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, 3:30-4:30 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, 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, and community settings.

Course Information

Duration: 8 weeks

Schedule: Wednesday, 1-2 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
- Self-confidence and financial independence

This instructor-led course emphasizes direct teaching, guided practice, 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, and communities.

STEAM Experience

Provider: Blue Heron Collective LLC

Course Description

STEAM Experience is an 8-week instructor-led class that integrates **Science, Technology, Engineering, Arts, and Mathematics (STEAM)** with 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.

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.

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
- 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.

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: Tuesdays, 10-11 am & 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 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.

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.

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
- 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
- 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 education, self-advocacy, and community participation.

Everyday Cooking

Provider: Blue Heron Collective LLC

Course Description

Everyday Cooking is an 8-week instructor-led cooking and independent living class that teaches participants practical kitchen skills needed to prepare simple, balanced meals and build confidence in the kitchen. Through hands-on cooking activities, guided recipe following, kitchen safety instruction, and collaborative meal preparation, participants learn how to use common kitchen tools, practice basic knife skills, understand food groups, and develop healthy cooking habits.

Participants gain experience following recipes from beginning to end, measuring ingredients, using kitchen equipment, preparing a variety of foods, and working alongside others to complete cooking tasks. The course emphasizes safety, organization, teamwork, and independence while teaching participants how to prepare everyday meals, maintain a clean kitchen, wash dishes, and properly store ingredients and leftovers. By connecting practical instruction with real-world application, Everyday Cooking supports greater independence at home and in the community.

Course Objectives

Throughout the course, participants will:

- Learn basic kitchen safety rules, including safe equipment use, proper handwashing, and preventing burns, cuts, and food contamination.
- Identify and safely use common kitchen tools and equipment, including measuring cups, measuring spoons, mixing bowls, cutting boards, knives, peelers, graters, whisks, spatulas, blenders, and cooking appliances.
- Develop basic knife skills, including proper knife handling, safe cutting techniques, and appropriate use of cutting boards.
- Learn how to read, interpret, and follow recipes by identifying ingredients, understanding measurements, and completing instructions in the correct sequence.
- Practice measuring, portioning, mixing, chopping, peeling, stirring, and preparing ingredients using appropriate techniques.
- Identify the major food groups and understand how different foods contribute to a balanced diet.
- Learn how to combine proteins, fruits, vegetables, grains, and other ingredients to create balanced meals and snacks.
- Prepare a variety of simple, everyday recipes that can be replicated at home.
- Develop meal preparation skills, including gathering ingredients, organizing a workspace, following a cooking timeline, and completing multi-step tasks.
- Learn proper food handling, storage, sanitation, and cleaning procedures.
- Practice washing dishes, loading and unloading dishwashers, cleaning countertops, sanitizing work surfaces, and returning kitchen tools and supplies to their designated locations.
- Develop teamwork, communication, cooperation, and problem-solving skills through shared cooking activities.

- Build executive functioning skills, including planning, organization, sequencing, time management, task initiation, and task completion.
- Increase confidence and independence when preparing food and completing everyday kitchen responsibilities.

Teaching Methods

Each weekly class includes:

- Instructor-led cooking demonstrations
- Direct instruction in kitchen safety
- Guided recipe reading and interpretation
- Hands-on food preparation and cooking
- Basic knife skills practice
- Kitchen tool and equipment demonstrations
- Food group identification and balanced meal activities
- Ingredient measuring and portioning exercises
- Individual and collaborative cooking tasks
- Kitchen organization and cleanup routines
- Dishwashing and sanitation practice
- Reflection on skills learned and opportunities for independent practice

Instructional Strategies

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

Recipe Reading & Following Directions

The instructor teaches participants how to read recipes, identify required ingredients and equipment, interpret measurements, and follow written or visual directions in the correct order. Participants practice breaking recipes into manageable steps, checking off completed tasks, identifying cooking times, and recognizing when a recipe step is complete. Visual recipes, picture supports, simplified instructions, and step-by-step checklists may be used to support individual learning needs.

Kitchen Safety

The instructor provides explicit instruction in safe kitchen practices, including handwashing, food handling, preventing cross-contamination, managing hot surfaces, using appliances appropriately, and recognizing potential kitchen hazards. Participants learn how to handle spills, keep walkways clear, use oven mitts, and follow safety procedures when working with heat, sharp tools, and electrical equipment.

Kitchen Tools, Equipment & Knife Skills

The instructor demonstrates the purpose and safe use of common kitchen tools and instruments, including measuring utensils, mixing tools, peelers, graters, can openers, cutting boards, knives, blenders, and other small appliances. Participants practice selecting the appropriate tool for a task, handling equipment correctly, and returning items to their designated storage areas.

Instruction in basic knife skills includes safe grip and positioning, stabilizing ingredients, using appropriate cutting techniques, and maintaining awareness of others in the workspace. Participants practice with instructor guidance and use alternative tools when appropriate to their individual skill level.

Food Groups & Balanced Meals

The instructor teaches participants about major food groups and how different foods contribute to a balanced diet. Participants explore how to combine proteins, grains, fruits, vegetables, and other foods to create satisfying meals and snacks. Guided activities help participants identify ingredients from different food groups and make practical choices when planning everyday breakfasts, lunches, dinners, and snacks.

Ingredient Preparation & Measurement

The instructor demonstrates how to gather ingredients, measure dry and liquid ingredients, portion foods, and prepare ingredients before cooking. Participants practice techniques such as washing produce, peeling vegetables, chopping ingredients, mixing, stirring, and combining components according to recipe directions. Instruction emphasizes accuracy, organization, and preparing ingredients in a logical sequence.

Everyday Meal Preparation

The instructor guides participants through preparing accessible, practical recipes that can be recreated at home. Activities may include breakfast dishes, sandwiches and wraps, pasta meals, rice bowls, soups, salads, sheet-pan meals, simple side dishes, and easy snacks. Participants learn how to coordinate multiple steps, monitor cooking progress, recognize when food is ready, and safely serve prepared dishes.

Executive Functioning

The instructor explicitly teaches planning, organization, sequencing, task initiation, time management, and self-monitoring throughout the cooking process. Participants practice gathering supplies before beginning, arranging ingredients, following a sequence of directions, monitoring cooking times, adapting when something does not go as planned, and checking their work before considering a task complete.

Communication & Collaboration

The instructor facilitates shared cooking experiences that encourage communication, cooperation, active listening, and respectful teamwork. Participants practice assigning and sharing responsibilities, taking turns with equipment, asking for assistance, communicating when they need space or supplies, and working together to complete a recipe. Activities emphasize individual contributions and the value of different strengths within a group.

Cleaning, Dishwashing & Kitchen Organization

The instructor provides direct instruction in completing kitchen cleanup routines after food preparation. Participants learn how to scrape food waste, sort dishes, wash and rinse dishes or use a dishwasher, dry and put away equipment, clean countertops, sanitize appropriate work surfaces, sweep as needed, and dispose of garbage properly. Participants also learn how to store ingredients and leftovers safely and restore the kitchen to a clean, organized condition.

Independent Living & Everyday Problem-Solving

The instructor helps participants connect cooking skills to daily life by practicing the routines involved in preparing a meal from beginning to end. Participants learn to identify what they can do independently, recognize when they need support, solve common cooking problems, make simple substitutions when appropriate, and develop repeatable routines for preparing food and maintaining a kitchen at home.

Course Information

Duration: 8 weeks

Schedule: To be determined

Age Group: 17+

Format: Instructor-led, hands-on cooking and independent living instruction

Functional Outcomes

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

- Recipe reading and following directions
- Kitchen safety and safe equipment use
- Basic knife skills and ingredient preparation
- Measuring, portioning, and food preparation
- Understanding food groups and balanced meals
- Everyday cooking and meal preparation

- Kitchen tool and appliance familiarity
- Executive functioning and multi-step task completion
- Planning, organization, and time management
- Communication, teamwork, and collaboration
- Dishwashing, sanitation, and kitchen cleanup
- Food storage and kitchen organization
- Problem-solving and decision-making
- Independent living skills and self-confidence

This instructor-led course emphasizes direct teaching, hands-on practice, individualized coaching, and real-world application of everyday cooking skills. Participants gain practical experience following recipes, using kitchen tools safely, preparing balanced meals, working collaboratively, and completing the cleanup process. Through repeated opportunities to practice each step of meal preparation, participants build confidence and develop transferable skills that support greater independence at home 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.

