

Below are links to possible YouTube videos for day service activities. There are many out there. These are a sample of some we found interesting. Use these or others that are suitable for your program.

7 recipes you can make in 5 minutes

https://www.youtube.com/watch?v=9_5wHw6l11o

7 personal hygiene rules you break every day:

<https://www.youtube.com/watch?v=AyZ6LjDLe14>

Seasons, weather, and clothes:

<https://www.youtube.com/watch?v=eXFe4tUCd40>

Dressing for the weather:

https://www.youtube.com/watch?v=4F8S9DZAG_Y

Exercise video for individuals with intellectual disabilities:

<https://www.youtube.com/watch?v=zTBBVJksal>

Employability Skills – All Eight Skills:

<https://www.youtube.com/watch?v=vGjNI16pxn8>

Money management and budgeting

<https://www.youtube.com/user/CashVilleKidz>

Watch the Movie Intelligent Lives and discuss

Amazon Prime, You Tube \$3.99

Karaoke with words

<https://www.youtube.com/playlist?list=PLTg4qWBJWeoEmCHkOIqmfTY3lF5jTPOQ1>

It's Your Money (Right to handle money):

<https://www.youtube.com/watch?v=GsfNmXSMzfk>

Rights of Individuals with Developmental or Intellectual Disabilities in Community-Based Programs

https://www.youtube.com/watch?v=jhx_5qsjNBE

Bill of Rights for individuals with intellectual disabilities:

<https://www.youtube.com/watch?v=h0JPMYR9wt4>

Bill of Rights – Ohio

<https://www.youtube.com/watch?v=MB0xFEO3Dkk>

What are human rights?

<https://www.youtube.com/watch?v=oLdVUI2OVzg>

What are human rights? (Australia)

<https://www.youtube.com/watch?v=WJsUfck01Js>

10-Minute No-Equipment Home Workout, Full Body Exercise, Class FitSugar

<https://www.youtube.com/watch?v=l6t0quh8lck>

Get the Job... Keep the job!

https://www.youtube.com/watch?v=GosoTn_D8nY

Full body stretching (30 min.)

https://www.google.com/search?q=basic+stretching+exercises+youtube&rlz=1C1GCEB_enUS872US872&oq=you+tube+basic+exer&aqs=chrome.2.69i57j0l7.14285j0j7&sourceid=chrome&ie=UTF-8

How to Crochet

<https://www.youtube.com/watch?v=aAxGTnVNjIE>

Visit 33 of the National Parks Virtually

<https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>