



Plus 21 Program Inclusion Classes

Note: Our inclusion classes welcome both neurotypical students and those with developmental differences. We tailor our programs to the interests and needs of all our students so every class is unique and personal.

**The program runs Monday-Friday 9:00AM-6:30PM and Saturday 12:00PM-4:00PM
\$55/Hour Weekdays and \$65/Hour Weekends**

Music:

- Music instruction - students explore music theory, genres, and how to play a variety of instruments
- Group class - Music & Movement, Music & mindfulness

Art:

- Small group projects & crafts
- Appropriate use of materials
- Organization and care for materials & work
- Art theory & skills
- Sequencing & following directions
- Creative expression
- Sensory exploration

Poetry & Writing:

- Small group readings
- Literacy elements and word play
- Self expression and exploration of interests

Health & Fitness:

- Sports
- Obstacle Courses
- Yoga
- Exercise Drills
- Mindfulness

Vocational Prep & Organization:

- Small group discussions on job interests and visions of the future
- Interview practice
- Filling out applications
- Prep & practice of communication skills and self - regulation
- Social skills - practice scenarios and review
- Community helpers discussions and exploration activities
- Activities of daily living

Saturday Program:

- **Creative Movement Classes:** fun with health and fitness includes sports, obstacle courses, yoga, exercise and mindfulness