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
- 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.

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
- 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

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 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
- 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 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.

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
- 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, 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 skills including following directions, maintaining quality standards, organizing materials, meeting project deadlines, accepting feedback, and presenting finished products professionally.

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
- 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.

Farm to Table: Community-Based Cooking & Food Skills Class

Provider: Blue Heron Collective LLC

Course Description

Farm to Table is an 8-week instructor-led, community-based class that connects participants with local farmers, seasonal foods, cooking, nutrition, and practical life skills. Each class begins with a visit to a local farmers market where participants learn how to navigate a community marketplace, identify seasonal foods, make purchasing decisions, interact with vendors, and select ingredients for that day's cooking activity.

Following the market experience, participants bring their selected ingredients to the café, where they receive hands-on instruction in food preparation, cooking techniques, kitchen safety, food safety, and recipe development. Participants learn how food moves from local farms to the community table while developing greater independence and confidence with everyday food-related tasks.

The class incorporates **community navigation, independent living skills, nutrition education, communication, executive functioning, financial literacy,** in a meaningful real-world environment.

Course Objectives

Throughout the course, participants will:

- Learn how to navigate and participate appropriately in a local farmers market.
- Identify a variety of seasonal fruits, vegetables, herbs, and other locally produced foods.
- Practice communicating with farmers, vendors, instructors, and peers.
- Learn how to make food purchasing decisions based on a recipe, budget, and personal preferences.
- Develop basic money-management skills through real-world purchasing experiences.
- Learn how to safely handle, wash, prepare, and store food.
- Develop basic cooking and food-preparation skills.
- Learn and follow recipes using step-by-step instructions.
- Practice measuring ingredients using appropriate tools.
- Develop sequencing, planning, organization, and task-completion skills.
- Learn about nutrition and the benefits of incorporating fresh, locally grown foods into meals.
- Explore the connection between local farms, food production, businesses, and the community.
- Increase confidence and independence in the kitchen.
- Practice safe use of common kitchen tools and appliances.
- Develop teamwork and cooperation through shared cooking activities.
- Explore different foods, flavors, textures, and preparation methods.
- Build awareness of food waste, sustainability, and responsible food choices.
- Develop practical skills that support greater independence in daily living.

Each Weekly Class Includes:

- Community-based farmers market experience
- Instructor-led instruction
- Seasonal food identification
- Guided food selection and purchasing
- Budgeting and money-management practice
- Interaction with local vendors
- Food safety instruction
- Nutrition education
- Recipe reading and following
- Hands-on food preparation
- Cooking demonstrations
- Kitchen safety instruction
- Collaborative cooking activities
- Tasting and reflection
- Cleaning and kitchen organization
- Individual coaching and peer interaction

Instructional Strategies

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

Community Navigation & Participation

The instructor teaches participants how to navigate a farmers market and participate appropriately in a community-based environment. Participants practice entering and moving through the market, locating vendors, identifying products, waiting appropriately, asking questions, making choices, and completing purchases.

Participants learn how to interact respectfully with farmers and vendors while developing confidence in real-world community settings.

Communication & Social Skills

The instructor facilitates authentic communication opportunities throughout the market and cooking experience. Participants practice greeting vendors, asking questions, requesting assistance, communicating preferences, making purchases, and engaging in conversations with peers.

Cooking activities provide opportunities to practice turn-taking, sharing materials, asking for help, giving and receiving directions, and working cooperatively toward a shared goal.

Executive Functioning & Independent Living Skills

Participants receive instruction in planning, sequencing, organization, attention, and task completion. Before visiting the market, participants review the recipe, identify needed ingredients, develop a shopping list, and determine what items need to be purchased.

During cooking activities, participants practice following multi-step directions, gathering materials, sequencing tasks, monitoring cooking times, and completing cleanup routines.

Food Safety & Kitchen Safety

The instructor provides direct instruction in safe food-handling practices, including:

- Handwashing
- Cleaning and sanitizing food-preparation surfaces
- Proper food storage
- Preventing cross-contamination
- Safe handling of ingredients
- Understanding expiration and freshness
- Safe use of kitchen tools
- Safe use of ovens, stovetops, and other appliances
- Appropriate use of protective equipment
- Safe cleanup procedures

Instruction is adapted to participant skill levels, with appropriate supervision provided during cooking activities.

Cooking & Food Preparation

The instructor provides step-by-step instruction in foundational cooking skills. Participants learn how to prepare seasonal ingredients using different techniques, such as:

- Washing and preparing produce
- Cutting and chopping with appropriate tools
- Measuring ingredients
- Mixing and combining ingredients
- Following recipes
- Using kitchen appliances safely
- Cooking and heating foods
- Plating and serving
- Cleaning and storing food

Recipes are selected to provide opportunities for participants to develop increasingly independent cooking skills.

Nutrition & Healthy Food Choices

Participants learn about the nutritional benefits of fruits, vegetables, grains, proteins, and other foods. The instructor introduces concepts such as balanced meals, variety, portion awareness, hydration, and the importance of incorporating nutrient-rich foods into everyday meals.

Instruction emphasizes exploration and informed choice rather than labeling foods as simply "good" or "bad."

Local Agriculture & Sustainability

Participants explore where their food comes from and how local farms contribute to the community. Through direct interaction with farmers and local vendors, participants learn about seasonal growing, harvesting, food production, and the journey food takes from farm to table.

Participants may also explore food waste, composting, reusable materials, seasonal eating, and ways communities can support local agriculture.

Financial Literacy & Consumer Skills

The farmers market provides an authentic opportunity to practice financial skills. Participants learn how to:

- Read prices
- Compare costs
- Identify the items needed for a recipe
- Make purchasing decisions
- Count money
- Complete a transaction
- Receive and check change when appropriate
- Stay within a predetermined budget
- Make choices based on needs and preferences

Community Participation & Leisure Skills

Farm to Table teaches participants how to participate meaningfully in community activities that can become lifelong interests. Visiting farmers markets, preparing meals, cooking for others, exploring local food, and participating in community events provide opportunities for participants to develop confidence and independence beyond the classroom.

Course Information

- **Duration:** 8 weeks
- **Schedule:** Instructor-selected community market day and corresponding café session
- **Age Group:** 13+
- **Location:** Local farmers market and participating café/community kitchen
- **Format:** Community-based, hands-on instruction

Teaching Methods

- **Community navigation:** Instructor provides direct instruction and coaching while participants navigate the farmers market.
- **Communication:** Instructor models and facilitates appropriate communication with vendors, peers, and staff.
- **Executive functioning:** Instructor teaches planning, sequencing, organization, and task completion through shopping and cooking routines.
- **Independent living:** Participants learn practical food preparation, kitchen management, and meal-planning skills.
- **Food safety:** Instructor provides direct instruction and modeling of safe food handling and kitchen practices.
- **Nutrition:** Instructor uses the foods selected at the market to teach practical nutrition concepts.
- **Financial literacy:** Participants practice budgeting, price recognition, purchasing, and money management.
- **Social skills:** Participants practice cooperation, turn-taking, communication, and shared responsibility during cooking activities.

Functional Outcomes

Participants will develop and practice:

- Community navigation
- Community safety
- Community participation
- Communication skills
- Reciprocal conversation
- Asking for assistance
- Vendor and customer interaction
- Decision-making
- Money management
- Budgeting
- Consumer skills
- Planning and organization
- Sequencing
- Following multi-step directions

- Attention and task completion
- Cognitive flexibility
- Problem-solving
- Food identification
- Nutrition awareness
- Meal planning
- Recipe reading
- Measuring
- Food preparation
- Cooking skills
- Kitchen organization
- Food safety
- Kitchen safety
- Safe use of tools and appliances
- Cleaning and sanitation
- Teamwork and cooperation
- Self-advocacy
- Independence
- Self-confidence
- Sustainability awareness
- Appreciation of local agriculture
- Leisure and recreation skills

Upon completion of **Farm to Table**, participants will demonstrate increased independence and confidence in community-based food and cooking activities. Participants will have practiced navigating a local farmers market, communicating with vendors, making purchasing decisions, managing a budget, selecting seasonal ingredients, following recipes, preparing food safely, and working collaboratively in a café environment.

The course provides participants with **functional, transferable skills that extend beyond the classroom**. Skills practiced through Farm to Table can support greater independence at home, meaningful participation in community life, development of healthy and informed food choices, and exploration of future educational opportunities.

