

Program Closure Activity Boards

Included are alternatives to daily program activities using visual supports. Also included are blank templates to write in your own ideas.

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Created for IPADDUnite.org
[Illinois Parents of Adults with Developmental Disabilities](http://IPADDUnite.org)

Instead of



Seeing friends

We can try:



Talking on the phone

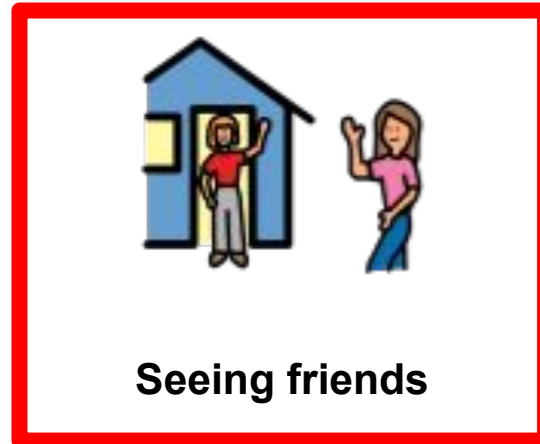


FaceTime or Skype

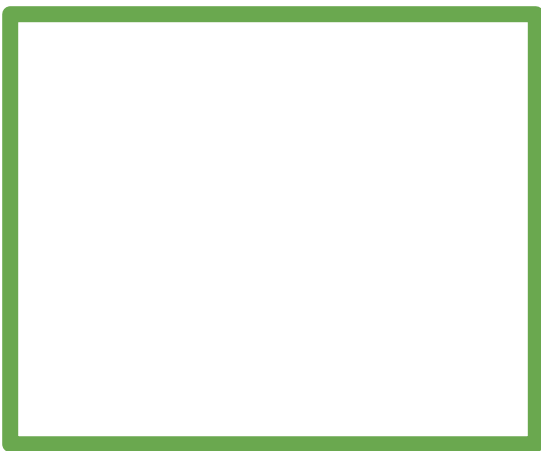


Texting

Instead of



We can try:



Instead of



**Volunteering in the
community**

We can try:



**Help out around the
house**



Make a card for a friend



**Volunteer to help a
roommate**

Instead of



We can try:

Instead of



**Going to the Health
Club**

We can try:



Take a Walk



**Exercise video on
YouTube**



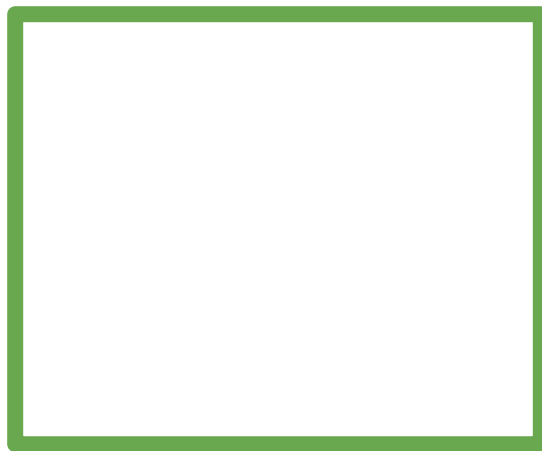
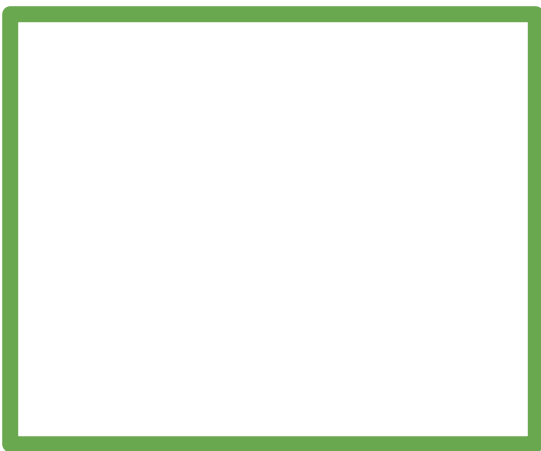
Dance to music

Instead of



**Going to the Health
Club**

We can try:



Instead of



Eating at a Restaurant

We can try:



Cooking at home



**Watching cooking
shows**



Finding new recipes

Instead of



Eating at a Restaurant

We can try:



Instead of



Shopping at the store

We can try:



**Make a craft with things
you already have**



**Have a fashion show
with clothes you own**



**Plan a meal with food
you already have**

Instead of



Shopping at the store

We can try:

Instead of



Going to the movies

We can try:



**Watching a movie at
home**



**Watching YouTube
videos**



**Make a video on my
phone**

Instead of



Going to the movies

We can try:

Instead of



**Going to church or
synagogue**

We can try:



Pray at home



Read bible or scripture

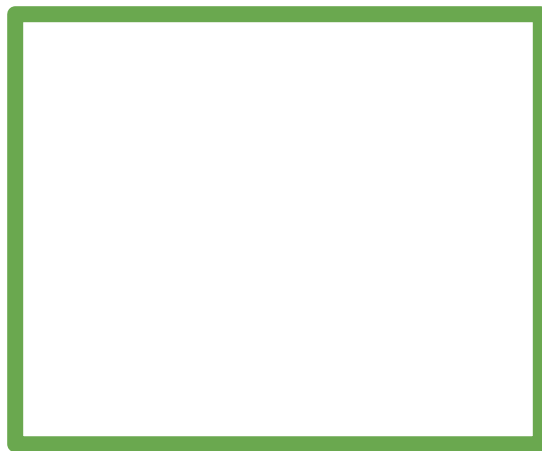


Sing songs

Instead of



We can try:

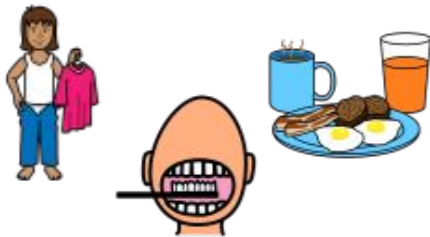


Instead of

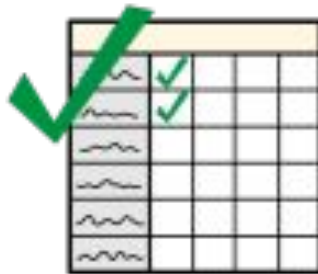


Going to Work

We can try:



Follow regular morning routine



Making a schedule and sticking to it

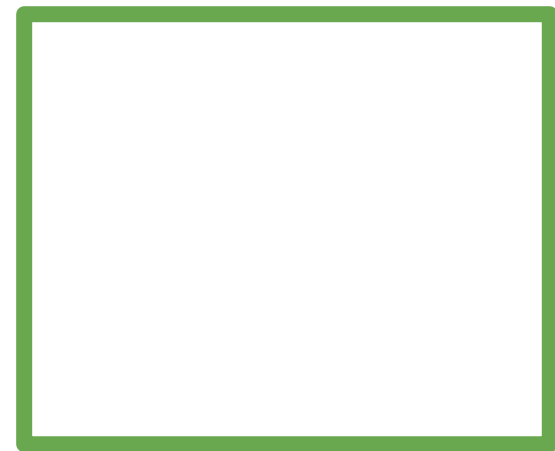
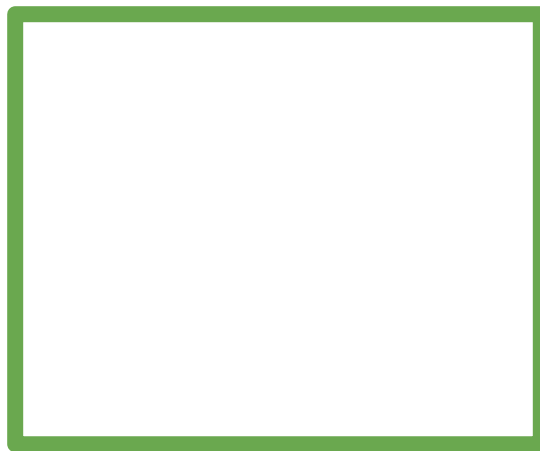
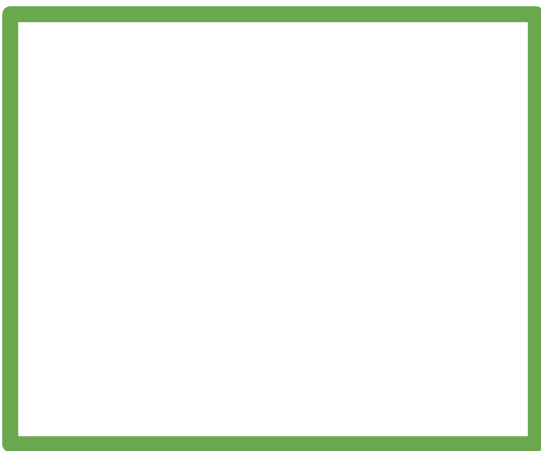


Being kind and helpful to housemates

Instead of



We can try:



Instead of



**Taking breaks at my
day program**

We can try:



**Noise-cancelling
headphones**



Sensory tools



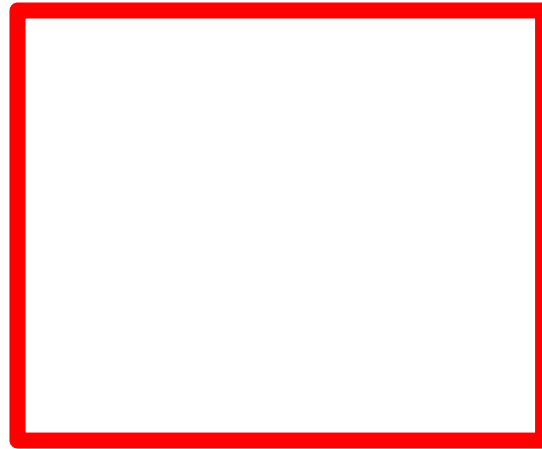
Personal care

Instead of



We can try:

Instead of



We can try:

