

Sample Outline for Library Time with Adults with Intellectual Disabilities

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This is a sample outline of a weekly “Library Time” program I do at a school for adults with intellectual disabilities.

- I pass out 7-10 stuffed animals, which can create engagement with folks who are more introverted.
- I play an intro song (lately it’s P!nk’s “Get the Party Started”) using an iPod and a speaker, and I walk around giving everyone fist bumps.
- The first segment of the main program is music. Sample lineup:
 - “Wipe Out” instrumental by the Surfaris. I like this because most of the people who cannot stand up can participate. I call out arm movements, and we do the arm dance together.
 - “Habanera La La La” by Jim Gill gets everyone singing.
 - “Knuckles Knees” by Jim Gill is difficult to keep up with but fun to try.
 - “The Mississippi Cha-Cha Slide” by Mixx Master Lee. I like this one because the lyrics tell you exactly what to do. Many students get up and dance. Staff members and I offer to bring out students who use wheelchairs so they can join in.
- The second segment is the literacy portion. For Black History Month, I featured **Ice Cream Man: How Augustus Jackson Made a Sweet Treat Better** by Glenda Armand.
 - As a “warm up,” I showed pictures of ice cream and we talked about our favorite flavors. Then we did a group reading of an “Ice Cream Man” chant, modified from the one on this page: <https://momvstheboys.com/2018/04/ice-cream-songs-for-preschoolers/>
 - Then I read the book out loud. When I read to the group, I do my best to show everyone each picture. If a book has too much text, I just summarize pages – or skip pages altogether.
- The final segment is music with “manipulatives.” On this day, we used rhythm sticks with these songs:
 - “We Will Rock You” by Queen
 - “Texas Hold ‘Em” by Beyonce
 - “Hollaback Girl” by Gwen Stefani
 - “Jump Around” by House of Pain
- I always end with the “The Goodbye Song” by Sugarcrash Kids. Everyone knows this signals the end of the program, so they sit back down and someone collects the stuffed animals and the rhythm sticks. Then a student or two will hold up our “goodbye signs,” which have rhyming animal sayings on them: “See you later, alligator” etc. It’s a good, consistent way to end each program.