Art of Illustration: Comics, Manga & Graphic Novel Creation

Provider: Blue Heron Collective LLC

Course Description

Art of Illustration is an 8-week instructor-led, community-based creative arts class in which participants explore the worlds of **comic books, manga, and graphic novels** through writing, illustration, character development, visual storytelling, and collaborative creation.

Participants are introduced to different illustration styles, artistic techniques, storytelling formats, and creative tools and materials. Through direct instruction and hands-on practice, participants learn how words, images, characters, panel layouts, color, perspective, and visual effects work together to communicate a story.

Participants will have opportunities to independently develop their own comic, manga, or graphic novel while also contributing to collaborative group projects. The course emphasizes **creative expression, communication, executive functioning, fine motor development, problem-solving, collaboration, self-advocacy, and confidence** in an inclusive creative environment.

Course Objectives

Throughout the course, participants will:

- Explore the history and characteristics of comic books, manga, and graphic novels.
- Identify and compare different illustration and storytelling styles.
- Explore character design, facial expressions, body language, settings, and visual storytelling.
- Learn how artists use images, text, panels, speech bubbles, and visual effects to communicate ideas.
- Develop original characters and character profiles.
- Learn introductory comic, manga, and graphic novel writing techniques.
- Create individual and collaborative stories.
- Develop story concepts, plots, settings, conflicts, and resolutions.
- Practice sequencing events to create a cohesive narrative.
- Learn how to break a story into scenes and panels.
- Explore different perspectives, poses, expressions, and compositions.
- Experiment with drawing, sketching, inking, coloring, lettering, and mixed-media techniques.
- Explore a variety of traditional and digital art tools and materials.
- Develop fine motor control and visual-spatial skills through drawing and illustration.
- Practice giving and receiving constructive feedback.
- Develop communication and collaboration skills through group storytelling projects.
- Strengthen planning, organization, attention, and task-completion skills.
- Develop confidence in sharing creative ideas and artistic work.
- Practice self-advocacy by communicating artistic preferences and requesting assistance when needed.
- Build peer relationships through shared creative interests.

Each Weekly Class Includes:

- Instructor-led art and storytelling lessons
- Exploration of comic, manga, and graphic novel styles
- Guided drawing exercises
- Character development
- Story-writing activities
- Individual illustration projects
- Collaborative group projects
- Hands-on exploration of art materials
- Visual storytelling exercises
- Panel and page-layout activities
- Art demonstrations
- Peer discussion and feedback
- Creative problem-solving
- Individual coaching and support

Instructional Strategies

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

Communication & Social Skills

The instructor creates structured opportunities for participants to communicate ideas, discuss artwork, collaborate on stories, and share creative choices.

Participants practice expressing opinions, asking questions, listening to others' ideas, giving and receiving feedback, compromising, and making group decisions during collaborative comic and graphic novel projects.

Group activities encourage participants to recognize that different people may have different artistic styles, perspectives, and interpretations.

Storytelling & Creative Writing

The instructor provides step-by-step instruction in the foundations of visual storytelling.

Participants learn how to develop:

- Characters
- Settings
- Story concepts
- Beginning, middle, and end
- Conflict and resolution
- Dialogue

- Narration
- Scenes
- Story sequences

Participants learn how written language and visual imagery work together to tell a story.

They will experiment with dialogue, narration, sound effects, speech bubbles, thought bubbles, and other comic and manga conventions.

Character Development & Illustration

Participants receive direct instruction in character creation and illustration. They explore facial expressions, body language, poses, clothing, hairstyles, character traits, and visual characteristics.

Participants develop original characters and learn how visual choices can communicate personality, emotions, interests, and identity.

The instructor introduces techniques for sketching, proportion, shape, line quality, expression, movement, and composition while recognizing that participants may have very different artistic styles and abilities.

Comic, Manga & Graphic Novel Styles

Participants explore the similarities and differences among comic books, manga, and graphic novels.

Instruction may include exploration of:

- Panel structure
- Page layouts
- Character styles
- Line work
- Black-and-white illustration
- Color illustration
- Visual pacing
- Dialogue
- Action sequences
- Facial expressions
- Symbolism
- Visual effects
- Storytelling conventions

Participants examine how different artists use visual styles to create different moods, genres, and storytelling experiences.

Art Tools & Materials

Participants receive hands-on instruction in the safe and appropriate use of a variety of artistic tools and materials.

Depending on the project, participants may explore:

- Pencils
- Colored pencils
- Graphite
- Charcoal
- Fine-line pens
- Markers
- Brush pens
- Ink
- Watercolor
- Acrylic or other appropriate paints
- Pastels
- Drawing paper
- Illustration board
- Tracing paper
- Rulers and templates
- Stencils
- Collage materials
- Mixed-media materials
- Digital drawing tools and applications when available

Instruction focuses on learning what different tools do, experimenting with techniques, making artistic choices, and developing comfort with materials rather than producing a single "correct" artistic outcome.

Visual Storytelling & Panel Design

The instructor teaches participants how to divide a story into individual scenes and panels.

Participants learn how panel size, placement, perspective, character positioning, facial expression, and visual detail can influence how a reader experiences a story.

Activities encourage participants to sequence events, identify important story moments, and determine what information should be communicated through images versus words.

Executive Functioning & Project Development

Creating a comic or graphic novel provides an authentic opportunity to practice executive functioning skills.

Participants learn to:

- Brainstorm ideas
- Select a project
- Create a plan
- Organize materials
- Break large projects into smaller steps
- Sequence story events
- Set goals
- Track progress
- Manage time
- Revise work
- Complete multi-step projects

The instructor provides visual supports, checklists, examples, and structured routines as appropriate.

Fine Motor & Visual-Spatial Skills

Drawing and illustration activities provide opportunities to practice fine motor control, hand-eye coordination, visual-spatial awareness, precision, and control of artistic tools.

Participants experiment with line thickness, shapes, patterns, shading, perspective, proportion, and spatial relationships while using a variety of materials.

Activities are adapted to individual strengths and abilities, with alternative tools and techniques available when appropriate.

Creativity & Self-Expression

The instructor encourages participants to develop their own artistic voice rather than requiring everyone to produce work in the same style.

Participants are encouraged to explore characters, stories, themes, genres, and artistic techniques that reflect their individual interests.

The course provides a structured environment where participants can experiment, make creative choices, take appropriate risks, and develop confidence in sharing their ideas.

Collaboration & Group Storytelling

Participants work together to develop a collaborative comic, manga, or graphic novel.

Group members may take on different roles such as:

- Writer

- Character designer
- Illustrator
- Background artist
- Letterer
- Colorist
- Editor
- Story planner

Participants learn how individual contributions become part of a larger creative project while practicing communication, compromise, shared decision-making, and responsibility.

Community Participation & Creative Leisure

Art of Illustration connects participants with creative interests and opportunities that can extend beyond the classroom.

Participants learn how comics, manga, graphic novels, illustration, writing, and visual arts can become meaningful leisure activities and potential areas for future education, employment, entrepreneurship, or community participation.

Course Information

- **Duration:** 8 weeks
- **Schedule:** Instructor-selected community class schedule
- **Age Group:** 13+
- **Format:** Community-based, hands-on creative arts instruction

Teaching Methods

- **Communication:** Instructor facilitates discussions, peer critique, storytelling, and collaborative creative activities.
- **Creative writing:** Instructor teaches character development, narrative structure, dialogue, and visual storytelling.
- **Illustration:** Instructor demonstrates drawing, sketching, inking, coloring, composition, and other artistic techniques.
- **Art materials:** Participants receive hands-on instruction and opportunities to experiment with multiple tools and media.
- **Executive functioning:** Instructor teaches planning, sequencing, organization, project management, and task completion.
- **Social skills:** Instructor models collaboration, compromise, constructive feedback, and shared decision-making.

- **Fine motor skills:** Participants practice controlled use of pencils, pens, brushes, markers, and other art tools.
- **Self-advocacy:** Participants are encouraged to communicate preferences, request assistance, and make independent artistic choices.
- **Technology:** When available, participants may explore digital illustration tools and applications as an extension of traditional art techniques.

