



## Winter Adventures

The beautiful weather has given us the opportunity to enjoy the outdoors! Members traveled to the Riparian Preserve to search for birds on National Bird Day. We've headed to the Goldfield Ghost Town, the Desert Botanical Gardens and have enjoyed picnics at local parks. Members were able to eat their lunch while observing airplanes take off and land at Falcon Field. Indoor activities have also kept Members busy. Some highlights included the trip to the trampoline park, zoo and arcade.



## Zones of Regulation

Self-regulation and our ability to cope are vital to building healthy relationships and successfully navigating the community. Members have been working through the Zones of Regulation curriculum to build these essential skills. Activities help Members to identify emotions, determine expected and unexpected behaviors, and develop coping strategies. The curriculum utilizes four different zones (blue, green, yellow, and red) to categorize emotions and states of alertness. These weekly lessons are helping our Members building their self-regulation skills and utilize effective coping strategies.



## Targeted Skill Building

This winter season, the Program focused on building hygiene skills and fighting off germs through proper handwashing techniques. In February, we are excited to target restaurant skills including using napkins and utensils, waiting to be seated, and ordering from a menu. Members will practice these skills at the Program and during Culinary Arts before venturing out to local restaurants.



## Culinary Corner

We love Culinary Arts! Members shop for necessary ingredients, practice reading and following a recipe, and have the opportunity to try new foods. Favorite recipe and activities this quarter included making flaming hot mozzarella sticks and designing gingerbread houses!



## Behavior Tip: Reinforcement

What is it? “Behavior followed by pleasant results (for the person behaving) is likely to be repeated in the future.” That’s it! That’s the definition of reinforcement. Simple enough, right? Let’s break it down just a little:

- Behavior: a “behavior” is an observable, measurable act.
- Pleasant results: something enjoyable happens for the person behaving as a result of the behavior.
- Likely to be repeated: increases the likelihood of that behavior happening again!

Why do we care? If we can arrange pleasant results for prosocial behaviors that meet our expectations, we can increase the likelihood of those behaviors happening again in the future - which is exactly what we want! Reinforcement is how we all learn. When we find a restaurant we like, we keep going there – we’re reinforced by the food (or the service, or the price, or all of them!). When we work hard and get a raise, we’re likely to keep working hard. Reinforcement is what shapes all behavior, and it’s a powerful tool when working with our Members!

