LABBB APE and Social and Recreational Activities at Home

APE Activities

1. **15 Minute exercise**
   - A great way to start the day.
   - Bernardo, Langone, Henneberry, Allen, Eggers, Doherty,
     Belmont High, Bedford High, Burlington High, Career Directions

2. **Low impact workout**
   - Another way to get moving.
   - Bernardo, Langone, Henneberry, Allen, Eggers, Doherty,
     Belmont High, Bedford High, Burlington High, Career Directions

3. **Todays Workout Circuit**
   - A good way to elevate your heart rate.
   - Bernardo, Langone, Henneberry, Allen, Eggers, Doherty,
     Belmont High, Bedford High, Burlington High, Career Directions
4. **LABBB Fitness Challenge**
   - Daily Exercises to get you moving
   - Bernardo, Langone, Henneberry, Allen, Eggers, Doherty, Belmont High, Bedford High, Burlington High, Career Directions

5. **Quick Warmup Cardio Workout**
   - An easy way to raise your heart rate.
   - Bernardo, Langone, Henneberry, Allen, Eggers, Doherty, Belmont High, Bedford High, Burlington High, Career Directions

6. **Wheelchair Yoga for Beginners**
   - A visual aid to help with wheelchair stretching.
   - Doherty, Farley, Eggers, and Asklund

7. **Chair Exercises**
   - Visual aid for simple wheelchair workouts.
8. **Activity Ideas for Students in Wheelchairs**

- Body Bowling and obstacle course activities
- Doherty, Farley, Eggers, and Asklund

9. **GoNoodle**

- GoNoodle.com: Good Energy at Home offers free: Movement, yoga, and mindfulness videos. Downloadable curricular activities and recommended off-screen home activities.
- Great resource for our elementary programs, Ottoson, Chenery, and John Glenn Middle School programs.

10. **Cosmic Kids Yoga**
○ Yoga, mindfulness and relaxation designed especially for kids aged 3+, used in schools and homes all over the world.
○ All of our elementary programs, Ottoson, Chenery, and John Glenn Middle School programs.

11. **Fine Motor Skills Activities**

○ Fine motor skill activities using common objects around the house.
○ Appropriate for Doherty, Farley, Eggers, and Asklund life skills classrooms. All of our elementary programs, Ottoson, Chenery Middle School programs.

12. **NEAT** - Non-exercise activities

○ Activities that you can do everyday that also burn calories!
○ Appropriate for all classrooms!

13. **Special Olympics Trainer**

[https://www.specialolympics.org/school-of-strength](https://www.specialolympics.org/school-of-strength)

1 video per day of the week

Special Olympic Athletes work out with their trainor.

Appropriate for all classrooms!

14. **Riverside Families**

Riverside and Bridgewell Family Support are excited to continue our Virtual Classes.

Here is the full SCHEDULE with links for the Zoom Meetings

**NEW** Singing and Music with Lisa!
Come join Lisa from the Amplifi Adaptive Music Programs for a 30 minute singing and music session!

- Saturdays from 1:30-2PM
  - https://zoom.us/j/958030172

**Dance/Fitness Classes**

- Sunday at 12 noon
  - https://zoom.us/j/911518836
- Monday at 3pm
  - https://zoom.us/j/749341081
- Tuesday at 12 noon
  - https://zoom.us/j/604013124
- Wednesday at 3pm
  - https://zoom.us/j/169592792
- Thursday at 12 noon
  - https://zoom.us/j/636600129
- Friday at 2pm
  - https://zoom.us/j/999074312
- Saturday at 12 noon
  - https://zoom.us/j/650860013

15. **Yoga 4 Classroom**

- 1 Video per day with an activity
- Appropriate for all classrooms

16. **PE With Joe**
● 1 video per day
● Appropriate for Bedford, Burlington, Belmont High, Career Directions, Allen, Hennebery, Langone, Bernardo classes.

**NEW**

17. **APE Youtube Channel**

● Variety of videos that you can choose from
● Appropriate for all classes.

Recreation / Social Activities

1. **Virtual Field Trip**

● From Disney, to Zoo’s, to aquariums, to across the World.
● **Zoo School-Live!** Enjoy a live broadcast from Elmwood Park Zoo’s Education Team *each weekday at 11 am!* They’ll be presenting different lessons featuring members of the zoo’s Animal Ambassador collection, as well as taking your questions!
● These trips can be as long or short as the individual wants
● All Middle School and High School Classrooms
2. **e-Buddy** connect to your buddy via email or Facetime

3. To do around the home
   
   - LABBB Indoor Scavenger Hunt
   - Bowling at Home

4. **Link:** [https://www.bestbuddies.org/bbu/covid-19/](https://www.bestbuddies.org/bbu/covid-19/)

**Virtual Program Toolkit - Best Buddies International**

Virtual Program Toolkit. As schools and workplaces across the country are closing to prevent the spread of COVID-19, your participation in Best Buddies is more important than ever before. We must stay connected to ensure that social distancing does not lead to social isolation.

5. [www.bestbuddies.org](http://www.bestbuddies.org)

Connect with your friends or just go to Best Buddies.org and see what they are offering online.

6. **Riverside Families**

Riverside and Bridgewell Family Support are excited to continue our Virtual Classes. Here is the full SCHEDULE with links for the Zoom Meetings

   - **Families of Adults usually at a Day Program Support Group on Wednesdays at 10AM**
     - [https://us04web.zoom.us/j/854742119](https://us04web.zoom.us/j/854742119)
- **MMM: Moving, Mindfulness & Avoiding Meltdowns**  
  *A time for caregivers to unwind, move their bodies, reflect and recharge. A chair and/or a yoga mat is all you need.*  
  - Monday at 8:30PM, Wednesday at 8:30PM & Friday at 8:30PM  
    - [https://zoom.us/j/895876046](https://zoom.us/j/895876046)

- **Showcase Your Talent with Skylar**  
  - Tuesday at 4pm  
    - [https://zoom.us/j/631843895](https://zoom.us/j/631843895)  
  - Thursday at 4pm  
    - [https://zoom.us/j/349361221](https://zoom.us/j/349361221)

- **Art Classes**  
  - Monday, Wednesday and Friday at 11AM  
    - Monday- [https://zoom.us/j/850978274](https://zoom.us/j/850978274)  
    - Wednesday- [https://zoom.us/j/877855873](https://zoom.us/j/877855873)  
    - Friday- [https://zoom.us/j/380639093](https://zoom.us/j/380639093)

- **Lexington Historical Society**  
  - Check out the virtual tours of the historic homes in Lexington, view past Patriots Day Parades, learn history in and around Lexington  
  - For all classes

- **WDW News on Twitter:**  
  - [https://wdwnt.com](https://wdwnt.com)  
  - Fun facts and information on Disney  
  - For all classes
6. Join Twitter and follow @LABBBREC on Twitter each day to see physical activities and social activities that you can try.