Functional Outcomes

Participants will develop and practice:

- Expressive communication
- Receptive communication
- Reciprocal conversation
- Active listening
- Turn-taking
- Collaboration
- Teamwork
- Compromise
- Perspective-taking
- Constructive feedback
- Self-advocacy
- Creative problem-solving
- Decision-making
- Planning
- Organization
- Sequencing
- Task initiation
- Attention
- Task completion
- Cognitive flexibility
- Project management
- Creative writing
- Story development
- Character development
- Visual storytelling
- Illustration
- Drawing and sketching
- Fine motor skills
- Hand-eye coordination
- Visual-spatial skills
- Artistic expression
- Use of traditional art tools

- Use of mixed-media materials
- Introduction to digital illustration
- Comic panel development
- Page composition
- Dialogue and narrative development
- Peer relationship development
- Self-confidence
- Community participation
- Creative leisure skills

Upon Completion

Throughout participation in **Art of Illustration**, participants will demonstrate increased ability to communicate ideas through written and visual storytelling, develop original characters and narratives, use a variety of artistic tools and materials, and participate in both individual and collaborative creative projects.

Participants will have experience moving from an initial idea through **planning, writing, illustrating, revising, and completing a creative project**. They will also have practiced communication, executive functioning, fine motor, problem-solving, collaboration, self-advocacy, and social skills within a meaningful area of personal interest.

The skills developed through Art of Illustration support greater independence, creative self-expression, confidence, meaningful peer relationships, community participation, and potential future exploration of **art, illustration, writing, graphic design, animation, publishing, digital media, and other creative fields**.

Creative Writing: Exploring Genres, Authors & Storytelling

Provider: Blue Heron Collective LLC

Course Description

Creative Writing is an 8-week instructor-led, community-based class designed to help participants explore the world of writing through reading, discussion, creative prompts, and individual and collaborative writing experiences.

Participants are introduced to a variety of writing genres and styles, including **fiction, poetry, fantasy, mystery, science fiction, memoir, humor, adventure, short stories, and creative nonfiction**. Through reading short, age-appropriate excerpts from different writers, participants

explore how authors use language, characters, setting, dialogue, description, perspective, and structure to communicate ideas and create engaging stories.

Participants respond to guided writing prompts, experiment with different forms of writing, develop their own ideas, and work individually and collaboratively to create original pieces. The course emphasizes **creative expression, communication, literacy, executive functioning, self-confidence, perspective-taking, and social connection** within an inclusive and supportive environment.

Course Objectives

Throughout the course, participants will:

- Explore a variety of creative writing genres and styles.
- Learn about different authors and their approaches to writing.
- Read and discuss short excerpts from a variety of writers.
- Identify elements of effective writing.
- Explore character, setting, plot, conflict, dialogue, description, and point of view.
- Respond to structured and open-ended writing prompts.
- Generate original story and writing ideas.
- Practice brainstorming and organizing ideas before writing.
- Develop individual creative writing pieces.
- Participate in collaborative writing activities.
- Practice sequencing events and organizing written ideas.
- Experiment with different writing voices and perspectives.
- Explore poetry and other forms of creative expression.
- Develop descriptive vocabulary and language skills.
- Practice revising and editing writing.
- Learn how feedback can strengthen a piece of writing.
- Practice giving and receiving constructive feedback.
- Develop confidence in sharing ideas and creative work.
- Strengthen attention, planning, organization, and task completion.
- Develop communication and social skills through group discussion and collaborative writing.
- Discover writing as a meaningful leisure activity and form of self-expression.

Each Weekly Class Includes:

- Instructor-led writing instruction
- Reading and discussion of author excerpts
- Exploration of writing genres

- Guided writing prompts
- Individual writing
- Collaborative writing
- Brainstorming activities
- Character and story development
- Vocabulary and descriptive language activities
- Creative writing games
- Peer discussion
- Revision and editing activities
- Sharing and reflection
- Individual coaching and support

Instructional Strategies

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

Communication & Social Skills

The instructor creates structured opportunities for participants to discuss readings, respond to prompts, share ideas, and collaborate on writing projects.

Participants practice active listening, reciprocal conversation, asking questions, expressing opinions, responding appropriately to the ideas of others, and providing constructive feedback.

Collaborative writing activities encourage participants to negotiate ideas, compromise, take turns, and contribute to a shared creative product.

Reading & Author Exploration

Participants are introduced to a variety of writers through short, accessible excerpts selected to demonstrate different genres, writing styles, perspectives, and storytelling techniques.

The instructor guides participants in identifying what makes each author's writing unique and encourages discussion about:

- What the author is communicating
- How the author creates a mood
- How characters are developed
- How setting is described
- How dialogue is used
- How the story is organized
- What makes the writing engaging

Participants are encouraged to make connections between what they read and their own writing.

Creative Writing & Genre Exploration

Participants explore multiple genres, including:

- Short stories
- Fantasy
- Mystery
- Science fiction
- Adventure
- Humor
- Poetry
- Creative nonfiction
- Memoir/personal narrative
- Fiction
- Persuasive and opinion-based creative writing

The instructor explains the characteristics of each genre and provides opportunities for participants to experiment with each style.

Participants are encouraged to discover genres that match their interests and strengths.

Writing Prompts & Creative Expression

Writing prompts provide structured entry points for participants who may have difficulty generating ideas independently.

Prompts may include:

- "What if..."
- "Imagine you wake up in a completely different world..."
- "Write about a character who discovers a secret."
- "Describe a place without naming it."
- "Tell a story from the perspective of an animal."
- "Write about a day when everything goes wrong."
- "Create a story using three unrelated objects."
- "Write a conversation between two characters who disagree."
- "Continue the story..."
- "Write about a memory using all five senses."

Participants may respond through traditional writing, poetry, dialogue, storytelling, or other appropriate formats.

Story Development

The instructor teaches participants how stories are developed from an initial idea into a complete piece of writing.

Participants learn about:

- Beginning, middle, and end
- Characters
- Setting
- Plot
- Conflict
- Resolution
- Point of view
- Dialogue
- Description
- Mood
- Theme

Visual organizers, graphic organizers, story maps, and other supports may be used to help participants organize their ideas.

Executive Functioning & Writing Process

Creative writing provides authentic opportunities to practice executive functioning skills.

Participants learn to:

- Generate ideas
- Select a topic
- Brainstorm
- Organize information
- Create a plan
- Break a writing assignment into smaller steps
- Start a writing task
- Maintain attention
- Monitor progress
- Revise work
- Complete a project

The instructor provides structured routines, checklists, models, and individualized supports as appropriate.

Vocabulary & Descriptive Language

Participants explore how writers use words to create vivid images and communicate ideas.

Instruction may include:

- Descriptive language
- Sensory details
- Figurative language
- Strong verbs
- Adjectives and adverbs
- Dialogue
- Character voice
- Mood and tone

Participants practice replacing general language with more specific and descriptive choices.

Poetry & Alternative Forms of Writing

Participants explore poetry as a flexible form of creative expression. They may experiment with:

- Free verse
- Acrostic poetry
- Haiku
- Rhyming poetry
- Narrative poetry
- Concrete/shape poetry
- List poems
- Found poetry

The emphasis is on experimentation, self-expression, and discovering that there are many different ways to communicate through writing.

Collaborative Writing

Participants work together on group writing projects in which each person contributes ideas, characters, dialogue, settings, or sections of a shared story.

Collaborative projects may include:

- Group short stories
- Round-robin stories
- Collaborative poems
- Choose-your-own-adventure stories
- Group mystery stories
- Character-building activities
- Story continuation challenges

These activities provide authentic opportunities to practice cooperation, flexibility, communication, and shared decision-making.

Revision, Editing & Feedback

Participants learn that writing is a process and that first drafts do not need to be perfect.

The instructor teaches age-appropriate strategies for reviewing and improving writing, including:

- Reading work aloud
- Checking for clarity
- Adding details
- Revising sentences
- Correcting spelling and punctuation when appropriate
- Improving word choice
- Organizing ideas
- Responding to feedback

Participants learn to give and receive feedback respectfully while maintaining ownership of their creative work.

Self-Expression & Self-Advocacy

Participants are encouraged to make meaningful choices about what and how they write.

The instructor supports participants in identifying their preferred genres, topics, writing tools, and methods of expression.

Participants practice communicating when they need clarification, additional time, assistance, or an alternative way to complete a writing activity.

Community Participation & Leisure Skills

Creative writing is presented as a meaningful lifelong leisure activity that participants can continue independently or with others.

Participants explore ways writing can become part of their everyday lives through journaling, storytelling, poetry, fan fiction, blogging, creative projects, community publications, or other appropriate outlets.

