strengthen executive functioning skills including planning, organization, time management, task sequencing, and self-monitoring.
- Improve attention to detail through recording, editing, and revising multimedia projects.
- Develop digital citizenship skills by learning responsible, safe, and respectful media creation practices.

- Collaborate with peers by giving and receiving constructive feedback throughout the creative process.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided brainstorming sessions
- Script-writing workshops
- Hands-on video production
- Technology demonstrations
- Video recording practice
- Editing workshops
- Individual coaching and peer collaboration
- Reflection and project presentations

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Creative Planning & Content Development

The instructor teaches participants how to generate ideas, identify topics of interest, define a target audience, organize information, and develop engaging video concepts. Participants learn structured brainstorming techniques that transform personal interests into meaningful digital content.

Communication & Script Writing

The instructor provides step-by-step instruction in organizing thoughts, outlining ideas, writing clear scripts, and communicating information effectively. Participants practice using audience-friendly language, staying on topic, and presenting information with clarity and confidence.

Video Production Techniques

The instructor teaches foundational video production skills including camera positioning, framing, lighting, green screen technology, audio quality, and visual composition. Participants

learn how technical production choices improve communication and viewer engagement while practicing safe use of recording equipment.

Video Editing & Digital Technology

The instructor teaches participants how to organize video files, perform basic editing, add titles and transitions, adjust audio, and create polished final videos using beginner-friendly editing software. Guided practice builds confidence using digital technology and creative production tools.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, time management, task initiation, working memory, and self-monitoring throughout the production process. Participants practice managing multi-step projects while learning strategies to stay organized and meet project goals.

Self-Evaluation & Reflective Learning

The instructor guides participants in reviewing their recorded videos, identifying strengths, setting improvement goals, and applying constructive feedback to future projects. Participants develop self-awareness, resilience, and a growth mindset through structured reflection.

Digital Citizenship & Online Safety

The instructor teaches responsible technology use, copyright awareness, respectful online communication, privacy, and safe digital practices. Participants learn how to create and share digital content ethically while developing positive online habits.

Collaboration & Workplace Readiness

The instructor facilitates collaborative production activities that strengthen teamwork, active listening, communication, flexibility, and constructive feedback. Participants also develop transferable workplace skills including meeting deadlines, following project timelines, accepting coaching, and completing assignments independently.

Course Information

Duration: 8 weeks

Schedule: Thursdays, 10:00 a.m.–11:00 a.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Digital literacy
- Video production and editing
- Communication and public speaking
- Script writing and creative expression
- Executive functioning
- Organization and time management
- Self-monitoring and reflective learning
- Technology proficiency
- Collaboration and teamwork
- Workplace readiness
- Self-confidence and self-advocacy
- Independent learning and creative problem-solving

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and hands-on application of digital media skills. Participants gain practical experience creating professional-quality video content while strengthening communication, executive functioning, and technology skills that support success in employment, education, self-advocacy, and community participation.

Food Fit:

Provider: Blue Heron Collective LLC

Course Description

Food Fit is an 8-week instructor-led nutrition and healthy living class that teaches participants how to make informed food choices, understand nutrition, and build lifelong healthy eating habits. Through hands-on cooking activities, grocery store exploration, food label analysis, meal planning, and guided instruction, participants develop practical skills that support independence, wellness, and everyday decision-making.

Participants learn how food fuels the body, affects energy, and contributes to overall physical and emotional well-being. The course combines nutrition education with real-world independent living skills, helping participants gain confidence preparing healthy meals, shopping for groceries, practicing food safety, and making choices that support their personal health goals.

Course Objectives

Throughout the course, participants will:

- Learn current nutrition recommendations and understand the major food groups.
- Identify the roles of proteins, carbohydrates, fats, vitamins, minerals, and water in maintaining good health.
- Analyze food labels to interpret serving sizes, calories, ingredients, preservatives, and nutritional content.
- Develop skills for planning and preparing balanced meals that support individual wellness goals.
- Learn the importance of hydration and develop healthy daily hydration habits.
- Prepare healthy snacks and beverages, including smoothies and infused water, using safe food preparation techniques.
- Explore how nutrition choices relate to personal health, energy levels, physical activity, and overall well-being.
- Navigate a grocery store by locating departments, comparing products, and identifying healthy food options.
- Practice making informed purchasing decisions by comparing food labels and ingredient lists.
- Create personalized balanced meal plans using nutritional guidelines.

- Design food labels and nutrition activities to reinforce understanding of healthy food choices.
- Learn safe food handling, sanitation, and kitchen practices while working in a commercial kitchen environment.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided nutrition discussions
- Hands-on cooking and food preparation
- Food label analysis activities
- Meal planning workshops
- Grocery store community-based instruction
- Interactive nutrition games
- Commercial kitchen demonstrations
- Individual coaching and peer collaboration
- Reflection and personal wellness goal setting

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Nutrition Education

The instructor teaches participants about the current food groups, recommended daily nutrition guidelines, portion sizes, and the role of nutrients in supporting physical health, energy, brain function, and overall wellness. Participants learn how balanced nutrition contributes to lifelong healthy living.

Food Label Reading & Consumer Awareness

The instructor provides step-by-step instruction in reading and interpreting nutrition labels, ingredient lists, serving sizes, calories, added sugars, sodium, preservatives, and allergens. Participants practice comparing products and making informed purchasing decisions based on nutritional information.

Meal Planning & Healthy Eating

The instructor teaches participants how to build balanced meals using appropriate portions of proteins, carbohydrates, healthy fats, fruits, vegetables, and whole grains. Guided activities help participants connect healthy food choices with individual goals such as increased energy, improved wellness, or weight management.

Healthy Food Preparation

The instructor demonstrates safe food preparation techniques while teaching participants how to prepare simple, nutritious snacks and meals. Participants practice measuring ingredients, following recipes, using kitchen tools safely, and preparing foods such as smoothies, healthy snacks, and infused water.

Grocery Shopping & Community Navigation

The instructor teaches participants how to navigate grocery stores, locate food departments, compare products, identify fresh produce, read shelf labels, and shop efficiently. Community-based instruction strengthens confidence in accessing grocery stores independently.

