

## Foundational Group Skills

### Life Skills

This group focuses on specific activities to build important life skills such as cooking and preparing meals, shopping, managing money, doing daily chores and more. Independence skills are the focus of this program in a highly structured and supportive setting.

### Move and Groove

In collaboration with an Adaptive Physical Educator, a selection of indoor and outdoor sports have been adapted and visually supported to meet the individual learning needs of the participants. This highly structured group utilizes motivating activities to increase communication, joint attention and positive peer relations.

### Leaps and Bounds

This group focuses on improving self-regulation, conversational skills and the ability to recognize and express emotions. Participants learn self-monitoring skills and practical self-regulation strategies from programs such as Leah Kuypers, *The Zones of Regulation*. Movement, role play and hands-on activities are incorporated to enhance learning experiences.

## The Arts

### Creative Expressions

Through individual and group art projects, participants learn more about social expectations, effective peer interactions and functional skills for group participation. A variety of mediums are explored in an effort to discover each artist's unique style.

### In Harmony

This group is co-facilitated with the RI Philharmonic Music School. In this group, music is used as a medium to help improve communication, emotional awareness, self-regulation and social interactions. A variety of different instruments and musical genres are explored.

### Curtain Call

This group is co-facilitated with Trinity Repertory Company. Each class is packed with dramatic activities that use imagination, body and voice. Improvisational games require role play, conversation initiation, and partner work. Comedic and dramatic scenes are performed in a supportive environment. Performances are held for families and friends.

## Movie Making

In collaboration with an independent film maker this group will combine dramatic arts and film to enhance self-regulation and communication skills. Participants will learn the basics of film making and acting for the camera. Each group will include reviewing last week's shots, talking about the scene, and moving into another scene. The ultimate goal is to create an original short film by the end of the session.

## MS/HS and Young Adult

### The Club

The club is a safe hang out for teens and young adults to build friendships through participation in leisure activities and community trips. Participants can practice the social communication skills required to foster friendships as well as the appropriate social rules for effective interactions.

### Club Jr.

This group is designed to offer a supportive environment where participants can practice social skills. Age appropriate activities are used to support the development of friendships and to build interests in different leisure activities.

## Recreational/Leisure

### Game On! Karate

Participants will learn non-violent Shotokan Karate Do moves in a visually structured format. Sessions will focus on self-regulation tools and therapeutic recreation through martial arts.

### Game On! Basketball

Players of all abilities will engage in activities teaching the fundamentals skills of basketball. Activities and drills target emotional regulation, communication, following game rules and team work. Participants also work on coordination, core strength, balance and endurance.

For details regarding meeting days and locations please contact Abigail Waite at 401-785-2666 ext. 76797

Applications are available on our website at [www.theautismproject.org](http://www.theautismproject.org)