Course Information

- **Duration:** 8 weeks
- **Schedule:** Instructor-selected community class schedule

- **Age Group:** 14+
- **Format:** Community-based, instructor-led creative writing instruction

Teaching Methods

- **Communication:** Instructor facilitates discussions, author studies, peer conversations, and collaborative writing.
- **Reading:** Participants read short excerpts from a variety of writers and discuss writing techniques.
- **Writing:** Instructor provides direct instruction, models writing strategies, and facilitates guided writing.
- **Executive functioning:** Participants practice planning, organizing, sequencing, revising, and completing writing projects.
- **Social skills:** Participants practice active listening, turn-taking, collaboration, compromise, and constructive feedback.
- **Creative expression:** Participants are encouraged to develop individual voices and explore topics and genres of interest.
- **Self-advocacy:** Participants practice communicating their preferences, asking for assistance, and making choices about their work.

Functional Outcomes

Participants will develop and practice:

- Expressive communication
- Receptive communication
- Reciprocal conversation
- Active listening
- Turn-taking
- Group discussion
- Collaboration
- Compromise
- Perspective-taking
- Constructive feedback
- Self-advocacy
- Creative problem-solving
- Decision-making
- Reading comprehension
- Written communication
- Vocabulary development
- Descriptive language
- Story development
- Character development

- Narrative organization
- Sequencing
- Planning
- Organization
- Task initiation
- Attention
- Task completion
- Cognitive flexibility
- Revision and editing
- Creative expression
- Self-confidence
- Peer relationship development
- Community participation
- Leisure and recreation skills

Upon Completion

While engaging in **Creative Writing**, participants will demonstrate increased ability to generate, organize, communicate, and develop original ideas through a variety of written formats. Participants will have explored multiple genres, learned about different writers, responded to creative prompts, and developed both individual and collaborative writing projects.

Participants will have practiced the complete creative process—from **generating an idea and brainstorming to planning, writing, revising, completing, and sharing a finished piece**.

The skills developed through Creative Writing support greater independence in communication, self-expression, organization, social interaction, and meaningful leisure participation. Participants may also discover new interests in **writing, storytelling, poetry, publishing, journalism, blogging, creative media, or other communication-based opportunities**.

Creative Art Expression: Exploring Art, Artists & Creative Techniques

Provider: Blue Heron Collective LLC

Course Description

Creative Art Expression is an 8-week instructor-led, community-based creative arts class designed to introduce participants to a wide range of artistic styles, mediums, artists, and creative experiences.

Participants explore different forms of visual art while learning about notable artists, artistic movements, creative techniques, and the tools and materials artists use to bring their ideas to life. Through **artist studies, hands-on art experiences, experimentation, and guest-facilitated workshops**, participants have opportunities to discover different ways of creating and expressing themselves.

The course emphasizes **creative exploration rather than artistic perfection**. Participants are encouraged to experiment with materials, make independent artistic choices, explore their individual interests, and develop confidence in their own creative voice.

The class also provides opportunities to practice communication, executive functioning, fine motor skills, social interaction, problem-solving, self-advocacy, and community participation through meaningful creative experiences.

Course Objectives

Throughout the course, participants will:

- Explore a variety of visual art forms, styles, and artistic techniques.
- Learn about a diverse range of artists and their creative processes.
- Participate in specific artist studies.
- Explore different art movements and approaches to artistic expression.
- Learn how artists use color, line, shape, texture, form, pattern, and space.
- Learn how to safely and appropriately use a variety of art tools and materials.
- Experiment with both traditional and nontraditional art mediums.
- Participate in guided hands-on art experiences.
- Explore painting, drawing, sculpture, printmaking, collage, mixed media, and other art forms.
- Develop fine motor and visual-spatial skills through hands-on artistic activities.
- Practice following multi-step directions and completing creative projects.
- Develop planning, organization, attention, and task-completion skills.
- Make independent choices about materials, colors, subjects, and artistic techniques.
- Develop creative problem-solving skills.
- Practice communicating artistic ideas and preferences.
- Develop confidence in sharing and discussing artwork.
- Practice giving and receiving respectful feedback.
- Participate in collaborative art experiences.
- Learn from guest artists and community-based facilitators.
- Explore art as a meaningful form of self-expression, leisure, and community participation.

Each Weekly Class Includes:

- Instructor-led art instruction
- Artist studies
- Exploration of art styles and movements
- Art demonstrations
- Hands-on art experiences
- Exploration of art tools and materials
- Individual creative projects
- Collaborative art projects
- Guided experimentation
- Creative problem-solving activities
- Group discussion
- Guest artist or facilitator experiences when scheduled
- Reflection and discussion about completed artwork
- Individual coaching and support

Instructional Strategies

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

Art Appreciation & Artist Studies

The instructor introduces participants to a variety of artists, artistic styles, cultures, and art movements through accessible discussions, images, demonstrations, and hands-on activities.

Artist studies may explore artists such as:

- Vincent van Gogh
- Frida Kahlo
- Pablo Picasso
- Georgia O'Keeffe
- Henri Matisse
- Yayoi Kusama
- Andy Warhol
- Keith Haring
- Claude Monet
- Wassily Kandinsky
- Jean-Michel Basquiat
- Faith Ringgold
- Norman Rockwell
- Local and contemporary artists

Artist selection can be adapted based on participant interests and opportunities to connect with local artists and community organizations.

Participants explore questions such as:

- What did the artist create?
- What materials did they use?
- What makes their style recognizable?
- What inspired their work?
- How did they use color, shape, line, or texture?
- What can we learn from their creative process?

The purpose is not to reproduce an artist's work exactly, but to **learn from the artist's techniques and ideas while developing an individual creative response**.

Art Tools & Materials

Participants receive hands-on instruction in the appropriate use, care, and storage of a variety of art tools and materials.

Depending on the project, participants may explore:

- Graphite pencils
- Colored pencils
- Charcoal
- Crayons
- Oil pastels
- Chalk pastels
- Markers
- Fine-line pens
- Paintbrushes
- Watercolor
- Acrylic paint
- Tempera paint
- Ink
- Clay
- Air-dry clay
- Canvas
- Watercolor paper
- Illustration board
- Construction paper
- Fabric
- Yarn
- Found objects
- Recycled materials
- Printmaking materials
- Collage materials
- Natural materials

- Mixed-media materials

Participants learn what different materials are designed to do and are encouraged to experiment with combining materials to create unique effects.

Drawing & Illustration

Participants explore drawing as a foundation for artistic expression.

Instruction may include:

- Lines
- Shapes
- Patterns
- Texture
- Shading
- Proportion
- Perspective
- Observation
- Abstract drawing
- Representational drawing

Participants are encouraged to develop their own drawing style while practicing control and experimentation with different tools.

Painting & Color Exploration

Participants learn basic painting techniques and explore how artists use color to communicate emotion, create contrast, and draw attention.

Activities may include:

- Color mixing
- Primary and secondary colors
- Warm and cool colors
- Color gradients
- Brush techniques
- Layering
- Texture
- Abstract painting
- Representational painting

Participants have opportunities to experiment with different brushes, surfaces, paints, and techniques.

Mixed Media & Creative Experimentation

Participants explore how different materials can be combined to create artwork.

Projects may incorporate:

- Painting
- Drawing
- Collage
- Fabric
- Paper
- Natural materials
- Recycled materials
- Textures
- Found objects
- Printmaking

Mixed-media projects encourage participants to think creatively about how materials can be used in unexpected ways.

Sculpture & Three-Dimensional Art

Participants explore three-dimensional art through hands-on activities.

Projects may include:

- Clay sculpture
- Air-dry clay
- Paper sculpture
- Recycled-material sculpture
- Wire or other appropriate materials
- Found-object assemblage

Participants learn how artists use shape, form, balance, texture, and space to create three-dimensional artwork.

Creative Expression & Self-Advocacy

Participants are encouraged to make meaningful decisions throughout the artistic process.

The instructor supports participants in choosing:

- Materials
- Colors
- Subjects
- Techniques

- Project ideas
- Artistic styles
- Levels of participation

Participants practice communicating their preferences, asking questions, requesting assistance, and explaining their artistic choices.

The course recognizes that there is no single "right" way to create art.

Executive Functioning & Project Completion

Art projects provide authentic opportunities to practice executive functioning skills.

Participants learn to:

- Select a project
- Gather materials
- Follow directions
- Plan their work
- Sequence steps
- Manage materials
- Maintain attention
- Monitor progress
- Make adjustments
- Complete projects
- Clean and organize their workspace

Visual schedules, project checklists, demonstrations, examples, and individualized supports may be used.

