

## PSR Activity Ideas

Are your activities supporting the youth's medical necessity and goals?

Is it possible to provide this activity through telehealth?

## Social and Interpersonal Skills

- IDENTIFY INTERESTS
  - Identifying two new interests by looking at different magazines going to Barnes and Noble, web search to see the youth interests
  - Try something new
  - Interest Inventory worksheet
- POSSIBLE SERVICE LOCATIONS
  - Park
  - Library\*
  - Trampoline Park
  - Arcade
  - YMCA
  - Community Center
- ROLE PLAYING
  - Create realistic scenarios/situations where youth can practice social skills
    - Find events that might be happening in the community
    - Pretend play
    - Practice interviewing skills
    - Mock interviews
    - Give opportunities to teach back
- EMOTIONAL INTELLIGENCE
  - Using documentation (YouTube videos, books, movies, etc.) and literature to explore emotions
  - Ask questions to help make connections to the emotions they are feeling, the why, the how, so on
  - Journaling
    - Poetry
    - Writing music
    - Art
- COMMUNITY RESOURCES/PROGRAMS
  - Scouts
  - Big Brother
  - Youth Group
  - Cultural Group
  - Spiritual Group
  - Food Pantry
  - Shelters
  - DSS
  - Local Agency (Northern Rivers, Berkshire Farms, Children's Home)
- ACTIVITIES
  - Cookie Decorating

- Cooking class
- Volunteer at ASPCA or other organization
- Pretend Play\*
- Role Playing\*
- Legos
- Class at Home Depot
- Pottery Class
- Worksheets
- Group Session (include other youth) \*\*check with supervisor
- GAMES
  - Board games
  - Card games (uno, phase 10)
  - Scavenger Hunts
  - I Spy
  - Roses and Thorns
  - Simon Says
  - Red Light/Green Light
- SPORTS
  - Ice Skating
  - Bowling
  - Basketball
  - Laser Tag
  - Horseback riding
  - Swimming
  - PHYSICAL ACTIVITIES

## Daily Living Skills

- MEAL PREP
  - Take youth grocery shopping to pick out their own items. Do meal planning/Meal prep.
  - Do 1 on 1 cooking class.
  - Research healthy food options
  - Create meal calendar
  - Make the plan for breakfast the night before
  - Find 5-10 meal ideas to choose from
  - Kitchen safety
- ACTIVITIES
  - Doing physical activities: Going for a walk, run, yoga, meditation, etc
  - I begin my day by writing one positive thought every morning. Positive Self Affirmations
  - Find a task that helps the youth feel important and or needed. I.e feeding the dog
  - Transportation (taking the bus, reading the schedule, knowing what do to if you miss a bus)
  - Hygiene (using activity sheets)
  - Communication
- DOING CHORES
  - Create an incentive for # days of chores completed or meal made. (example: tablet time)
  - Make a planner and schedule chores/make a check list
  - Set alarms on her phone to schedule chores
  - Have youth create their own reward ideas
  - Clean room with youth (model best practices)
  - Daily routine checklist
  - Chore checklist
  - Work with caregivers to create incentive/reward plan
  - Prompt when ready to transition to starting chores
  - Breaking the cleaning task into smaller tasks
- ORGANIZATION
  - Do a quick clean-up after the completion of tasks
  - Organize a garage sale/donation to non-profit
  - Money management
  - Use labels to help organize space
  - Set a reminder for Medication
  - Create checklists
  - Utilize technology (set reminders on phone, use calendar)
  - Preparing the night before for the next day

## Community Integration

- COMMUNITY GROUPS
  - Help explore community groups for youth's interest
  - Help youth identify places of interest in the community
  - Attending events at their school with the youth (plays, musical, sports)
  - Acquiring memberships to places such as YMCA and other local places of interest and support
  - Attend gaming nights at local community gaming centers
  - Clubs for video games/ card games/ board games to help build peer relationships
- SPIRITUAL GROUP (as identified by the youth)
  - Place of worship
  - Explore further education within the spiritual practice of the youth
  - Volunteer work
- JOBS
  - Linking youth to a study/homework group
  - Explore available job opportunities based on interests
  - Find volunteer opportunities in community
  - Give youth opportunities to shadow at jobs they may be interested in
  - Complete a vocational assessment
  - Mock Interviews
  - Practice filling out job applications
  - Hygiene (includes what to wear on the job, how to behave with supervisor/coworkers/customers)
- DRIVING
  - Explore the steps of getting his permit
  - Provide materials for the driving exam to study
  - Finding a drivers ed class to sign up for
- EDUCATION
  - Visiting Colleges and talking about the steps to prepare for college look like, sound like, feel like) Admissions/Financial Aid/Housing/Academic Curriculum
  - Collaborate with school personnel (guidance counselor/social worker)
  - Connect with the internal/external folks on the treatment team (clinician and non-clinical)
  - Trade school options
  - Interest Inventory
  - Linking youth to information regarding their diagnosis, transportation, medication, careers, job opportunities, interpersonal skills

