

BARNABILITIES

AN EBOOK OF HOME ACTIVITIES THAT GUIDE
YOUR LOVED ONE TO HELP STRUCTURE THEIR
DAY AND PREPARE FOR A WORK ENVIRONMENT

FOR MORE INFORMATION:
TAKINGTHELEAD.ORG
INFO@TAKINGTHELEAD.ORG



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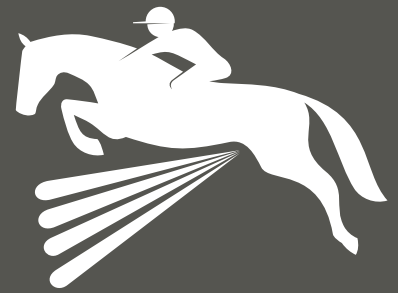
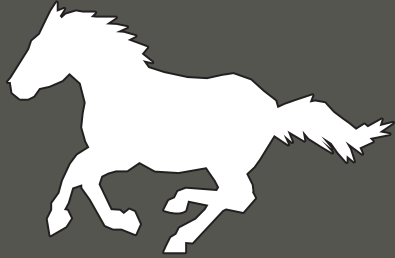
CHELSEA WHITAKER, OTR/L
FOUNDER & COO
TAKING THE LEAD, INC.

—Table of Contents

Chapter 1: Getting Moving.....	3
Chapter 2: Focus.....	8
Chapter 3: Social Interactions.....	14
Chapter 4: Confidence.....	19
Application Preparation Template.....	24
Calendar Templates.....	27



— Chapter 1



GET MOVING

ACTIVITIES THAT WILL
WORK ON BALANCE,
CONDITIONING, &
POSTURE

BARNABILITIES: AT HOME ACTIVITIES FOR
TRANSITION AGED YOUTH & YOUNG ADULTS



INCORPORATING AN EXERCISE BALL

The key to improved posture and balance is strong core



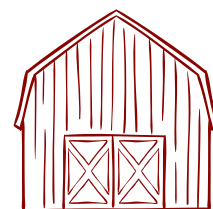
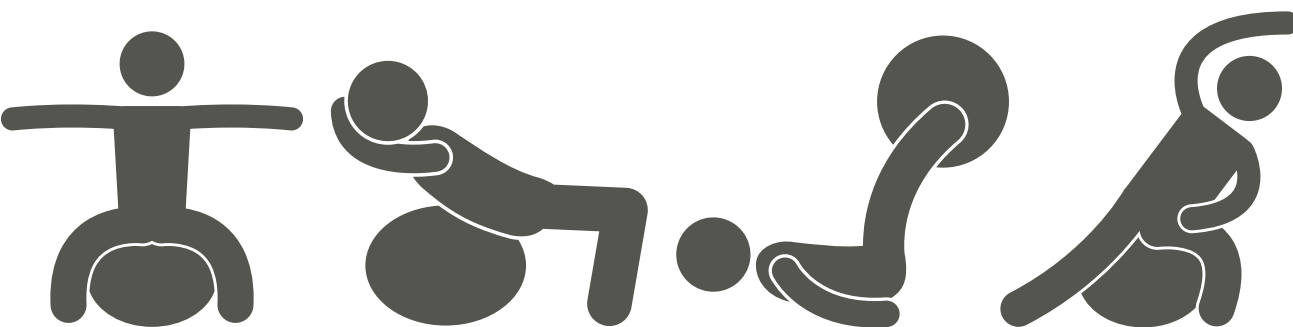
Everyday activities you can do on an exercise ball:

- Watching TV
- Working on a computer
- Reading a book
- Eating a meal
- Desk work
- Brushing hair/teeth
- Folding laundry
- Preparing a meal
- Stretching
- Core exercises

Passive

Improve coordination by reaching to complete functional activities

Active



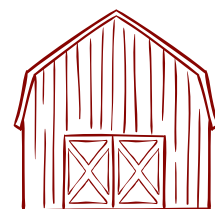
CHECK IN: INCORPORATING AN EXERCISE BALL

RATIONALE

Incorporating an exercise ball into daily activities can improve trunk support by activating core muscles for stability. Core strength is the key to posture and balance. Trunk stability supports coordination and range of motion. Using an exercise ball can also support sensory needs by incorporating proprioceptive input.