Fine Motor & Visual-Spatial Development

Participants practice fine motor control, hand-eye coordination, visual-spatial awareness, and precision through activities such as drawing, painting, cutting, gluing, sculpting, threading, printing, and manipulating different art materials.

Activities can be adapted to accommodate different physical abilities, sensory preferences, and levels of artistic experience.

Communication & Social Skills

Participants engage in group discussions, artist studies, collaborative projects, and art-sharing activities.

The instructor supports participants in:

- Discussing artwork
- Asking questions
- Expressing opinions
- Listening to others
- Sharing materials
- Taking turns
- Working collaboratively
- Giving and receiving feedback
- Respecting different artistic perspectives

Guest Artist & Community Experiences

Guest facilitators provide participants with opportunities to experience art from practicing artists and community professionals.

Guest experiences may include:

- Local painters
- Illustrators
- Sculptors
- Photographers
- Fiber artists
- Ceramic artists
- Printmakers
- Jewelry artists
- Digital artists
- Muralists
- Art educators
- Museum educators
- Community arts organizations

Guest facilitators may demonstrate their artistic process and lead participants through a hands-on creative experience.

These experiences expose participants to different artistic careers, creative approaches, and community resources.

Community Participation & Creative Leisure

Participants explore art as an activity that can continue beyond the classroom.

The instructor introduces participants to community opportunities such as art shows, galleries, museums, public art, community workshops, art festivals, and other creative experiences.

Participants develop skills that can support meaningful participation in community arts and lifelong creative leisure.

Course Information

- **Duration:** 8 weeks
- **Schedule:** Instructor-selected community class schedule
- **Age Group:** 14+
- **Format:** Community-based, hands-on creative arts instruction

Teaching Methods

- **Art appreciation:** Instructor introduces artists, styles, movements, and creative concepts.
- **Artist studies:** Participants explore individual artists and create original responses inspired by their techniques.
- **Art techniques:** Instructor provides demonstrations and direct instruction in multiple artistic mediums.
- **Materials exploration:** Participants experiment with a variety of traditional, mixed-media, and unconventional materials.
- **Executive functioning:** Participants practice planning, sequencing, organization, and project completion.
- **Communication:** Participants discuss artists, artwork, creative decisions, and personal preferences.
- **Social skills:** Participants practice collaboration, sharing, turn-taking, and respectful feedback.
- **Self-advocacy:** Participants make independent artistic choices and communicate their needs and preferences.
- **Guest facilitation:** Community artists and creative professionals provide specialized art experiences and demonstrations.

Functional Outcomes

Participants will develop and practice:

- Creative expression
- Artistic exploration
- Art appreciation
- Artist recognition
- Visual communication
- Expressive communication

- Receptive communication
- Reciprocal conversation
- Active listening
- Turn-taking
- Collaboration
- Teamwork
- Perspective-taking
- Constructive feedback
- Self-advocacy
- Decision-making
- Creative problem-solving
- Planning
- Organization
- Sequencing
- Task initiation
- Attention
- Task completion
- Cognitive flexibility
- Fine motor skills
- Hand-eye coordination
- Visual-spatial skills
- Tool manipulation
- Material management
- Safe tool use
- Painting techniques
- Drawing techniques
- Sculpture techniques
- Mixed-media techniques
- Color exploration
- Creative experimentation
- Project development
- Self-confidence
- Peer relationship development
- Community participation
- Creative leisure skills

Upon Completion

Throughout the course of **Creative Art Expression**, participants will demonstrate increased knowledge of different artists, artistic styles, mediums, and creative techniques. Participants will have hands-on experience using a variety of art tools and materials and will have completed individual and collaborative art projects inspired by specific artist studies and creative experiences.

Participants will have practiced the process of **exploring, planning, creating, experimenting, revising, completing, and sharing artwork** while developing communication, executive functioning, fine motor, problem-solving, and social skills.

Through exposure to guest artists and community-based creative experiences, participants will also develop greater awareness of the arts as a meaningful part of community life and as a potential avenue for **lifelong leisure, self-expression, social connection, education, and future creative opportunities**.

Everyday Independence: Building Skills for Life

Provider: Blue Heron Collective LLC

Course Description

Everyday Independence: Building Skills for Life is an 8-week instructor-led independent living and community participation class designed to help participants develop the practical skills, confidence, and strategies needed to navigate everyday life with greater independence. Through direct instruction, guided practice, real-world learning opportunities, and individualized coaching, participants build skills in personal safety, household management, time management, planning, housing-related responsibilities, and meaningful community participation.

The course uses a scaffolded learning approach, introducing skills through clear instruction and instructor modeling before progressing to supported practice, guided problem-solving, and opportunities to apply skills with increasing independence. Participants begin by learning foundational concepts and observing demonstrations, then practice skills with prompts, visual supports, checklists, and feedback. As confidence and competence develop, instructor support

is gradually reduced to encourage independent decision-making and generalization of skills across settings.

Participants explore practical topics such as identifying unsafe situations, knowing when and how to ask for help, maintaining a living space, completing household tasks, organizing schedules, managing daily responsibilities, understanding basic housing expectations, and accessing community resources. The course emphasizes individual strengths, personal choice, self-advocacy, and meaningful participation, recognizing that independence looks different for every person. Through repeated practice and real-world application, participants develop transferable skills that support greater autonomy at home and throughout the community.

Course Objectives

Throughout the course, participants will:

- Identify personal safety strategies for home, in the community, and in unfamiliar situations.
- Recognize potentially unsafe situations, identify trusted sources of assistance, and practice responding appropriately to emergencies.
- Develop self-advocacy skills, including communicating personal boundaries, expressing needs, asking for help, and making informed decisions.
- Learn household management skills, including cleaning, laundry, organizing personal belongings, maintaining a living space, and completing routine household responsibilities.
- Understand basic housing-related responsibilities, including maintaining a safe home environment, respecting shared spaces, reporting maintenance concerns, and understanding tenant responsibilities.
- Explore common housing options and identify personal preferences, support needs, and resources related to living arrangements.
- Develop time management skills by using calendars, schedules, timers, reminders, and visual planning tools.
- Practice breaking larger tasks into manageable steps, prioritizing responsibilities, estimating how long tasks will take, and meeting deadlines.
- Learn how to plan daily routines, prepare for appointments, organize necessary materials, and manage transitions between activities.
- Develop problem-solving and decision-making skills for common independent living situations.
- Identify community resources and learn how to access appropriate services, public spaces, recreational opportunities, and local businesses.
- Practice community navigation skills, including recognizing landmarks, following directions, identifying transportation options, and planning community outings.
- Develop communication and social interaction skills needed to participate in community activities, interact with service providers, and navigate everyday situations.

- Learn how to prepare for community outings by identifying destinations, planning routes, checking schedules, and organizing necessary belongings.
- Strengthen executive functioning skills, including organization, task initiation, sequencing, planning, flexible thinking, and self-monitoring.
- Apply learned skills across different settings through structured practice, repeated experiences, and gradually reduced instructor support.
- Build confidence in making choices, managing responsibilities, solving everyday problems, and determining when additional assistance is needed.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons and direct instruction
- Modeling and demonstrations of practical life skills
- Guided practice using real-world scenarios
- Visual supports, checklists, and step-by-step task sequences
- Role-playing and safety scenario discussions
- Household management and organization activities
- Time management and scheduling exercises
- Planning and problem-solving workshops
- Community-based instruction and supported outings
- Individual coaching and personalized feedback
- Collaborative activities and peer learning
- Reflection, skill review, and personal goal setting
- Opportunities to practice previously learned skills with increasing independence

Instructional Strategies

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

Personal Safety & Self-Advocacy

The instructor teaches participants how to recognize safe and unsafe situations, identify trusted people and appropriate support resources, establish personal boundaries, and communicate concerns. Participants practice responding to unfamiliar situations, seeking assistance, recognizing potential scams, protecting personal information, and identifying appropriate responses to emergencies.

Instruction begins with clear explanations, examples, and instructor modeling. Participants then practice responding to scenarios through role-play and guided discussion before applying safety strategies to realistic situations. Visual reminders, scripts, and decision-making tools are provided as needed to support understanding and confidence.

Independent Living & Household Management

The instructor provides direct instruction in everyday household responsibilities, including cleaning, laundry, organizing personal belongings, managing household supplies, maintaining personal spaces, and establishing daily routines. Participants learn how to identify necessary tasks, gather appropriate supplies, follow task sequences, and determine when a task has been completed.