Food Safety & Kitchen Skills

The instructor teaches proper handwashing, sanitation, cross-contamination prevention, safe food storage, temperature control, equipment safety, and commercial kitchen expectations. Participants develop habits that support safe food preparation at home and in vocational settings.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, time management, task initiation, and self-monitoring through meal planning, recipe preparation, grocery shopping, and multi-step cooking activities. Participants practice organizing ingredients, following directions, and completing tasks independently.

Communication & Collaboration

The instructor facilitates cooperative cooking activities and group discussions that strengthen communication, teamwork, active listening, problem-solving, and respectful collaboration. Participants receive coaching in sharing responsibilities, following directions, and working safely with others in a kitchen environment.

Independent Living & Wellness

The instructor helps participants apply nutrition knowledge to everyday life by teaching practical strategies for grocery shopping, preparing healthy meals, budgeting for food purchases,

maintaining hydration, and making food choices that support personal health and independence.

Course Information

Duration: 8 weeks

Schedule: Mondays, 11:15 a.m.–12:30 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Nutrition and healthy eating
- Meal planning and food preparation
- Food label literacy
- Grocery shopping and community navigation
- Food safety and kitchen skills
- Executive functioning
- Organization and time management
- Consumer decision-making
- Communication and teamwork
- Independent living
- Workplace readiness for food service environments
- Overall health, wellness, and self-confidence

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and real-world application of nutrition and independent living skills. Participants gain practical experience making healthy food choices, preparing nutritious meals, shopping confidently, and practicing safe kitchen techniques that support greater independence at home, in the workplace, and throughout the community.

Dessert Designs:

Provider: Blue Heron Collective LLC

Course Description

Dessert Designs is an 8-week instructor-led cooking and baking class that teaches participants practical culinary skills while strengthening executive functioning, communication, and independent living abilities. Through guided instruction, hands-on food preparation, recipe development, and collaborative kitchen experiences, participants learn how to safely prepare food, follow recipes, organize materials, and work effectively as part of a team.

Participants receive step-by-step instruction in kitchen safety, food preparation techniques, baking, decorating, and creative recipe development while practicing the workplace and life skills needed for greater independence at home and in vocational settings. The course encourages creativity, confidence, and healthy social interaction in an inclusive, community-based learning environment.

Course Objectives

Throughout the course, participants will:

- Learn how to safely prepare a variety of foods by following written and visual recipes.
- Develop planning and organizational skills by gathering ingredients, preparing workstations, and completing multi-step cooking tasks.
- Strengthen measuring and basic math skills through recipe preparation and portioning.
- Improve executive functioning skills including sequencing, time management, task initiation, self-monitoring, and organization.
- Build communication and teamwork skills through collaborative cooking and baking activities.
- Practice following directions accurately while adapting to changes that occur during food preparation.
- Develop flexible thinking and problem-solving skills when adjusting recipes or responding to unexpected kitchen situations.
- Learn proper kitchen safety, sanitation, hygiene, and safe use of cooking tools and equipment.
- Express creativity through food decorating, presentation, and recipe customization.
- Increase confidence and independence in preparing meals and snacks for everyday living.
- Develop workplace readiness skills applicable to culinary, hospitality, and food service environments.

Teaching Methods

Each weekly class includes:

- Instructor-led cooking demonstrations
- Guided recipe instruction
- Hands-on cooking and baking activities
- Kitchen safety lessons
- Food decorating and creative design projects
- Collaborative meal preparation
- Individual coaching and peer collaboration
- Reflection and self-evaluation activities

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Cooking & Baking Skills

The instructor teaches participants how to read recipes, measure ingredients accurately, prepare foods safely, use kitchen equipment appropriately, and complete cooking and baking tasks from beginning to end. Participants gradually build confidence through repeated guided practice.

Kitchen Safety & Food Hygiene

The instructor provides direct instruction in safe food handling, personal hygiene, sanitation, cross-contamination prevention, proper handwashing, equipment safety, and safe operation of kitchen tools. Participants practice maintaining a clean, organized, and safe work environment throughout each class.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, time management, task initiation, working memory, and self-monitoring through multi-step cooking projects. Participants learn strategies for organizing ingredients, managing multiple tasks simultaneously, and completing recipes independently.

Problem Solving & Flexible Thinking

The instructor guides participants through real-world kitchen scenarios that require adapting to recipe changes, ingredient substitutions, unexpected outcomes, and collaborative

decision-making. Participants learn to evaluate options, generate solutions, and adjust their approach when challenges arise.

Communication & Teamwork

The instructor facilitates cooperative cooking experiences that strengthen active listening, reciprocal conversation, requesting assistance, giving and receiving feedback, sharing responsibilities, and working respectfully with peers. Participants receive coaching in effective communication and collaborative problem-solving.

Creativity & Artistic Expression

The instructor teaches decorating techniques, food presentation, and creative recipe customization that encourage artistic expression while reinforcing attention to detail and pride in workmanship. Participants explore color, texture, and design through culinary projects.

Independent Living Skills

The instructor teaches practical cooking skills that support daily living, including meal preparation, following recipes, kitchen organization, cleaning workspaces, and developing routines for safe food preparation at home.

Workplace Readiness

The instructor reinforces vocational skills including punctuality, following procedures, maintaining quality standards, organizing materials, completing assigned responsibilities, working cooperatively, and practicing accountability in a structured kitchen environment.

Course Information

Duration: 8 weeks

Schedule: Wednesdays, 11:15 a.m.–12:30 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Safe food preparation
- Cooking and baking skills
- Kitchen safety and hygiene
- Executive functioning
- Planning and organization
- Time management
- Communication and teamwork
- Problem-solving and flexible thinking
- Creativity and artistic expression
- Independent living
- Workplace readiness
- Self-confidence and personal responsibility

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and real-world application of culinary and life skills. Participants leave with practical experience preparing food safely, following recipes, collaborating with others, and managing multi-step tasks with increasing independence.

