



# **The Routine Marines**

## **PROGRAM DESCRIPTION (AGES 18-29)**

The Routine Marines program is designed for young adults who have not been following a functional routine in their day-to-day lives – and want to start building their skills repertoire and increase their independence.

Using a slow progression from a mildly structured learning approach to a more structured classroom learning environment, students are eased into The Routine Marines – ensuring coming to class is enjoyable and educational at the same time.

A mixed modality of teaching is utilized to ensure maximum participation and interest; some of the modalities include presentation style lectures, role playing, interactive media, videos, as well as both group and independent activities. Within these modalities, students will learn about their emotions, develop tools to self-regulate emotions, and the importance of how health can affect emotions. Students will learn about healthy food choices and exercise, following schedules, the importance of proper sleep, completing routine tasks with less prompting [such as hygiene routines], and taking care of personal items. Individuals will also learn the difference between public and private events, health and safety around the house/community, and gain an understanding of the use of money.

The opportunity to work on increasing and developing skills during daily 1:1 sessions with Checkered Door Academy's Behavioural Consultant begins in Module 4 of the curriculum. Areas in need of development can be discussed at intake and/or suggested after in-class assessment has occurred.

## **PROGRAM SCHEDULE:**

Tuesdays, Wednesdays, Thursdays – 9:30 AM – 2:30 PM

## **START DATE:**

February 7, 2023 – June 29, 2023

## **DURATION OF COURSE:**

20 weeks (Modules 1 & 2 only)

## **RESOURCES:**

The Zones of Regulation [Created by Michelle Garcia Winner]  
40 Icebreakers for Small Groups [Created by Grahame Knox]

| Module  | THEMES   | ACTIVITIES  |
|---|--|---|
| <b>Module 1</b><br>Getting Back to Routine Life & Introduction to 'The Zones of Regulation'       | Introduction to 'The Zones of Regulation'<br>Following a schedule<br>The importance of raising your hand and/or waiting for your turn to speak<br>Taking Turns within an activity<br>The food groups and healthy eating<br>Body parts, the importance of exercise, and how these are connected to our emotions<br>Seasonal | Calendar and schedule<br>Group Activities<br>Independent Activities<br>Worksheets<br>Interactive media/videos<br>Presentation<br>Role playing<br>Structured free time<br>Seasonal |
| <b>Module 2</b><br>'The Zones of Regulation' And 'Community Life'                                 | The Zones of Regulation<br>The importance of manners<br>Personal hygiene<br>Sleep hygiene<br>Private vs public events and/or behaviours<br>Who are our Community Helpers?<br>Community safety<br>Seasonal  | Calendar and schedule<br>Group Activities<br>Independent Activities<br>Worksheets<br>Interactive media/video<br>Presentation<br>Role Playing<br>Structured free time<br>Seasonal  |
| <b>Module 3</b><br>Review and Learning Reflection Project   |  |   |
| <b>Module 4</b><br>Individualized Skills Development, & 'The Zones of Regulation'                 | The Zones of Regulation<br>Safety skills around the house, and hazard symbols<br>Introduction to money<br>Independent Activity Schedules (IAS)<br>1-1 skill building sessions with Behavioural Consultant<br>Seasonal  | Calendar and schedule<br>Group Activities<br>Independent Activities<br>Worksheets<br>Interactive media/videos<br>Presentation<br>Role playing<br>Structured free time<br>Seasonal |
| <b>Module 5</b><br>Community Life, Individualized Skills Development, & 'The Zones of Regulation' | The Zones of Regulation<br>Introduction to using schedules at home<br>Money continued<br>Student show and tell<br>Independent Activity Schedules (IAS)<br>1-1 skill building sessions with Behavioural Consultant<br>Seasonal  | Calendar and schedule<br>Group Activities<br>Independent Activities<br>Worksheets<br>Interactive media/video<br>Presentation<br>Role Playing<br>Structured free time<br>Seasonal  |
| <b>Module 6</b><br>Curriculum Review and Learning Reflection Project                              |  |   |

\*Please note that module content and/or order of delivery date is subject to change based on curricular revisions to accommodate student profiles and continuity of learning trends. Please check your monthly program news for updates.