Skills are initially taught through demonstrations and step-by-step checklists. Participants practice tasks alongside the instructor, receive feedback, and gradually work toward completing familiar routines with fewer prompts. Instruction emphasizes practical strategies that can be adapted to different living environments, individual preferences, and support needs.

Housing Responsibilities & Home Management

The instructor introduces common housing-related tasks and responsibilities associated with maintaining a safe and functional living environment. Topics may include keeping shared spaces clean, understanding basic household rules, identifying maintenance concerns, communicating with landlords or property managers, understanding the importance of rent and utility payment schedules, and recognizing potential household hazards.

Participants explore different housing arrangements and discuss the responsibilities associated with living independently, with roommates, or with varying levels of support. Through guided scenarios, checklists, and practical activities, participants learn how to identify problems, determine appropriate next steps, and communicate concerns to the people responsible for addressing them.

Instruction progresses from identifying housing responsibilities to practicing how to manage common situations, such as reporting a maintenance issue or preparing a checklist of household needs. The focus is on developing awareness, practical skills, and the ability to seek appropriate assistance when needed.

Time Management & Daily Routines

The instructor teaches participants how to organize their time, establish routines, prioritize responsibilities, and prepare for upcoming activities. Participants practice using calendars, visual schedules, digital reminders, timers, and task lists to track appointments, household responsibilities, recreational activities, and other commitments.

Instruction begins with modeling how to create and follow a simple schedule. Participants then practice sequencing activities, estimating task duration, identifying preparation time, and adjusting plans when circumstances change. As skills develop, participants work toward creating personalized schedules and managing familiar routines with reduced instructor prompting.

Strategies are individualized to recognize that different participants may benefit from different tools, including visual schedules, written lists, alarms, or digital applications.

Planning, Organization & Executive Functioning

The instructor explicitly teaches skills related to task initiation, planning, organization, sequencing, prioritization, flexible thinking, and self-monitoring. Participants learn how to break larger responsibilities into smaller steps, identify the materials needed, anticipate potential challenges, and evaluate whether a task has been completed successfully.

Activities may include planning a community outing, preparing for an appointment, organizing a weekly household routine, or creating a checklist for completing a multi-step responsibility. The instructor models the planning process, supports participants through guided practice, and gradually reduces assistance as participants demonstrate increased understanding and confidence.

Participants are encouraged to identify which strategies work best for them and to use these tools consistently across different environments.

Community Participation & Navigation

The instructor teaches participants how to access and participate in community activities, services, recreational opportunities, and everyday destinations. Participants explore how to identify community resources, locate businesses and public spaces, follow directions, recognize landmarks, and plan transportation.

Participants initially complete these activities with structured guidance and support. As they gain familiarity, they are encouraged to take a more active role in planning, navigating, communicating, and solving problems during community experiences.

Communication & Interpersonal Skills

The instructor facilitates activities that strengthen communication, cooperation, self-advocacy, and respectful interaction with others. Participants practice asking questions, requesting clarification, communicating needs, interacting with community members, and addressing everyday challenges.

Role-play, modeled conversations, visual scripts, and guided practice help participants prepare for situations such as asking an employee for assistance, communicating with a landlord or property manager, making an appointment, or working through a misunderstanding.

Participants are encouraged to communicate in ways that are comfortable and effective for them, including spoken communication, written communication, visual supports, and assistive communication methods when appropriate.

Problem-Solving & Decision-Making

The instructor teaches a practical problem-solving process that participants can use when navigating everyday responsibilities. Participants practice identifying a problem, considering possible solutions, evaluating safety and consequences, selecting an appropriate response, and determining whether additional help is needed.

Learning activities may include responding to a missed appointment, identifying what to do when a household item stops working, deciding how to manage a scheduling conflict, or determining whom to contact about a community concern.

Initially, participants work through examples with instructor modeling and guided questions. Over time, they are encouraged to generate their own solutions, explain their reasoning in their preferred communication style, and apply familiar problem-solving strategies to new situations.

Course Information

Duration: 8 weeks

Schedule: To be determined

Age Group: 17+

Format: Instructor-led, scaffolded independent living instruction with guided practice and community-based learning opportunities

Functional Outcomes

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

- Personal safety and emergency awareness
- Self-advocacy and help-seeking
- Household management and daily living responsibilities
- Housing awareness and home maintenance communication
- Time management and routine development
- Planning, organization, and task completion
- Executive functioning and problem-solving
- Community navigation and participation
- Accessing community resources and services
- Communication and interpersonal interactions
- Decision-making and personal responsibility
- Self-monitoring and flexible thinking
- Generalization of skills across environments
- Confidence, autonomy, and self-determination

- Increased independence through appropriate supports

This instructor-led course emphasizes scaffolded instruction, guided practice, individualized coaching, and gradual release of support to help participants build practical skills for everyday life. Participants are explicitly taught how to approach tasks, practice them with support, and apply their learning in realistic situations. Through repeated opportunities to build competence, reflect on progress, and use skills across settings, participants develop greater confidence in managing daily responsibilities, maintaining a safe living environment, organizing their time, and participating meaningfully in their communities. The course recognizes that independence is not about doing everything without assistance; it is about having the skills, tools, confidence, and self-advocacy strategies to make choices and participate in life as independently as possible.

Bowling: Skills, Strategy & Sportsmanship

Provider: Blue Heron Collective LLC

Course Description

Bowling: Skills, Strategy & Sportsmanship is an 8-week instructor-led recreational sports class that introduces participants to the fundamentals of bowling while developing practical skills, confidence, and social connections through an engaging community-based activity. Participants learn the rules of bowling, understand the purpose of bowling equipment, practice proper bowling techniques, develop scorekeeping skills, and explore strategies for improving accuracy and consistency.

Through direct instruction, instructor demonstrations, guided practice, and hands-on bowling experiences, participants learn how to select and handle bowling balls, understand the importance of properly fitted bowling shoes, approach the lane safely, and develop a consistent bowling routine. Participants explore the rules of the game, including strikes, spares, fouls, frames, and scoring, while learning how to track their performance and recognize opportunities to improve.

The course emphasizes skill development through scaffolded instruction, allowing participants to progress from learning basic concepts and observing demonstrations to practicing skills with support and applying them during actual games. Participants also develop communication, teamwork, sportsmanship, turn-taking, problem-solving, and self-regulation skills while participating in a recreational activity in the community. The class promotes physical activity, meaningful social engagement, leisure skill development, and confidence in accessing recreational opportunities with increasing independence.

Course Objectives

Throughout the course, participants will:

- Learn the basic rules of bowling, including frames, turns, strikes, spares, open frames, fouls, and the maximum number of rolls permitted in a frame.
- Understand how a standard game of bowling is organized, including the 10-frame structure and the special rules for the tenth frame.
- Identify the different types of bowling equipment, including bowling balls, pins, lanes, gutters, ball returns, scoring monitors, and bowling shoes.
- Learn how to select an appropriately sized bowling ball based on weight, grip, finger-hole fit, comfort, and individual physical needs.
- Understand why bowling shoes are required, how they differ from everyday footwear, and how to use them safely.
- Identify the basic parts of a bowling lane, including the approach area, foul line, lane boards, arrows, pin deck, and gutters.
- Practice safe bowling alley procedures, including waiting for a turn, respecting neighboring lanes, using the ball return safely, and following facility rules.
- Develop basic bowling techniques, including stance, grip, approach, arm swing, release, follow-through, and balance.
- Learn how to aim toward target arrows or lane markings to improve accuracy and consistency.
- Understand how to read a bowling scorecard or electronic scoring display and track individual performance.
- Learn how strikes and spares affect scoring, including the bonus points awarded for these achievements.
- Practice calculating scores using simple examples and identifying the difference between a strike, spare, and open frame.
- Explore basic bowling strategies, including aiming for pocket areas, adjusting positioning, observing pin arrangements, and choosing appropriate targets.
- Develop problem-solving skills by evaluating bowling results and identifying possible adjustments for the next roll.
- Practice turn-taking, communication, patience, and respectful interaction with peers and bowling alley staff.
- Demonstrate sportsmanship by celebrating achievements, responding constructively to mistakes, and respecting the performance of others.

- Build confidence participating in a community recreational activity and develop skills that can support continued participation outside of class.

