Bright Horizons: Comprehensive Learning Series

for Youth with Disabilities (6-17) & Their Mothers

Program Timetable (12 Weeks)

Children's Modules (6-17 years)

- Foundations of English: Vocabulary, reading, communication

- Confidence & Communication: Self-expression

- Emotional Intelligence & Empathy: Recognizing emotions, building relationships

- Teamwork & Problem Solving: Collaborative activities

- Digital Literacy & AI Basics: Safe technology use, introduction to AI

- Life Skills & Independence: Goal setting, routines, decision-making

- Creativity & Storytelling: Arts, writing, expressive communication

- Future Readiness (14-17): Career awareness, personal growth

Mothers' Modules (Parent Support Program)

- Supporting Learning at Home: Reinforce childrens lessons

- Emotional Well-being & Stress Management: Coping strategies, self-care

- Communication & Family Engagement: Strengthening bonds, motivation

- Digital Tools & AI for Parents: Understanding learning platforms

- Empowerment & Lifelong Learning: Confidence, growth mindset

Weekly Timetable:

Week 1-2: Foundations of English; Confidence & Communication | Supporting Learning at Home; Emotional Well-being & Stress Management

Week 3-4: Emotional Intelligence & Empathy; Teamwork & Problem Solving | Communication & Family Engagement

Week 5-6: Digital Literacy & AI Basics | Digital Tools & AI for Parents

Week 7-8: Life Skills & Independence; Creativity & Storytelling | Empowerment & Lifelong Learning

Week 9-10: Future Readiness (14-17) | Optional workshop: supporting teen independence

Week 11-12: Review & Completion Projects | Reflection, program impact, certification

Session Duration:

- Children: 45 minutes per session, 2 sessions per week (~1080 minutes total)

- Mothers: 60 minutes per session, 1 session per week (~720 minutes total)

Delivery Mode: Online, hybrid, or onsite at Kayan centers.

Outcome: Inclusive learning for youth with disabilities and empowerment for mothers, culminating in co-branded certificates.