



## ACTIVITY 'S TITLE: Independence task: Dream (work) day plan

**Type of activity:** intrapersonal

**Number of participants:** 1

**Participants' academic profile(s):** secondary level

**Participants' average age:** ≥18 years old

**Duration:** 20 minutes

### Necessary materials:

- Pencil/ pen.
- Sheet of paper.

### Aim or Purpose:

To evaluate and develop person's independence competencies and skills - responsibility, decision-making, choice, time management.

### Expected Outcomes:

The person will be able to better manage his time, take responsibility for themselves, make choices and make decisions independently.

### Competencies that will be developed:

- Responsibility.
- Choice.
- Independence.

### Skills that will be developed:

- Time management.
- Decision-making.

### Key terms / special vocabulary about / during the activity:

Responsibility, choice, time management, decision-making, independence.

Project implemented by:





## **Preparation (what needs to be prepared beforehand to make the activity's implementation successful):**

The instructor gives the person all the necessary materials - a pen and a worksheet, and then explains the process of the task's implementation.

## **Activity's step-by-step description:**

1. You will be given 20 minutes to complete this task.
2. During this time, plan what your Dream Day would look like.
3. You can write a plan (or draw pictures) and specify the time of the activities - the hour in which you will do the activities, or just list all the activities in order.
4. Since this is your Dream Day, you can also plan activities that will bring you a lot of joy.
5. There are no right, or wrong options here, so feel free to dream and plan your Dream Day.

## **Recommendations (How to use the tool/resource)**

This method is suitable for people with different levels of intellectual disability, as it can be done by writing or drawing a Dream Day plan. It is possible to instruct a person to perform a task with a focus on professional activities, so the task could be called "My dream workday". In order to develop independence, it is important to allow mistakes, you should not rush or offer your options during the task. Together you should rejoice in the success - when a person manages to plan even a few activities of the day on their own. It is important to give a possibility to choose for himself. It is not the result that should be assessed, but the effort made in carrying out the task. Provide an opportunity to experience success.

## **Evaluation:**

Assessing the performance of this task, it is possible to learn more about a person's independence - how much he is able to plan for the day, make decisions about his activities, decide when to perform them and how much time will be allocated to them, what activities give a person joy in whether he can plan his own day and stick to a daily plan. After completing the task, discuss together what was most the difficult and the easiest for him in this task, what he liked the most or did not like, what activities he could do by himself and which would require the assistance of others.

Project implemented by:





**Final observations and methodological recommendations towards the activity's implementation (do's and don'ts):**

Allow a person to make all the decisions and choices on his own, this will give him more responsibility and thus raise his self-esteem, encourage independence.

Project implemented by:

