

Sibshop – Session Plan (Winter-Spring 2023)*

Date	Time	Event	Event Description
3/15/23	5:30-7:00 p.m. (1.5 hours)	Karaoke Party Event Newtown Youth & Family Services Center 15 Berkshire Road Newtown, CT 06482	<p><u>Introduction to the Winter-Spring Session</u></p> <ul style="list-style-type: none"> • Getting to Know Sibshop Rules and Expectations • Overview of Winter-Spring Session • Member Introduction & Sharing Activities <p><u>Sibshop Discussion Topic – What is Ability?</u></p> <ul style="list-style-type: none"> • Identifying individual strengths and weaknesses • Recognizing that everyone is a learner working to try to improve • Identifying disabilities and gifts/talents • Sharing about ourselves and our siblings when it comes to our own strengths, weaknesses, gifts/talents, and disabilities and how they make us feel • Taking the perspectives of others and helping others <p><u>Group Social Check-In</u></p> <ul style="list-style-type: none"> • Discussing how we've been since our last meeting • Sharing fun or interesting stories/anecdotes <p><u>Karaoke Party</u></p> <ul style="list-style-type: none"> • Solo and duet karaoke performances and audience participation • Party snacks and props <p><u>Collaborative Play – Sibshop Trivia</u></p> <ul style="list-style-type: none"> • Large group trivia game based on information shared by members during meeting and general knowledge topics <p><u>Open Collaborative Game Play</u></p>

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Newtown Youth and Family Services – Sibshop

			<ul style="list-style-type: none">• Collaborative game play (i.e. Sorry, Trouble, Jenga, Operation, Yahtzee, etc.)
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Last Modified: 03-06-2023

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Date	Time	Event	Event Description
5/3/23	5:30-7:00 p.m. (1.5 hours)	Collaborative Building & Design LEGO Day Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<u>Group Social Check-In</u> <ul style="list-style-type: none">• Discussing how we’ve been since our last meeting• Sharing fun or interesting sibling stories• Discussing when building skills are useful and the importance of following directions and advice (i.e. previous birdhouse building activity) <u>Sibshop Discussion Topic – What is my Job as a Sibling?</u> <ul style="list-style-type: none">• Family roles and responsibilities• “What makes a great sibling?”• It’s Okay to be Frustrated (How siblings teach each other)• Including our Siblings and Having Our Own Space <u>LEGO Building</u> <ul style="list-style-type: none">• Individual LEGO set building with collaborative advice and shared discussion about challenges, ideas, and understanding diagrams <u>LEGO Free Design and Play</u> <ul style="list-style-type: none">• Identifying how LEGO pieces can be used in a variety of ways not outlined in given directions• Experimenting with LEGO sets to create unique designs, vehicles and creations

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Event Plans (Winter-Spring 2023)

Date	Time	Event	Event Description
6/14/23	5:30-7:00 p.m. (1.5 hours)	Cooking & Food Safety Newtown Youth & Family Services Center 15 Berkshire Road Newtown, CT 06482	<u>Group Social Check-In</u> <ul style="list-style-type: none"> • Discussing how we've been since our last meeting • Sharing fun or interesting sibling stories/anecdotes <u>Sibshop Discussion Topic – Setting Personal Boundaries (The Needs of My Sibling v. the Needs of Myself)</u> <ul style="list-style-type: none"> • Giving ourselves alone time, time with family members, or time with friends • Being a good sibling is one of many roles I have • How we grow up with siblings (Balancing family plans and our own plans) <u>Cooking Event</u> <ul style="list-style-type: none"> • Teamwork/Leadership - Working collaboratively or in a leadership role to prepare foods safely and complete recipes • Expression/Listening Skills - Paying attention to peers and instructors, and sharing ideas with appropriate physical cues • Personal Hygiene - Eating in a shared socially distanced space, maintaining cleanliness, and following food safety protocols • Bonding with Peers - Establishing and building positive peer relationships through pair exploration and discussion

****NOTE****

*Masking is optional for staff and participants at all events at this time.