ADAPT

There are already a range of activities to do from an exercise ball, however there are adaptations to support all individual's abilities. One is by stabilizing the ball by using it against a sturdy surface, such as a wall or a couch. There are also a range of sizes. Feet should be able to remain firmly on the ground when sitting. A peanut shaped ball may provide a lower center of gravity to provide more stabilization.



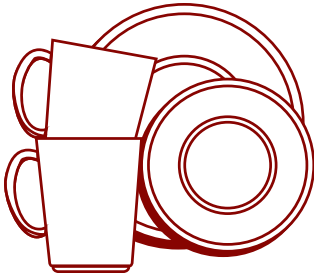
GROSS MOTOR CHORES

Household chores that use **BIG** movements:

Bilateral Coordination

Tasks

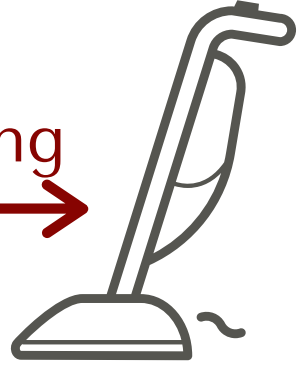
- Folding laundry
- Washing dishes



Pushing & Pulling

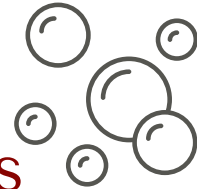


- Vacuuming
- Sweeping
- Mopping
- Raking leaves



Cleaning Tasks

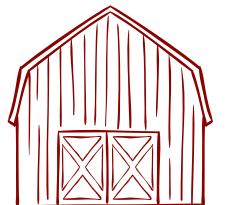
- Dusting
- Cleaning windows
- Washing counter tops
- Washing a car



Make cleaning fun by incorporating music, making tasks into a game, or creating a reward system for effort! Remember the goal is to practice these movements and to feel functional and motivated- the cleaning is not the top priority.

<https://www.ot-mom-learning-activities.com/benefits-of-chores.html>

BARNABILITIES: AT HOME ACTIVITIES FOR TRANSITION AGED YOUTH & YOUNG ADULTS



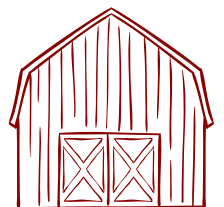
CHECK IN: GROSS MOTOR CHORES

RATIONALE

Participation in chores can support gross motor movements as well as foster feelings of usefulness and functionality. Having a job to do can be motivating and create opportunities to incorporate different movements into daily routines can aid in improving coordination, balance, and strength.

ADAPT

The variety of available activities makes it easier to choose ones in which your loved one will feel successful. There are also a variety of cleaning supplies that can support adapting a chore activity: an example would be using a swiffer duster elicits a different movement than using a hand duster. Likewise using a heavy vacuum is different than using a lightweight mop to clean floors. It is important to focus on the gross motor movements to find what works for your loved one, what is motivating, and what activity they feel like they can succeed in completing.



— Chapter 2

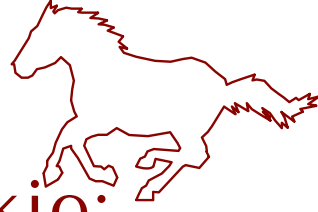


FOCUS

ACTIVITIES THAT WILL WORK
ON FOLLOWING DIRECTIONS
AND STAYING ATTENTIVE TO A
TASK



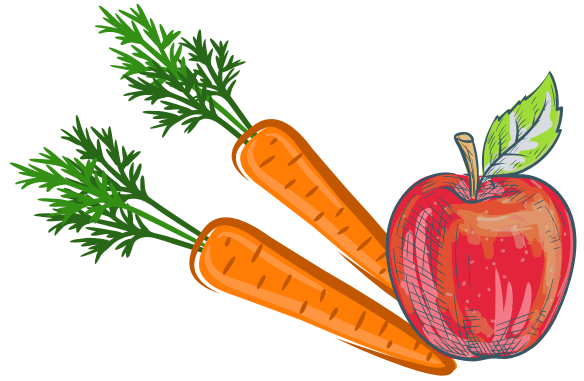
HOMEMADE HORSE TREATS: RECIPES



The ultimate horse cookie:

