

GET UP AND GO GROUP WEEKLY OUTLINE

WEEK 1	WELCOME AND OVERVIEW
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Learning Activities:

- Outcome measures (pre): Coping with Pain (PCQ); The Functional Status and Symptom Questionnaire (FSSQ) for Children and Teens with Juvenile Fibromyalgia; Survey form (in-house) asking about school attendance, exercise type and frequency, sleep, pain.
- Group Contract: outlines expectations for participation and confidentiality
- Learning about the Condition: clients use clues to get to a station, where they participate in an activity to help learn about their condition (related to sleep, pain, exercise, workload, etc.)

Homework:

Stretch and deep breathing daily

Handouts:

Deep breathing, Stretches, Tips if you have Pain after Exercising, Fibromyalgia Syndrome and Chronic Fatigue Syndrome in Young People

WEEK 2	SLEEP/WAKE ROUTINES AND COPING WITH FATIGUE
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Learning Activities:

sleep trivia (importance of sleep, sleep cycles, bed routines)

Physical Activity:

Pool: warm up walking; stretching; strengthening; jet massage

Homework:

Sleep Diary, Daily Stretching and Short walk

Handouts: Pool Routine, Exercise and Fibromyalgia (importance, stretch, strengthen, aerobic), Be Sleep Smart (how to get ready for sleep, how to get your body used to a regular sleep routine, etc.)

WEEK 3 BALANCING YOUR EVERY DAY

Learning Activities:

List activities of a typical day and tally time spent for each; discussion about how to balance the activities/demands

Physical Activity:

Introduction to Aerobic Exercise (education and activity)

Homework:

Sleep Diary, Schedule, Daily Stretching and short aerobic activity

Handouts:

Designing an Exercise Program, List of Aerobic Exercise Ideas, Choosing the right shoes, Balancing your every day (how to pace and manage the demands on you)

WEEK 4 COPING WITH PAIN

Learning Activities: draw a picture of your pain; participate in a visualization exercise to reduce your pain; draw a picture of how your pain has changed

Physical Activity: Pool: warm up walking; stretching; strengthening; aerobic; jet massage

Homework: Exercise Diary, Daily Stretching, Strength 2 days and Aerobic 2 days

Handouts: Relaxation Tips, Pain and Relaxation Tips for Parents

WEEK 5 DEALING WITH FLARES

Learning Activities:

dealing with frustration, denial, anger; dealing with friends/relationships; how to adjust when in and coming out of a flare

Physical Activity:

Therapeutic Ball activities for stretching and strengthening

Homework:

Daily Stretching, Strength 3 days and Aerobic 3 days, Record any obstacles faced and how you dealt with it

Handouts: Fibromyalgia Flare Management

WEEK 6 SCHOOL, FRIENDS, AND GETTING WHAT YOU NEED

Learning Activities:

Assertiveness and advocacy techniques and role playing

Physical Activity:

Pool: warm up walking; stretching; strengthening; jet massage

Homework:

Daily Stretching, alternate days aerobic or strengthening

Handouts: Assertiveness Tips

WEEK 7 THE NEXT CHAPTER

Learning Activities:

goal setting for your future/your visions for yourself

Physical Activity:

stretch, walk/stairs or other activity of clients' choice

Homework:

Daily Stretching, alternate days aerobic or strengthening

Handouts:

Tool for Goal Setting

WEEK 8 GRADUATION

Learning Activities:

- Outcome measures (post)
- Certificates of Achievement: a personalized certificate highlighting one or two accomplishments or areas of growth for the client; presented to the other clients and parents in a ceremony
- Transition Topic: e.g. advocacy in the school system in secondary or post secondary environments

Physical Activity:

Daily Stretch, Wii Sport