The Collective Social Club:

Provider: Blue Heron Collective LLC

Course Description

The Collective Social Club is an 8-week instructor-led social skills and community participation class designed to help adults of all abilities build meaningful relationships, strengthen communication, and develop the executive functioning skills needed for successful participation at home, work, and in the community. Through structured group activities, guided discussions, cooperative games, role-playing, and real-world practice, participants receive direct instruction in interpersonal communication, self-regulation, self-advocacy, and goal setting.

The course provides a supportive, inclusive environment where participants learn to initiate and maintain conversations, navigate social situations, solve interpersonal challenges, and build confidence while forming lasting friendships and meaningful community connections.

Course Objectives

Throughout the course, participants will:

- Build meaningful social connections through structured group activities and shared experiences.
- Develop expressive and receptive communication skills during guided conversations and collaborative activities.
- Practice active listening, reciprocal conversation, and appropriate turn-taking.
- Strengthen executive functioning skills including planning, organization, task initiation, self-monitoring, and flexible thinking.
- Learn self-regulation strategies to manage emotions, stress, and unexpected situations during social interactions.
- Develop self-advocacy skills by expressing needs, preferences, strengths, and goals appropriately.
- Improve attention and conversational skills by learning strategies to remain focused and stay on topic.
- Build confidence participating in group discussions, cooperative games, and community activities.
- Learn how to break large goals into smaller, achievable action steps.
- Develop problem-solving and conflict-resolution skills through guided role-playing and real-life scenarios.
- Increase independence and confidence in navigating everyday social situations.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided group discussions
- Structured social skills activities
- Cooperative games
- Role-playing and real-world scenarios
- Goal-setting workshops
- Self-regulation practice
- Individual coaching and peer collaboration
- Reflection and self-assessment activities

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Communication & Conversation Skills

The instructor teaches participants how to initiate conversations, maintain reciprocal dialogue, ask appropriate questions, practice active listening, interpret verbal and nonverbal communication, and respectfully express thoughts and ideas. Guided practice allows participants to apply these skills during structured social interactions.

Social Relationships & Community Participation

The instructor facilitates cooperative activities that encourage friendship building, teamwork, empathy, perspective-taking, and respectful social interaction. Participants learn practical strategies for participating successfully in community groups, recreational activities, volunteer opportunities, and workplace settings.

Executive Functioning

The instructor explicitly teaches planning, organization, task initiation, sequencing, working memory, flexible thinking, self-monitoring, and goal-setting. Participants practice breaking larger goals into manageable steps while developing strategies for completing personal, social, and community-based tasks.

Self-Regulation & Emotional Awareness

The instructor teaches participants how to recognize emotions, identify personal triggers, monitor behavior, and apply individualized coping strategies that support successful social participation. Activities strengthen emotional regulation, frustration tolerance, and resilience in everyday situations.

Self-Advocacy

The instructor provides direct instruction in identifying personal strengths, communicating needs and preferences, requesting assistance appropriately, setting personal goals, and making informed choices. Participants build confidence speaking up for themselves while respecting the perspectives of others.

Attention & Conversation Management

The instructor teaches strategies for maintaining attention, staying on topic, managing distractions, recognizing conversational cues, and participating appropriately in both one-on-one and group discussions. Participants receive individualized coaching to improve conversational success.

Problem Solving & Conflict Resolution

Through instructor-guided role-playing and collaborative activities, participants learn how to evaluate social situations, consider multiple perspectives, resolve disagreements respectfully, and develop positive solutions to interpersonal challenges.

Independent Living & Workplace Readiness

The instructor teaches transferable interpersonal skills that support success in employment, volunteer settings, education, and community life, including professionalism, collaboration, following directions, accepting feedback, managing responsibilities, and communicating effectively with others.

Course Information

Duration: 8 weeks

Schedule: Fridays, 10:00 a.m.–11:00 a.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Social communication
- Relationship building
- Active listening and conversation skills
- Executive functioning
- Self-regulation and emotional awareness
- Self-advocacy
- Goal setting and organization
- Problem-solving and conflict resolution
- Community participation
- Workplace readiness
- Independent living
- Self-confidence and personal independence

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and repeated opportunities to apply interpersonal skills in meaningful social situations. Participants develop practical strategies for building relationships, communicating effectively, regulating emotions, and advocating for themselves with increasing confidence and independence.

Golf:

Provider: Blue Heron Collective LLC

Course Description

Golf is an 8-week instructor-led community-based recreation class that introduces participants to the fundamentals of golf while developing executive functioning, motor coordination, social communication, and independent recreation skills. Through structured instruction, guided practice, and individualized coaching, participants learn foundational golf techniques in an inclusive, supportive environment that accommodates a wide range of learning styles and abilities.

Participants receive step-by-step instruction in golf skills while building confidence, patience, focus, and self-regulation. The course emphasizes healthy recreation, community participation, teamwork, and lifelong leisure skills that support physical wellness and greater independence.

Course Objectives

Throughout the course, participants will:

- Learn foundational golf skills including grip, stance, posture, putting, chipping, and basic swing mechanics.
- Improve gross motor coordination, balance, body awareness, and overall physical control.
- Develop executive functioning skills including planning, sequencing, attention, self-monitoring, and decision-making.
- Strengthen focus, concentration, and task persistence during structured skill practice.
- Build communication and teamwork skills through cooperative learning activities and group instruction.
- Learn self-regulation strategies that promote patience, emotional control, and resilience during practice and play.
- Develop confidence by setting personal goals and tracking individual progress.
- Learn golf etiquette, sportsmanship, and respectful participation in community recreation settings.
- Increase independence by learning how to participate safely in recreational golf activities.
- Engage in healthy physical activity that supports lifelong wellness and active living.

Teaching Methods

Each weekly class includes:

- Instructor-led golf instruction
- Guided skill demonstrations
- Individualized coaching
- Hands-on practice sessions
- Motor skill development activities
- Executive functioning strategy instruction
- Cooperative games and partner activities
- Reflection and goal-setting exercises
- Community-based recreation experiences

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Foundational Golf Skills

The instructor teaches participants proper grip, stance, posture, alignment, putting, chipping, and introductory swing techniques through step-by-step demonstrations and guided practice. Skills are introduced progressively to support success for learners of all ability levels.