Ingredients:

- 1 Carrot
- 1 Apple
- 1 cup of molasses or honey
- 2 1/2 cups of oats
- 2-3 tbsp of vegetable oil

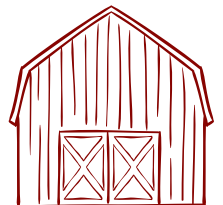


Directions:

1. Preheat oven to 325 degrees.
2. Grate the carrot and apple.
3. Mix together all of the ingredients.
4. Place large spoonfuls on a baking sheet.
5. Bake for 30-40 minutes or until golden brown.
6. Cool for a few hours in the refrigerator.

Example recipe from:

<https://www.kvsupply.com/content/equine/six-easy-to-make-homemade-horse-treat-recipes/>



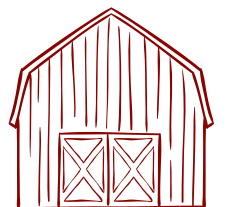
CHECK IN: HOMEMADE HORSE TREATS: RECIPES

RATIONALE

Following a recipe supports following directions through a motivating activity. Recipes can be used for more than just baking, they can be used to create items such as play-doh. Recipes also support focus because they require items to be completed within an order in a specific way. Focus is required to monitor timing and ensure that each step is completed in its entirety before moving to another. Although only one recipe for horse treats was included, it can be a fun activity to look up new recipes online and practice gathering materials and participating together. Making homemade horse or dog treats can sometimes be donated to local programs and humane societies.

ADAPT

Adapting a recipe activity can include using no-bake options for safety considerations. Also, as mentioned above, you and your loved one can also choose recipes that make items rather than food. Incorporating recipes that have to be mixed by hand provides the opportunity to include a sensory aspect to the activity. Pictures or visuals may support understanding.



APPLICATION PREPARATION



Gathering all the common information for job applications one spot for quick accessibility!

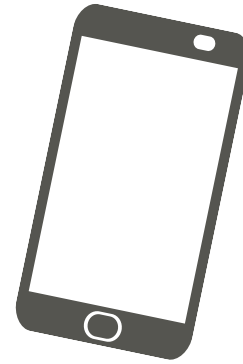
1 PERSONAL INFORMATION

List your full name, and other personal information that may be asked for:

Emergency contact, social security number, insurance information, drivers license information (if applicable), and a copy of a valid government ID card

2 CONTACT INFORMATION

List all contact information here:
Address, phone number, email address

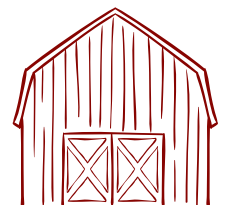


3 EDUCATION

List up to your highest level of education, as well as any certifications. Also gather information for these experiences (example: name of school, phone number, address, email, graduation date/ expected graduation date)

4 JOB EXPERIENCE

List any paid or unpaid job experience in this section. This can include volunteer experience or home activities for other people (example: helping to make masks to be donated). Also list paid work experiences including babysitting related work. It is okay if there is nothing to put in this section! If this is your first job it is okay to leave it blank!



APPLICATION PREPARATION



Gathering all the common information for job applications one spot for quick accessibility!