Teaching Methods

Each weekly class includes:

- Instructor-led lessons on bowling rules and terminology
- Demonstrations of bowling equipment and proper use
- Guided instruction in bowling shoes and ball selection
- Bowling lane orientation and safety instruction
- Instructor modeling of bowling stance, grip, approach, and release
- Hands-on bowling practice
- Guided scorekeeping and scoring exercises
- Interactive bowling terminology and rules activities
- Targeting and accuracy practice
- Strategy development and performance reflection
- Individual coaching and adapted instruction as needed
- Peer collaboration and friendly bowling games
- Sportsmanship and communication activities
- Review of previously learned skills with opportunities for increasing independence

Instructional Strategies

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

Bowling Rules & Game Structure

The instructor teaches participants the basic structure and rules of ten-pin bowling. Participants learn that a standard game consists of 10 frames and that each player generally receives two rolls per frame to knock down the pins. They explore the exceptions that occur when a player earns a strike or reaches the tenth frame.

Instruction includes identifying strikes, spares, open frames, fouls, and split formations. Participants learn that a strike occurs when all 10 pins are knocked down on the first roll of a frame, while a spare occurs when all remaining pins are knocked down using two rolls. They also learn that a foul occurs when a player crosses the foul line during delivery.

Through visual examples, demonstrations, and practice scenarios, participants learn how to recognize different outcomes and understand how each affects the game. The instructor reinforces the importance of following bowling alley rules, waiting for the appropriate time to bowl, and respecting other players and neighboring lanes.

Bowling Equipment & Lane Familiarity

The instructor introduces participants to the equipment and physical environment of a bowling alley. Participants learn the purpose of bowling balls, pins, lanes, gutters, ball returns, scoring monitors, and lane markings.

Instruction includes identifying important areas of the lane, such as the approach area, foul line, arrows, and pin deck. Participants learn how these features support safe play and help bowlers aim and monitor their performance.

The instructor demonstrates how to approach the ball return safely, select a ball, carry it appropriately, and return it to the designated area after use. Participants also learn how to recognize equipment hazards and follow the facility's procedures.

Bowling Shoes & Personal Equipment

The instructor explains why bowling shoes are required and how their soles are designed to support a controlled approach on the bowling surface. Participants learn the importance of wearing properly fitted bowling shoes, checking that they are secured appropriately, and keeping the soles clean and dry.

Participants practice identifying their shoe size, obtaining rental shoes when needed, and returning rented equipment according to facility procedures. The instructor also discusses personal comfort, appropriate clothing, and safe movement around the approach area.

Bowling Ball Selection & Grip

The instructor teaches participants how to select a bowling ball that is manageable, comfortable, and appropriate for their individual abilities. Participants explore differences in ball weight, color coding where applicable, finger-hole sizing, and grip.

The instructor demonstrates how to position the fingers and thumb in the ball, maintain a secure but relaxed grip, and carry the ball safely. Participants practice choosing and holding a ball with guidance, learning to avoid balls that are too heavy or have poorly fitting holes.

Instruction is individualized to support different strength levels, ranges of motion, coordination, and physical needs. Participants may explore alternative delivery techniques or adaptive equipment when appropriate.

Bowling Technique & Delivery

The instructor breaks the bowling motion into manageable steps, demonstrating how to prepare for a roll, position the feet, hold the ball, approach the foul line, swing the arm, release the ball, and follow through.

Participants practice each component separately before combining them into a complete delivery. The instructor provides verbal cues, visual demonstrations, and individualized feedback to support balance, coordination, and consistency.

Instruction focuses on developing a comfortable, repeatable approach rather than requiring every participant to use an identical technique. Participants may practice with a stationary delivery, a shorter approach, or other adapted methods that allow them to participate safely and successfully.

Aiming, Accuracy & Bowling Strategies

The instructor teaches participants how to use lane markings, including the arrows, as visual targets rather than simply aiming directly at the pins. Participants explore how starting position, target selection, ball direction, and release consistency can affect results.

Instruction introduces basic strategies such as:

- Selecting a target arrow and observing where the ball travels.
- Adjusting starting position when a ball consistently travels too far left or right.
- Learning the general pocket area between the headpin and an adjacent pin for strikes.
- Identifying remaining pins after the first roll and considering a target for the second roll.
- Observing the results of each delivery and making one adjustment at a time.
- Recognizing that different approaches may work better for different bowlers.

Participants learn that bowling strategy involves observation, practice, and gradual adjustment. The instructor encourages participants to focus on personal improvement and consistency rather than comparing their performance with others.

Scorekeeping & Understanding Bowling Scores

The instructor provides direct instruction in reading electronic scoring displays and understanding how bowling scores are calculated. Participants learn to recognize the symbols commonly used for strikes, spares, and missed pins, and practice tracking the number of pins knocked down during each frame.

Instruction includes the basic scoring principles:

- Open frame: The score is the total number of pins knocked down in the frame.
- Spare: The frame earns 10 points plus the number of pins knocked down on the next roll.
- Strike: The frame earns 10 points plus the total number of pins knocked down on the next two rolls.
- Tenth frame: Additional rolls may be awarded for a strike or spare to complete the scoring bonus.

Participants practice scoring sample games using visual scorecards, manipulatives, simple addition activities, and electronic scoring displays. The instructor gradually progresses from identifying scoring symbols to calculating frame totals and understanding how one roll can affect an earlier frame's score.

Executive Functioning & Performance Reflection

The instructor teaches participants to use planning, sequencing, attention, and self-monitoring throughout the game. Participants practice remembering whose turn it is, preparing for their roll, following a consistent pre-bowl routine, and tracking their results.

After each turn, participants are encouraged to observe what happened and identify one possible adjustment for their next attempt. For example, they may consider their starting position, target, grip, or approach. Visual reminders and brief checklists can help participants maintain focus and organize the steps involved in bowling.

Reflection activities reinforce goal setting, flexible thinking, and persistence. Participants are encouraged to recognize progress in areas such as accuracy, confidence, consistency, or understanding the rules, regardless of their overall score.

Communication, Teamwork & Sportsmanship

The instructor facilitates opportunities for participants to practice communication, turn-taking, encouragement, and respectful interaction throughout the game. Participants learn to wait for their turn, recognize lane courtesy, communicate appropriately with peers, and follow directions from bowling alley staff.

Instruction addresses how to celebrate personal achievements and the success of others, respond to missed pins, manage disappointment, and maintain respectful behavior during friendly competition. Participants explore ways to encourage teammates and handle unexpected outcomes constructively.

The course emphasizes that recreational sports can provide opportunities for connection, cooperation, and enjoyment without requiring participants to compete at the same skill level.

Community Participation & Recreational Independence

The instructor helps participants develop the practical skills needed to participate in bowling as a community leisure activity. Participants learn about bowling alley expectations, navigating the facility, obtaining rental equipment, using electronic scoring systems, and interacting with staff when assistance is needed.

Depending on the class setting and learning goals, participants may also practice identifying what is needed for an outing, following a schedule, organizing personal belongings, and understanding basic bowling alley procedures.

As familiarity increases, participants are encouraged to take a more active role in preparing for the activity, selecting equipment, following the game sequence, and participating with less instructor prompting. The goal is to support confidence and meaningful access to recreational opportunities in the community.

Course Information

Duration: 8 weeks

Schedule: Monday, 2:30-4 pm

Age Group: 17+

Format: Instructor-led recreational sports instruction with hands-on bowling practice and community-based learning

Functional Outcomes

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

- Understanding bowling rules and game structure
- Identifying and using bowling equipment
- Selecting appropriate bowling shoes and bowling balls
- Developing safe bowling techniques
- Improving coordination, balance, and accuracy
- Understanding strikes, spares, and open frames
- Reading scoring displays and practicing scorekeeping
- Applying basic aiming techniques and bowling strategies
- Following multi-step routines and instructions
- Developing attention, sequencing, and self-monitoring
- Practicing problem-solving and flexible thinking
- Communicating and collaborating with peers
- Demonstrating sportsmanship and respectful participation
- Building confidence in recreational activities
- Increasing independence in community-based leisure settings

This instructor-led course emphasizes direct teaching, scaffolded learning, hands-on practice, and individualized coaching to help participants develop bowling skills at their own pace. Participants progress from learning the rules and equipment to practicing bowling techniques, understanding scoring, and applying basic strategies during real games. Through repeated opportunities to practice, receive feedback, and gradually take greater responsibility for their participation, individuals build confidence, strengthen social and executive functioning skills, and develop a recreational activity they can continue to enjoy as part of a meaningful, connected community life.