

Overview and Purpose: Destination Discovery is a program for all ages that supports the therapeutic-based development of individuals with Down syndrome, with goals of achieving the following:
 Increase social skills, with focus on group participation and increasing leisure activity options.
 Increase language development, with focus on vocabulary development, receptive language skills such as following directions and answering basic questions and promoting successful interaction with peers.
 Increase gross motor skills at each individual's level through games and activities aimed at active play.
 Increase fine motor skills, with focus on self-help skills and independent work.

	Program Lead Guide	Notes	
Introductions & Welcome	<ul style="list-style-type: none"> Introduce program leaders and assistants. Welcome song: Hello, Hello! Can You Clap Your Hands? 	Hello, Hello! Can You Clap Your Hands? "Hello, hello! (wave one hand, then the other) Can you clap your hands? (clap) Hello, hello! Can you clap your hands? (clap) Can you stretch up high? (stretch towards the ceiling) Can you touch your toes? (bend down and touch your toes) Can you turn around? (turn around) Can you say "hello"? (wave, then say hello) Can you stomp your feet? (stomp your feet) Hello, hello!"	Materials Needed: Fine Motor: <ul style="list-style-type: none"> Paper Towel One permanent black marker (must be permanent) Washable markers (must be washable) Baking pan Water OPTIONAL: Dropper
Lesson Plan Overview	<ul style="list-style-type: none"> Introduce today's lesson and activities 	Use the power point to assist where you feel it is needed, showing the participants on full screen is usually better than a ppt, but our participants are multimodal learners and benefit from written, verbal and visual instructions.	Gross Motor: <ul style="list-style-type: none"> Wheel of Decide
Literacy Activity	<ul style="list-style-type: none"> Read the Book: How the Crayons Saved the Rainbow by Monica Sweeney 	The book is in the ppt A video of the book can be seen on You Tube: https://youtu.be/qf10IWmjnLU	Sensory & Communication: <ul style="list-style-type: none"> Plastic water bottle – emptied Sock or piece of fabric Rubber band Dish soap Sugar Water Food Coloring Bowl Scissors
Fine Motor Activity	Surprise Rainbow	Instructions: <ul style="list-style-type: none"> First you want to fold your paper towel in half On the top piece of paper towel you will want to draw a large arch in RED. This is the start of your rainbow! 	

		<ul style="list-style-type: none"> • After our RED arch comes ORANGE slightly smaller inside the red arch. You will want to leave a small space in between each arch where the white paper towel shows through. • Continue adding your colors until you have completed your rainbow! (Red, Orange, Yellow, Green, Blue, Purple) • Now you want to cover each of your arches with black permanent marker. It should make it very difficult to see your rainbow underneath. Keep the white space between each color. • Now if you DO NOT have a dropper you want to fill your baking pan with a thin layer of water and place your paper towel on it. Watch what happens! • If you DO have a dropper place your dry piece of paper towel on your baking pan then add droplets of water over the black permanent marker. Keep dropping water until you have filled in your rainbow and every color is available!
<p>Gross Motor Activity</p>	<p>Moving to the Rainbow</p>	<p>Instructions</p> <ul style="list-style-type: none"> • Use the Moving To The Rainbow Wheel of Decide, each participant gets to “spin the wheel” • We will do each movement while spelling out the color. Ex; Yellow Jumping Jacks Y – jumping jack, E – jumping jack, L – jumping jack, L – jumping jack, O – jumping jack, W – jumping jack <p>Discussion</p> <ul style="list-style-type: none"> • What is your favorite movement and favorite color?
<p>Sensory & Communication Activity</p>	<p>Rainbow Snake Bubbles</p>	<p>Instructions</p> <ul style="list-style-type: none"> • Carefully cut the bottom off of your water bottle • Wrap your sock or fabric around the bottom of the bottle • Secure with a rubber band



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GiGi's Playhouse Destination Discovery Rainbows Lesson

		<ul style="list-style-type: none">• Mix ½ cup of dish soap, 1 ½ cups of water, and 2 teaspoons of sugar carefully.• Dip the fabric end of your water bottle into the bubble solution (do not stir)• Dip the fabric end of your water bottle into the bubble solution• Blow into the top of the water bottle to make your bubble snake, be careful to blow out and not breath the bubble solution in <p>Discussion:</p> <ul style="list-style-type: none">• How long can you make your bubble snake?• What happens when the colors mix?
Closing	Closing Song: It's our time to say goodbye!	<p>It's our time to say goodbye to <participants name>, it's our time to say goodbye to <participants name>, it's our time to say goodbye to <participants name>, say bye bye bye.</p> <ul style="list-style-type: none">• Repeat for each participant and volunteer if needed (you can double up as needed)