5 STRENGTHS

Identify character traits that make you a good employee. Examples include: Positive, versatile, hard-working, efficient, focused/ attentive, creative, eager, willing to learn, dependable, respectful, good communication



6 REFERENCE 1

Professional reference: someone that can speak about their experience with you as a worker (this includes volunteering, previous jobs, teacher, or someone you have helped out) Include: name, address, phone, email, and relation to you

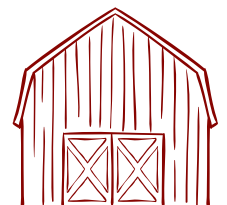
7 REFERENCE 2

Personal reference: someone that can speak about their experience with you on a personal level (this includes a family friend, a counselor, a teacher, a mentor, a coach) Include: name, address, phone, email, and relation to you



8 REFERENCE 3

Choose either a personal or professional reference Include: name, address, phone, email, and relation to you



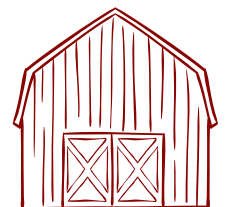
CHECK IN: APPLICATION PREPARATION

RATIONALE

Preparing for a job or other application by collecting vital information can increase accessibility and help take some of the unpredictability out of the application process. It also can support focus by finding information about oneself, and therefore remaining attentive to strengths and goals for the future. It also may identify areas of improvement that can be motivating for other activities.

ADAPT

Adaptations to this activity can be made by providing different levels of assistance in gathering the information. It also can help to use an electronic method of entering data, or can use pencil and paper to gather information. Lastly, this activity does not have to be done all at once but instead can be spread out to allow for more time. Support your loved one by allowing them as much independence as possible.



Chapter 3



SOCIAL INTERACTIONS

ACTIVITIES THAT WILL PRACTICE COMMUNICATION AND SUCCESSFUL INTERACTIONS TO USE OUTSIDE THE HOME



BARNABILITIES: AT HOME ACTIVITIES FOR TRANSITION AGED YOUTH & YOUNG ADULTS

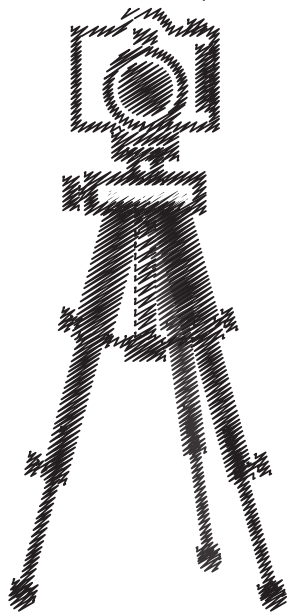


VIDEO MODELING

Video modeling helps individuals walk through a behavior or situation by imitating the individual in the video at the same time the video is playing.

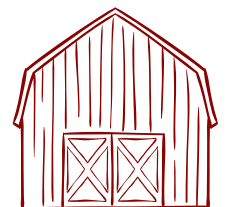
Self Modeling:

Self modeling is when an individual creates a video of themselves completing a situation and uses it to observe, learn from, and practice.



Collaborate together to determine what social situation your loved one would like to practice- ordering food, interacting at the doctor's, going to a job interview- anything!

Together, create a video practicing the situation and then use that video to prepare for the situation each time- can make as many videos as you want, role play, have fun with it!



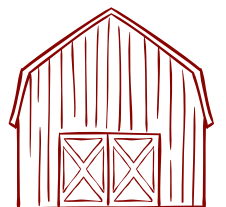
CHECK IN: VIDEO MODELING

RATIONALE

Video modeling helps individuals practice their skills in a collaborative and observable way to support positive outcomes in everyday situations. Video modeling is an evidence based concept that can be used for a variety of needs including activities of daily living and social interactions. By collaborating and practicing challenging situations you support your loved one by helping to take away the uncertainty of different situations.

ADAPT

Adaptations to this activity can include finding a video online rather than creating your own. Another way of adapting would be creating a video for your loved one yourself that they could then observe, or let them be the camera person to keep them involved!



SOCIAL STORIES

The goal of social stories is to help individuals to understand what to expect during a life event- helping to eliminate the unpredictability.



Develop social stories with your loved one about an upcoming event or outing that may present some challenges to help prepare and set expectations.

Example social story provided by Sheridan Lessans, OT student, Towson University, 2019

Makings of a social story:
Includes and introduction,
body, & conclusion.

Important to write positively about what they will do- do not write in terms of what they will not do.