Motor Coordination & Physical Development

The instructor provides activities that improve balance, coordination, body awareness, hand-eye coordination, posture, and movement planning. Participants receive individualized adaptations that promote safe participation while improving overall physical functioning.

Executive Functioning

The instructor explicitly teaches planning, sequencing, attention, working memory, self-monitoring, and decision-making throughout golf instruction. Participants learn how to follow multi-step directions, prepare equipment, evaluate performance, and adjust strategies to improve outcomes.

Self-Regulation & Emotional Wellness

The instructor teaches participants how to recognize frustration, manage emotions, practice patience, and remain focused during challenging activities. Guided coaching helps participants

develop resilience, persistence, and positive coping strategies that transfer to everyday situations.

Communication & Teamwork

The instructor facilitates partner activities and small-group instruction that strengthen active listening, reciprocal communication, turn-taking, respectful encouragement, and collaborative problem-solving. Participants practice effective communication while participating in shared recreational experiences.

Community Recreation & Sportsmanship

The instructor teaches golf etiquette, course safety, respect for others, and appropriate behavior in community recreation settings. Participants learn how to share equipment, wait their turn, care for facilities, and demonstrate good sportsmanship both on and off the course.

Adaptive Learning & Individualized Support

The instructor utilizes adapted teaching strategies, visual supports, modeling, task analysis, repetition, and individualized coaching to ensure meaningful participation for individuals with diverse learning styles and support needs. Activities are modified as appropriate to maximize independence and success.

Independent Recreation & Healthy Living

The instructor teaches participants how to access community golf facilities, participate safely in recreational activities, establish healthy leisure routines, and use physical activity as part of a balanced lifestyle that supports lifelong wellness and community inclusion.

Course Information

Duration: 8 weeks

Schedule: Mondays, 2:30 p.m.–4:00 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Foundational golf skills
- Gross motor coordination and balance
- Executive functioning
- Attention and focus
- Self-regulation and emotional resilience
- Communication and teamwork
- Community recreation participation
- Sportsmanship and social responsibility
- Healthy lifestyle habits
- Independent leisure skills
- Self-confidence and personal independence
- Workplace readiness through perseverance, goal setting, and following structured instruction

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and community-based learning to help participants develop practical recreation and life skills through the game of golf. By combining physical activity with executive functioning, communication, and self-regulation instruction, participants build confidence, independence, and the skills needed to successfully participate in healthy leisure activities and their broader community.

Paranormal Podcast:

Provider: Blue Heron Collective LLC

Course Description

Paranormal Podcast is an 8-week instructor-led digital media and communication class led by a self-advocate with a passion for paranormal topics. Participants explore folklore, mysteries, unexplained events, and other paranormal themes while developing communication, research, executive functioning, and technology skills through the creation of original podcast episodes.

Through guided instruction, collaborative planning, storytelling, research, and hands-on audio production, participants learn how to organize ideas, evaluate information, communicate effectively, and produce engaging digital content. The course encourages self-expression, creativity, confidence, and teamwork in an inclusive environment where participants can explore a shared special interest while building transferable life and vocational skills.

Course Objectives

Throughout the course, participants will:

- Develop expressive communication skills through storytelling, discussion, and podcast production.
- Organize ideas into clear, engaging podcast episodes using structured planning techniques.
- Strengthen executive functioning skills including planning, organization, sequencing, time management, and self-monitoring.
- Learn how to conduct guided research using reliable sources and distinguish between factual information, folklore, legends, and personal opinions.
- Practice summarizing and presenting research findings in a clear and organized manner.
- Gain introductory experience using microphones, recording equipment, and basic audio editing software.
- Build confidence speaking into a microphone and participating in recorded discussions.
- Strengthen collaboration and teamwork through shared planning, recording, editing, and peer feedback.
- Develop active listening and respectful communication skills during interviews and group conversations.
- Increase self-confidence through creative self-expression and completion of original podcast episodes.

- Learn responsible digital media practices, including respectful communication and appropriate use of information sources.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided storytelling and discussion
- Podcast planning workshops
- Research activities
- Audio recording demonstrations
- Hands-on technology practice
- Basic editing instruction
- Individual coaching and peer collaboration
- Reflection and episode review

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Communication & Storytelling

The instructor teaches participants how to organize ideas, speak clearly, structure stories, ask thoughtful questions, and communicate effectively for an audience. Guided storytelling activities strengthen expressive language, confidence, and public speaking skills while encouraging participants to share their interests respectfully.

Research & Information Literacy

The instructor provides step-by-step instruction in identifying reliable sources, conducting basic research, organizing information, and citing where information comes from when appropriate. Participants learn to compare folklore, historical accounts, scientific explanations, and popular culture while practicing critical thinking and media literacy.

Podcast Planning & Executive Functioning

The instructor teaches participants how to brainstorm episode topics, outline content, assign responsibilities, create recording schedules, manage time, and organize materials. Activities strengthen planning, sequencing, task initiation, working memory, and project completion skills.

Audio Recording & Technology Skills

The instructor teaches safe and appropriate use of microphones, headphones, recording equipment, and beginner-friendly audio editing software. Participants learn recording techniques, sound quality basics, file organization, and introductory editing skills while creating original podcast episodes.

Collaboration & Teamwork

The instructor facilitates cooperative production activities that encourage active listening, respectful discussion, constructive feedback, shared decision-making, and collaborative problem-solving. Participants practice working together to plan, record, edit, and improve each episode.

Self-Expression & Confidence Building

The instructor creates opportunities for participants to explore personal interests, express ideas creatively, and contribute to group projects in meaningful ways. Individual coaching helps participants develop confidence in speaking, sharing opinions respectfully, and recognizing their strengths.

Digital Citizenship & Media Responsibility

The instructor teaches respectful communication, responsible sharing of information, privacy awareness, copyright basics, and ethical use of digital media. Participants learn how to create engaging content while demonstrating professionalism and respect for others.

Workplace Readiness & Independent Learning

The instructor reinforces transferable employment skills including meeting deadlines, following production schedules, accepting feedback, organizing digital files, completing assigned responsibilities, and collaborating effectively with others. Participants practice persistence, adaptability, and accountability throughout the podcast production process.

Course Information

Duration: 8 weeks

Schedule: Saturdays, 12:30 p.m.–1:30 p.m.

Age Group: 17+

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Communication and public speaking
- Storytelling and creative writing
- Research and information literacy
- Executive functioning
- Planning and time management
- Audio recording and digital technology
- Collaboration and teamwork
- Critical thinking and media literacy
- Self-expression and self-confidence
- Workplace readiness
- Independent learning
- Community participation

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and hands-on digital media production. While participants explore paranormal topics as a shared area of interest, the primary focus is on developing communication, executive functioning, research, technology, and collaboration skills that transfer to employment, education, self-advocacy, and community participation.

Flower Power:

Provider: Blue Heron Collective LLC

Course Description

Flower Power is an 8-week instructor-led horticulture and nature education class designed for beginner gardeners and nature enthusiasts of all abilities. Through hands-on gardening projects, guided exploration, floral design, and environmental education, participants develop practical skills in plant care, gardening, executive functioning, communication, and community participation.

Participants receive direct instruction in growing flowers, vegetables, and other plants while learning about pollinators, sustainable gardening, farm-to-table food systems, and creative floral design. The course combines science, creativity, and independent living skills in an inclusive environment that promotes confidence, healthy outdoor recreation, and lifelong appreciation for nature.

Course Objectives

Throughout the course, participants will:

- Learn foundational gardening skills including planting, watering, soil preparation, and routine plant care.
- Identify a variety of flowers, vegetables, herbs, trees, and garden types.
- Explore the role of pollinators and discover how gardens support healthy ecosystems.
- Learn which plants attract bees, butterflies, hummingbirds, and other beneficial wildlife.
- Develop an understanding of farm-to-table food systems and where food is grown and produced.
- Conduct guided research on plants, gardening methods, and environmental topics.
- Learn the care requirements for air plants, succulents, and other low-maintenance plants.
- Design and create floral bouquets using principles of color, balance, texture, and arrangement.
- Strengthen executive functioning skills including planning, organization, sequencing, and task completion through gardening projects.
- Build communication, teamwork, and problem-solving skills while participating in collaborative gardening activities.

- Increase confidence and independence through successful completion of hands-on horticultural projects.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Guided gardening demonstrations
- Hands-on planting and garden care
- Nature exploration activities
- Floral design workshops
- Plant identification exercises
- Research and discussion activities
- Individual coaching and peer collaboration
- Reflection and project presentations

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Gardening Fundamentals

The instructor teaches participants foundational gardening techniques including soil preparation, planting seeds and transplants, watering schedules, pruning, fertilizing, and routine plant maintenance. Participants learn how to care for plants throughout different stages of growth using hands-on practice.

Plant Identification & Environmental Science

The instructor teaches participants how to identify common flowers, vegetables, herbs, native plants, and different types of gardens. Guided activities introduce basic plant biology, seasonal growth cycles, and the environmental conditions that help plants thrive.

Pollinators & Ecosystems

The instructor provides instruction on the important role of pollinators such as bees, butterflies, hummingbirds, and other beneficial insects. Participants learn how pollinators contribute to healthy ecosystems and discover practical ways to create pollinator-friendly gardens.

Farm-to-Table & Food Systems

The instructor teaches participants where food comes from, how fruits and vegetables are produced, and the journey food takes from farms to grocery stores and kitchens. Participants explore healthy food production, local agriculture, and sustainable growing practices through guided discussions and research.

Floral Design & Creative Expression

The instructor demonstrates techniques for selecting flowers, preparing stems, arranging bouquets, and creating visually balanced floral designs. Participants learn principles of color, texture, proportion, and presentation while expressing creativity through hands-on floral projects.

Plant Care & Specialty Plants

The instructor teaches participants how to care for air plants, succulents, and other specialty plants by identifying appropriate lighting, watering, and maintenance needs. Participants practice applying these care techniques to keep plants healthy over time.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, time management, task initiation, and self-monitoring through gardening and floral design projects. Participants learn how to organize materials, follow multi-step directions, monitor plant growth, and complete projects from beginning to end.

Communication & Collaboration

The instructor facilitates cooperative gardening activities that encourage active listening, teamwork, sharing responsibilities, problem-solving, and respectful communication. Participants practice working together to care for plants, complete projects, and exchange ideas.

Independent Living & Community Participation

The instructor teaches practical gardening skills that participants can apply at home and in community gardens. Activities encourage lifelong recreation, environmental stewardship, healthy living, and meaningful participation in community beautification and gardening opportunities.

Course Information

Duration: 8 weeks

Age Group: 14+

All abilities welcome

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Gardening and plant care
- Environmental awareness
- Plant identification
- Floral design and creative expression
- Executive functioning
- Planning and organization
- Communication and teamwork
- Research and critical thinking
- Independent living skills
- Healthy outdoor recreation
- Community participation
- Self-confidence and personal responsibility

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and hands-on horticultural experiences that build practical life skills alongside an appreciation for nature. Participants gain confidence caring for plants, creating floral arrangements, and understanding environmental systems while strengthening executive functioning, communication, and independent living skills.

Fashion Design:

Provider: Blue Heron Collective LLC

Course Description

Fashion Design is an 8-week instructor-led fashion design and textile arts class that introduces participants to the creative process of designing, constructing, and presenting original fashion projects. Through guided instruction, hands-on sewing, fashion illustration, textile exploration, and collaborative design activities, participants develop artistic, technical, and independent living skills in a supportive, inclusive environment.

Participants receive step-by-step instruction in fashion sketching, sewing techniques, fabric selection, and safe use of sewing equipment while strengthening executive functioning, communication, creativity, and problem-solving. The course emphasizes planning, perseverance, and self-expression and supports exploration of fashion, retail, costume design, and creative industries.

