

## Making New Friends

Everyone wants friends. Friends make me happy.

Boys or girls can be my friend.

When I want to make a new friend sometimes I feel nervous.

I might stand a little too close to him or her. I might run the other way or lie on the ground curled up in a ball.

That's not the way to make a new friend. Instead, I could walk near him or her and say, "Hi, my name is \_\_\_\_\_. What's your name?"

I could also say, "Would you sit with me at lunch today?" or "Do you want to swing with me at recess today?"

I know that after I ask a question I need to wait for an answer.

Making new friends makes me feel nervous, but I know that I will be OK because after I ask the first question I will not feel as nervous.

I will ask a new friend a question with a friendly voice and a quiet body then I will wait for him or her to answer.

**Making new friends  
makes me feel happy.**

## Teamwork Talk is . . .

Working together

"Please"

Asking Questions

Using kind words

Working problems out together

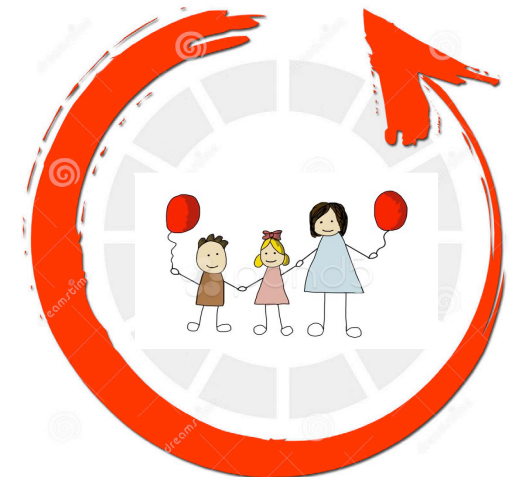
Looking at people while talking

Using the names of our Pals

Listening to our Pals

"Thank You"

Gentle/Soft voice



# PALS

Programs for  
Alternative Learning Styles



A partnership between  
schools, families,  
and the community

## Mission Statement

To provide an excellent educational program for children with intellectual and developmental disabilities in a safe, caring, and healthy environment. Through a partnership between schools, families, and community, we ensure that each student will achieve their individualized goals, and experience curiosity in learning and the joy of a shared community.

Through innovative and customized educational approaches all students will become successful, enthusiastic, and persistent learners that care about and demonstrate respect for themselves and others. Highly trained and dedicated Special Educators will support students across all of our schools.

## Program Philosophy

It is the philosophy of PALS that all students in the program can progress to success in less restrictive environments, and that all students have a right to a “best practice” effort toward success.

## Classes

- Meeting Time
- Adaptive PE
- Social Skills
- Direct Instruction in Basic Skills

## Sample Student Schedule

8:00 - 8:30	Morning Meeting
8:30 - 9:00	Direct Instruction
9:00 - 9:30	PALS Adapted PE
9:30 - 10:00	Snack w/General Education Class
10:00 - 10:30	Recess with Peers
10:30 - 11:00	Direct Instruction
11:00 - 11:30	Direct Instruction
11:30 - 12:00	Direct Instruction
12:00 - 12:20	Lunch with Peers
12:20 - 12:45	Recess with General Ed Peers
12:45 - 1:30	Direct Instruction
1:30 - 2:15	PALS Group Meeting /Social Skills
2:15 - 2:30	Get Ready to Go Home
2:30	Dismissal -Pick-UP - Foyer

## PALS “pal-ing” with Others

Elementary level PALS students are mentored by the older high school Community Classroom students. Combined activities include PE obstacle course, cooking projects, swim trips, and visits to Zack’s Place.

## Entrance Criteria

Students who are challenged:

- to meet basic classroom request without repeated prompts
- with significant and frequent emotional outbursts
- to build interpersonal relationships
- with extensive communication needs

## Exit Criteria

Students who demonstrate readiness for:

- transition to regular classrooms at least 50% of the day
- engagement in academic tasks
- participation in non-structured activities

**School team referrals available  
through your elementary school  
principal**