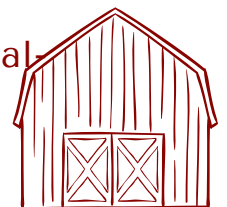
Answers:

Uses different sentence types:

- Who?
- What?
- Where?
- Why?
- Descriptive sentence: provides facts and the main topic
- Directive sentences: desired response to the situation
- Perspective sentences: others' feelings or thoughts
- Affirmative sentences: provides reassurance

<https://www.unl.edu/asdnetwork/downloads/virtual-strategies/Social-Story-Visual-Toolkit.docx>

BARNABILITIES: AT HOME ACTIVITIES FOR TRANSITION AGED YOUTH & YOUNG ADULTS

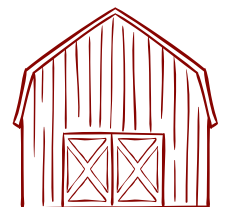


RATIONALE

Social stories are an evidence based strategy, developed by Carol Gray, to help individuals develop social and communication skills. They help provide expectations in otherwise unpredictable events. They can be applied to vocational settings as well as other social events- such as going out to a crowded area. The stories should highlight strengths and provide direction for expected behaviors to help prevent challenging behaviors from occurring and increase the success of a social situation.

ADAPT

Offer adaptations in developing a social story by allowing your loved one to fill in the blank rather than generate new ideas. You can also use adaptations for social situations- such as having a safe space to go after an interaction- to incorporate in the directive sentences of the story. Developing social stories should be a collaborative process so make sure to include your loved one in decision making.



Chapter 4



CONFIDENCE

ACTIVITIES THAT WILL BUILD
CONFIDENCE AND SUPPORT
POSITIVE SELF ESTEEM



BARNABILITIES: AT HOME ACTIVITIES FOR
TRANSITION AGED YOUTH & YOUNG ADULTS



DAILY AFFIRMATIONS



Daily affirmations help create positive reminders each day, support feelings of being valued, and can change your mindset!

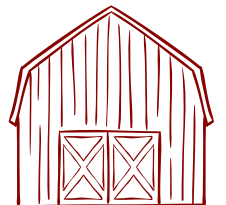
Journal

Use a journal or a planner to write two positive things that happen each day and one positive character trait you showed that day. Reflecting on the positives today sets you up for a great tomorrow.

Create your own!

- I am confident in my ability to [fill in the blank].
- I use my time and talents to help others [fill in the blank].
- What I love about myself is my ability to [fill in the blank].
- I feel proud of myself when I [fill in the blank].
- I share my talents with the world by [fill in the blank].
- I am good at helping others to [fill in the blank].

<https://theblissfulmind.com/positive-affirmations-list/>



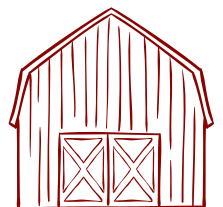
CHECK IN: DAILY AFFIRMATIONS

RATIONALE

Daily affirmations support positive self talk and can actually change an individual's mindset and improve overall self-esteem. Consistency is very important so try participating with your loved one and reflecting on the day. Positive thinking can impact all aspects of daily life as well as create a more positive outlook.

ADAPT

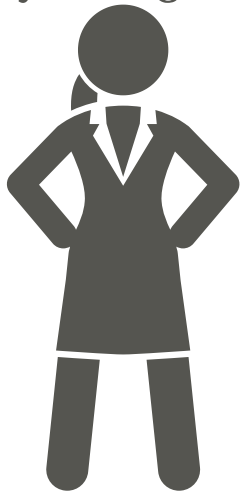
Create positive affirmations with your loved one or create ones about what you love about them if coming up with their own is challenging. Can also use an electronic device to journal or write affirmations You can also find more affirmations online, or even a journal designed for daily prompts.



CONFIDENCE PLAYLIST



Using an electronic device with a music library or streaming service, create a "Confidence Playlist" of songs that make you feel positive, energized, and like you can do anything!



Power stance

Stand with both hands on your hips or arms outstretched and hold that position for an entire song. Stand tall and confident!

