



Down Syndrome Achievement Centers
educate. inspire. believe.

Fantastic Friends: World Skills
Purposeful Programs
Career Exploration

Date: 03/01/2021

Host: Alexis (Leader) Kim (Host)

Theme: Career Exploration (Professional Development)

Playhouse Name: Madison (GiGi's At Home)

Social Development:

- **Opening**

Welcome the group, provide instructions, review goals for the program, announcements (celebrations, birthdays, etc.)

Quote of the Week: "By doing what you love, you inspire and awaken the hearts of others."

Speech & Language Development:

- **Icebreakers (10 minutes)**

Take turns allowing each person to introduce themselves in a game style while others arrive.

- Activity: Career Exploration Icebreaker: "If you could have any job in the world, what would it be, and why?"

Gross Motor Development:

- **Cooperative & Social Activities (30 minutes):**

Choose 2-3 activities for participants to participate in based on the programs theme. Remind participants of expectations and appropriate social skills.

- Activity 1 (15 min.): "Would You Rather: Career Edition" Activity 😊 (Uploaded as a PowerPoint)
- Activity 2 (15 min.): "My Career Goal" Activity → Engage participants in conversation regarding their career goal and the steps that they will need to take to achieve it! 😊

- **Closing: (5 Minutes)**

Plan for the next session, wrap-up, tell friends good-bye.

- Set Goal: Continue to explore your career interests and the skill sets associated with each! 😊 Tip: You can print extra copies of the "My Career Goal" activity that we completed together to investigate a variety of career paths! 😊



Fantastic Friends World Skills: Career Exploration Materials:

- Quote Link: <https://www.amytangerine.com/blog/2015/11/30/do-what-you-love?epik=dj0yJnU9LTJBNIV2NTNzaldia2RBclp3a3AzWHUwLWVwX0VES18mcD0wJm49bk93RnF3UU1MRnFoYkt0eG9YeIA1ZyZ0PUFBQUFBROFZbVRj>
- “My Career Goal” Activity: [temp_careergoal_thumb_3.png \(480x621\) \(housview.com\)](#)