Course Objectives

Throughout the course, participants will:

- Learn the fundamentals of fashion design through sketching, planning, and creative project development.
- Create fashion illustrations including croquis, flats, and presentation drawings.
- Research current and historical fashion trends to inspire original designs.
- Learn basic hand sewing techniques and introductory sewing machine skills.
- Practice safe use of sewing tools and equipment including scissors, needles, pins, irons, and sewing machines.
- Identify different types of fabrics, thread, and textile materials and understand their appropriate uses.
- Develop creative problem-solving skills throughout the design and construction process.
- Strengthen executive functioning skills including planning, organization, sequencing, time management, and task completion.
- Collaborate with peers during design critiques and cooperative creative projects.
- Increase confidence through creative self-expression and presentation of completed fashion projects.
- Develop workplace readiness skills applicable to creative industries, retail, textile arts, and design careers.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Fashion illustration demonstrations
- Hands-on sewing instruction
- Textile exploration activities
- Guided design workshops
- Creative problem-solving challenges
- Individual coaching and peer collaboration
- Reflection and portfolio development
- Project presentations and design critiques

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Fashion Design & Creative Process

The instructor teaches participants how to move through each stage of the design process, including brainstorming ideas, researching inspiration, sketching concepts, selecting materials, creating prototypes, evaluating designs, and presenting completed projects. Participants develop confidence expressing their creativity through structured design experiences.

Fashion Illustration

The instructor provides step-by-step instruction in drawing croquis, fashion flats, and presentation sketches. Participants learn techniques for communicating design ideas visually while practicing observation, proportion, attention to detail, and artistic expression.

Sewing & Construction Skills

The instructor teaches foundational hand sewing techniques, introductory sewing machine operation, basic stitching methods, seam construction, and simple garment assembly. Participants receive individualized instruction and repeated practice to safely develop confidence using textile tools and equipment.

Textile Knowledge

The instructor introduces participants to a variety of fabrics, threads, notions, and textile materials. Participants learn how different materials function, how to select appropriate fabrics for projects, and how material properties influence design decisions.

Safety & Tool Use

The instructor teaches proper handling and safe use of scissors, rotary cutters (when appropriate), sewing needles, pins, irons, ironing boards, sewing machines, and other textile equipment. Participants practice maintaining organized workspaces while following safety procedures throughout each project.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, task initiation, working memory, time management, and self-monitoring throughout the design process. Participants learn to manage multi-step projects, organize supplies, meet deadlines, and revise their work using structured planning strategies.

Communication & Collaboration

The instructor facilitates collaborative design activities, peer discussions, and constructive critiques that strengthen active listening, respectful communication, teamwork, and problem-solving. Participants practice giving and receiving feedback while working cooperatively on creative projects.

Creativity & Self-Expression

The instructor encourages participants to explore personal style, artistic interests, and innovative ideas while developing confidence through original fashion designs. Guided instruction helps participants recognize that creativity can be expressed through color, texture, pattern, and construction techniques.

Workplace Readiness & Vocational Exploration

The instructor reinforces transferable workplace skills including following directions, organizing materials, maintaining quality standards, solving problems, completing projects independently, accepting feedback, and managing time effectively. Participants are introduced to potential careers in fashion, retail, costume design, tailoring, merchandising, and textile arts.

Course Information

Duration: 8 weeks

Age Group: 14+

All abilities welcome

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Fashion design and illustration
- Sewing and textile arts
- Safe tool and equipment use
- Executive functioning
- Planning and time management
- Communication and teamwork
- Creative problem-solving
- Fine motor coordination
- Artistic self-expression
- Workplace readiness
- Independent living skills
- Self-confidence and vocational exploration

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and hands-on creative learning experiences. Participants develop practical sewing and design skills while strengthening executive functioning, communication, and independent work habits that transfer to employment, education, and everyday life.

Let's Get Crafty:

Provider: Blue Heron Collective LLC

Course Description

Let's Get Crafty is an 8-week instructor-led arts and crafts class that introduces participants to a wide variety of creative techniques while developing executive functioning, fine motor, communication, and independent living skills. Through guided instruction, hands-on projects, and collaborative creative experiences, participants learn how to transform everyday materials into unique works of art while exploring sustainable crafting practices and creative self-expression.

Participants receive step-by-step instruction in upcycling, scrapbooking, junk journaling, felted wool projects, handmade wellness products, and mixed-media crafts while learning to safely use crafting tools and materials. The course promotes creativity, problem-solving, confidence, and exploration in an inclusive, supportive environment.

Course Objectives

Throughout the course, participants will:

- Learn how to creatively upcycle and repurpose everyday materials into functional and decorative projects.
- Develop skills in scrapbooking, junk journaling, and mixed-media art techniques.
- Create handmade wellness products such as bath salts, sugar scrubs, candles, or other instructor-selected projects using safe preparation methods.
- Learn introductory felted wool techniques to create decorative and functional craft projects.
- Practice safe and responsible use of craft tools including scissors, hot glue guns, soldering tools (when appropriate and supervised), cutting tools, and other crafting equipment.
- Strengthen executive functioning skills including planning, organization, sequencing, task initiation, and time management.
- Improve fine motor coordination, precision, and hand strength through detailed crafting activities.
- Develop communication and teamwork skills while collaborating on creative projects and sharing ideas.
- Build confidence and self-expression through original artistic creations.

- Learn creative problem-solving by adapting materials, revising designs, and completing projects from concept to finished product.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons
- Hands-on crafting demonstrations
- Guided project instruction
- Mixed-media art activities
- Creative design workshops
- Safe tool demonstrations
- Individual coaching and peer collaboration
- Reflection and project presentations
- Portfolio development of completed work

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Creative Design & Upcycling

The instructor teaches participants how to transform recycled and repurposed materials into creative, functional, and decorative projects. Participants learn sustainable crafting practices while developing artistic vision, resourcefulness, and innovative problem-solving skills.

Mixed Media & Craft Techniques

The instructor provides step-by-step instruction in scrapbooking, junk journaling, paper crafts, felted wool, decorative arts, and a variety of mixed-media techniques. Participants explore different artistic materials while building confidence in experimenting with creative processes.

Handmade Wellness Products

The instructor teaches participants how to safely measure, mix, assemble, and package simple wellness products such as bath products, aromatherapy items, or seasonal gifts. Activities reinforce following directions, measuring accurately, and maintaining organized workspaces.

Tool Safety & Equipment Use

The instructor teaches safe and appropriate use of crafting tools including scissors, craft knives (when appropriate), hot glue guns, soldering equipment (under direct supervision), cutting mats, and other specialty tools. Participants learn proper handling, workspace organization, and safety procedures throughout every project.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, task initiation, time management, working memory, and self-monitoring throughout the crafting process. Participants learn how to organize supplies, follow multi-step instructions, manage project timelines, and complete creative projects independently.

Fine Motor Development

The instructor facilitates activities that strengthen hand-eye coordination, bilateral coordination, dexterity, grip strength, and precision through cutting, gluing, sewing, felting, assembling, and decorating projects. These activities support functional daily living and vocational skills.

Communication & Collaboration

The instructor facilitates collaborative crafting experiences that encourage active listening, sharing ideas, giving and receiving feedback, problem-solving, and respectful teamwork. Participants practice expressing creative ideas while learning from and supporting one another.

Creativity & Self-Expression

The instructor encourages participants to develop their own artistic style by exploring color, texture, composition, and personal interests. Guided instruction promotes confidence, originality, and pride in completed work while encouraging participants to make meaningful creative choices.

Workplace Readiness & Entrepreneurial Skills

The instructor introduces participants to transferable workplace skills including following directions, maintaining quality standards, organizing materials, meeting project deadlines, accepting feedback, and presenting finished products professionally. Participants also explore how handcrafted items may be displayed, marketed, or sold through community markets or social enterprises.

Course Information

Duration: 8 weeks

Age Group: 14+

All abilities welcome

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Creative arts and craftsmanship
- Upcycling and sustainable design
- Mixed-media art techniques
- Safe tool and equipment use
- Executive functioning
- Planning and organization
- Fine motor coordination
- Communication and teamwork
- Creative problem-solving
- Independent living skills
- Workplace readiness and vocational exploration
- Self-confidence and artistic self-expression

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and hands-on creative learning experiences that promote both artistic development and practical life skills. Participants gain confidence through meaningful creative expression while strengthening executive functioning, communication, organization, and fine motor skills.

Kids Cooking: Culinary Skills, Nutrition & Kitchen Confidence

Provider: Blue Heron Collective LLC

Course Description

Kids Cooking is an 8-week instructor-led cooking class designed for children to develop foundational kitchen skills, healthy eating habits, and confidence through fun, hands-on culinary experiences. Participants learn how to prepare simple recipes while practicing kitchen safety, following directions, measuring ingredients, and working cooperatively with peers in an inclusive, supportive environment.

Through guided instruction, children explore nutrition, food preparation, and creative cooking while strengthening executive functioning, communication, problem-solving, and fine motor skills. Each class encourages independence and curiosity as participants prepare healthy snacks and meals they can recreate at home with their families.

Course Objectives

Throughout the course, participants will:

- Learn basic kitchen safety, hygiene, and proper handwashing techniques.
- Follow simple recipes using visual and written directions.
- Develop measuring, mixing, pouring, and basic food preparation skills.
- Learn how to safely use age-appropriate kitchen tools and equipment.
- Explore healthy food groups and the importance of balanced nutrition.
- Prepare a variety of healthy snacks and simple meals using fresh ingredients.
- Strengthen executive functioning skills including planning, sequencing, organization, and task completion.
- Improve fine motor coordination through measuring, stirring, cutting (using child-safe tools when appropriate), and assembling recipes.
- Practice communication, teamwork, and cooperation while cooking with peers.
- Build confidence and independence by successfully completing cooking projects.
- Develop problem-solving and flexible thinking skills when adapting recipes or responding to unexpected challenges in the kitchen.

Teaching Methods

Each weekly class includes:

- Instructor-led cooking demonstrations
- Guided recipe instruction
- Hands-on food preparation
- Nutrition education activities
- Kitchen safety lessons
- Interactive cooking games
- Individual coaching and peer collaboration
- Reflection and tasting activities
- Family-friendly recipe take-home resources

Instructional Strategies

Participants receive direct instruction throughout the course in the following skill areas:

Kitchen Safety & Food Hygiene

The instructor teaches participants proper handwashing, food safety, sanitation, safe food handling, and appropriate use of kitchen tools. Children learn how to maintain clean workspaces, prevent cross-contamination, and safely participate in food preparation activities.

Basic Cooking Skills

The instructor provides step-by-step instruction in measuring ingredients, mixing, stirring, spreading, peeling, assembling recipes, and using age-appropriate kitchen equipment. Participants gradually build confidence through repeated guided practice and hands-on learning.

Nutrition Education

The instructor teaches children about food groups, healthy snacks, balanced meals, hydration, and how different foods support growth, energy, and overall health. Activities encourage children to explore new foods and make healthy choices.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, task initiation, working memory, and time management through recipe preparation and multi-step cooking activities. Participants practice organizing ingredients, following directions, and completing recipes from beginning to end.

Communication & Teamwork

The instructor facilitates cooperative cooking experiences that strengthen active listening, sharing responsibilities, asking for assistance, giving encouragement, and working respectfully with peers. Participants practice collaboration while completing shared kitchen tasks.

Fine Motor Development

The instructor provides activities that strengthen hand-eye coordination, grip strength, bilateral coordination, and dexterity through measuring, pouring, stirring, kneading, decorating, and assembling recipes. These skills support both cooking success and everyday functional tasks.

Creativity & Problem Solving

The instructor encourages participants to decorate foods, personalize recipes, and make creative choices while learning to adapt when ingredients or techniques change. Guided discussions help children develop flexibility, perseverance, and confidence when solving problems in the kitchen.

Independent Living Foundations

The instructor introduces age-appropriate cooking and meal preparation skills that encourage independence at home. Participants learn simple kitchen routines, cleaning responsibilities, and healthy habits that provide a foundation for lifelong self-care and family participation.

Course Information

Duration: 8 weeks

Age Group: Ages 8–13 (*or adjust to your intended age range*)

Functional Outcomes

By the conclusion of the course, participants will have developed practical skills that support:

- Kitchen safety and hygiene
- Basic cooking and food preparation
- Nutrition awareness
- Executive functioning
- Planning and organization
- Fine motor development
- Communication and teamwork
- Problem-solving and flexible thinking

- Healthy lifestyle habits
- Independence and self-confidence
- Family participation and daily living skills

This instructor-led course emphasizes direct teaching, guided practice, individualized coaching, and engaging hands-on cooking experiences that help children develop practical life skills in a fun and supportive environment. Participants gain confidence preparing simple recipes while strengthening executive functioning, communication, and healthy habits that transfer to home, school, and community settings. The course aligns with Blue Heron Collective's inclusive, strengths-based approach by fostering independence, creativity, collaboration, and lifelong wellness through meaningful culinary experiences.

Naturalist Explorers Club: Nature, Conservation & Outdoor Skills

Provider: Blue Heron Collective LLC

Course Description

Naturalist Explorers Club is an ongoing instructor-led, community-based nature program designed for individuals ages 14 and older who enjoy exploring the outdoors, learning about the environment, and participating in hands-on conservation projects. Club membership provides full access to Blue Heron Collective's **Naturalist Explorers programming at Morgan's Farm in Marion, NY**, including use of the **walking trail, sensory garden**, and seasonal outdoor learning experiences.

Through guided instruction, environmental exploration, gardening, wildlife observation, and conservation projects, participants develop practical skills in environmental science, executive functioning, communication, teamwork, and community participation. Members work together to build habitat structures, care for gardens, study local ecosystems, and strengthen lifelong recreation and independent living skills in an inclusive, supportive environment.

Course Objectives

Throughout the program, participants will:

- Learn about the life cycles of native animals, plants, insects, and pollinators.
- Identify common wildlife, trees, flowers, insects, and habitats found in the local environment.
- Develop foundational gardening skills including planting, watering, seasonal maintenance, and understanding plant growth cycles.
- Explore how ecosystems function and how plants, animals, and insects depend on one another.
- Learn about animal habitats and the importance of conservation and biodiversity.
- Design and construct habitat-supporting projects such as bat boxes, owl houses, birdhouses, flower boxes, and pollinator habitats using safe construction techniques.
- Strengthen executive functioning skills including planning, organization, sequencing, time management, and project completion.
- Develop communication and teamwork skills while working collaboratively on outdoor projects.

- Learn outdoor safety practices including trail safety, weather awareness, tool safety, and environmental stewardship.
- Increase confidence, independence, and appreciation for nature through meaningful outdoor experiences and community participation.

Teaching Methods

Each club meeting includes:

- Instructor-led outdoor lessons
- Guided nature walks
- Environmental science activities
- Gardening demonstrations
- Hands-on conservation projects
- Habitat construction workshops
- Wildlife observation and identification
- Individual coaching and peer collaboration
- Reflection and nature journaling

Instructional Strategies

Participants receive direct instruction throughout the program in the following skill areas:

Environmental Science & Ecology

The instructor teaches participants about ecosystems, food webs, habitats, seasonal changes, biodiversity, and the life cycles of plants, insects, birds, mammals, amphibians, and pollinators. Participants develop observation skills through guided outdoor exploration and hands-on environmental investigations.

Gardening & Plant Care

The instructor provides step-by-step instruction in planting, watering, soil preparation, composting, seasonal maintenance, and sustainable gardening practices. Participants learn how gardens support wildlife, pollinators, and healthy ecosystems while gaining practical gardening skills they can apply at home and in community settings.

Wildlife Habitats & Conservation

The instructor teaches participants how different animals use shelters and habitats for nesting, protection, and survival. Through guided construction projects, participants learn to build bat boxes, owl houses, flower boxes, pollinator habitats, and other structures that support local wildlife while practicing safe tool use and environmental stewardship.

Outdoor Skills & Safety

The instructor teaches safe participation in outdoor environments, including trail etiquette, weather awareness, hydration, insect protection, safe tool handling, and environmental responsibility. Participants practice making informed decisions that promote personal safety and respect for natural spaces.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, task initiation, working memory, self-monitoring, and time management through gardening projects, habitat construction, and environmental investigations. Participants learn to organize materials, follow multi-step directions, and complete projects from planning through implementation.

Communication & Collaboration

The instructor facilitates cooperative outdoor activities that encourage active listening, reciprocal communication, teamwork, shared problem-solving, and respectful participation. Participants work together on conservation projects while developing leadership skills and positive peer relationships.

Construction & Fine Motor Skills

The instructor provides guided instruction in measuring, assembling, fastening, and safely using age-appropriate hand tools while constructing habitat structures. Participants strengthen fine motor coordination, spatial reasoning, and practical building skills through meaningful conservation projects.

Independent Living & Community Participation

The instructor encourages participants to become active stewards of their environment by applying gardening, conservation, and outdoor recreation skills in their homes and communities. Activities promote lifelong healthy recreation, volunteerism, environmental responsibility, and community engagement.

Program Information

Program Length: Ongoing Club Membership

Age Group: 14+

Membership Includes:

- Full access to Naturalist Explorers programming
- Walking trail access
- Sensory garden experiences
- Seasonal nature projects
- Environmental education activities
- Conservation and habitat-building projects

Functional Outcomes

By participating in the Naturalist Explorers Club, members will develop practical skills that support:

- Environmental science knowledge
- Gardening and horticulture
- Wildlife and habitat identification
- Conservation and environmental stewardship
- Executive functioning
- Planning and organization
- Communication and teamwork
- Fine motor and construction skills
- Outdoor safety and recreation
- Independent living
- Community participation
- Self-confidence and lifelong appreciation of nature

This instructor-led, community-based club emphasizes direct teaching, guided practice, individualized coaching, and hands-on environmental learning experiences. Participants develop practical life skills while exploring nature, caring for gardens, and completing meaningful conservation projects that strengthen independence, teamwork, and environmental responsibility. The program reflects Blue Heron Collective's inclusive, strengths-based philosophy by fostering community engagement, lifelong learning, healthy recreation, and meaningful participation in the natural world.