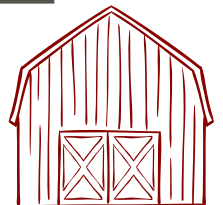
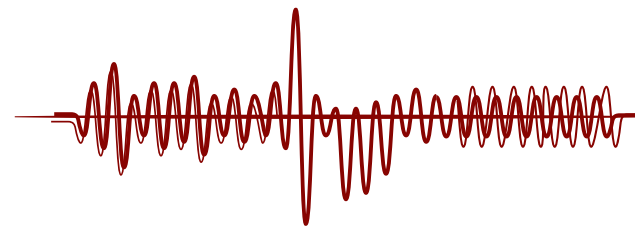
What to
do when
you
listen!

Deep Breathing

Inhale for for 2 seconds through your nose then breath out for 4 seconds through your mouth. Count in your head throughout the song.



Use your confidence playlist to help you wake up in the morning and start the day positively, throughout your day, before you face a challenging situation- Anytime you need an extra emotional boost!



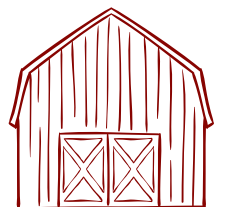
CHECK IN: CONFIDENCE PLAYLIST

RATIONALE

Music can be so inherently motivating and it also is so individualized. Creating a playlist of individualized songs can be used as a safe space to get ready for something more challenging or unpredictable. The power stance is proven to boost confidence- it is recommended to be used before a challenging situation but day to day practice can also be effective. Deep breathing can be used to recenter your whole body and help prepare for a challenge.

ADAPT

Using knowledge of your loved one you can create the playlist for them, or create one together. You could also gather songs for them to choose from so the process is simplified. If music is challenging because it can be too loud or be overwhelming just practice the power stance and breathing.



APPLICATION PREPARATION TEMPLATE

BARNABILITIES: AT HOME ACTIVITIES FOR
TRANSITION AGED YOUTH & YOUNG ADULTS



APPLICATION PREPARATION



Gathering all the common information for job applications in one spot for quick accessibility!



1 PERSONAL INFORMATION

List your full name, and other personal information that may be asked for:

Emergency contact, social security number, insurance information, drivers license information (if applicable), and a copy of a valid government ID card

2 CONTACT INFORMATION

List all contact information here:

Address, phone number, email address

3 EDUCATION

List up to your highest level of education, as well as any certifications. Also gather information for these experiences (example: name of school, phone number, address, email, graduation date/ expected graduation date)

4 JOB EXPERIENCE

List any paid or unpaid job experience in this section. This can include volunteer experience or home activities for other people (example: helping to make masks to be donated). Also list paid work experiences including babysitting related work. It is okay if there is nothing to put in this section! If this is your first job it is okay to leave it blank!

5 STRENGTHS

Identify character traits that make you a good employee.

Examples include:

Positive, versatile, hard-working, efficient, focused/ attentive, creative, eager, willing to learn, dependable, respectful, good communication

6 REFERENCE 1

Professional reference: someone that can speak about their experience with you as a worker (this includes volunteering, previous jobs, teacher, or someone you have helped out)

Include: name, address, phone, email, and relation to you

7 REFERENCE 2

Personal reference: someone that can speak about their experience with you on a personal level (this includes a family friend, a counselor, a teacher, a mentor, a coach)

Include: name, address, phone, email, and relation to you

8 REFERENCE 3

Choose a second personal or professional reference

Include: name, address, phone, email, and relation to you

APPLICATION PREPARATION



Gathering all the common information for job applications in one spot for quick accessibility!



