Example Weekday Social Participation Structured Session

Session Focus

Independence, social engagement, and everyday life skills.

Participant Goals Being Targeted

- Increase confidence in social settings
- Build everyday life and communication skills
- Improve ability to participate within a group environment
- Foster independence and positive peer relationships

Planned Activities

- Supported meal preparation
- Structured board game and collaborative activities
- Guided social interaction activities
- Creative arts or movement-based tasks

Staff Role

Staff provide active support through:

- prompting communication and peer interaction
- modelling appropriate social skills
- supporting independence during activities
- assisting participants to regulate emotions and behaviours where required
- facilitating safe and meaningful participation

Expected Outcomes

Participants are supported to:

- develop stronger social engagement skills
- improve confidence and participation within group environments
- build independence during structured activities
- strengthen communication and interpersonal skills