1 PERSONAL INFORMATION

2 CONTACT INFORMATION

3 EDUCATION

4 JOB EXPERIENCE

5 STRENGTHS

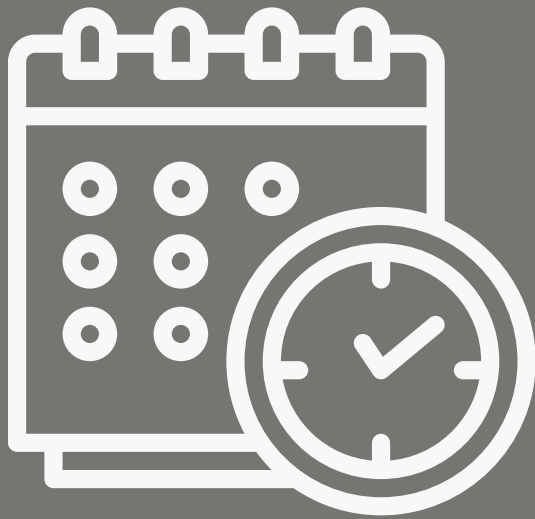
6 REFERENCE 1

7 REFERENCE 2

8 REFERENCE 3



CALENDAR TEMPLATES



BARNABILITIES: AT HOME ACTIVITIES FOR
TRANSITION AGED YOUTH & YOUNG ADULTS



CALENDAR TEMPLATES

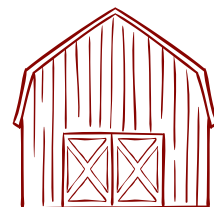
WHY PLAN?

Using a calendar to plan when your loved one will do these skill-building activities is a great way to add structure and organization to your schedule. Having a visual guide will not only aid your loved one in staying on track, but will also provide a sense of accountability for completing these activities. Additionally, scheduling ahead will decrease any unpredictability that you or your loved one might experience in day to day life.

It is important to plan ahead in order to build the habit of incorporating activities that strengthen skills into daily routines. Choose activities that work best for you and your loved one and think of other fun things you can plan ahead.

The calendars provided are examples of the kinds of planners you can use. You can change them around to fit your schedule, or build off of them by adding more activities.

Adding visuals throughout the schedule can also be an engaging way to include your loved one, as well as support understanding.



BARNABILITIES WEEKLY ACTIVITIES

T A S K S

M T W T F S

<u>Vacuum</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<u>homework (with ball)</u>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<u>create daily affirmations</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<u>cook lunch myself</u>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<u> </u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EXAMPLE

S K I L L S

This week I really want to do things to get moving but also make sure I get all my homework done before Friday

BARNABILITIES WEEKLY ACTIVITIES

T A S K S

M T W T F S

_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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S K I L L S

BARNABILITIES WEEKLY ACTIVITIES

T A S K S

M T W T F S

_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

S K I L L S

BARNABILITIES WEEKLY ACTIVITIES

T A S K S

	M	T	W	T	F	S
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

S K I L L S

MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

JAN.
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S
wash dishes	✓		✓		✓		✓
Application: step 2				✓			
Add to playlist		✓					
Practice job interview			✓		✓		

EXAMPLE

GOAL OF THE MONTH: I want to apply to be a dishwasher

NOTES:
I really want to get a job but I am nervous about the job interview. I will watch a video about interviewing and practice it



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

JAN.
MONTH OF

ACTIVITIES

S M T W T F S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

FEB.
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

MARCH.

MONTH OF

ACTIVITIES

S

M

T

W

T

F

S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

APRIL.

MONTH OF

ACTIVITIES

S

M

T

W

T

F

S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

MAY.
MONTH OF

ACTIVITIES

S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

JUNE
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

JULY
MONTH OF

ACTIVITIES

S M T W T F S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

AUG.

MONTH OF

ACTIVITIES

S

M

T

W

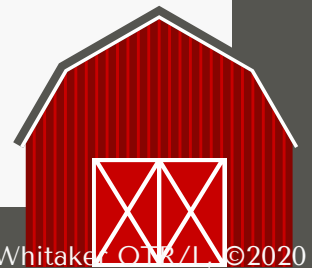
T

F

S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

SEP.
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

OCT.
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

NOV.
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:



MONTHLY PLANNER

BARNABILITIES ACTIVITY PLANNING

DEC.
MONTH OF

ACTIVITIES	S	M	T	W	T	F	S

GOAL OF THE MONTH:

NOTES:

