

	MONDAY 19/08/2024	TUESDAY 20/08/2024	WEDNESDAY 21/08/2024	THURSDAY 22/08/2024	FRIDAY 22/08/2024
MORNING	<p><b>Make your own BINGO!</b> Receiving a blank sheet of paper we will encourage you to write 5 fun facts about yourself. Staff will then call out common facts, If we call out the one you have on your paper you will place a coin on that answer, if you get all 5 coins you call out.. <b>BINGO!</b></p>	<p><b>Arts and crafts!</b> Promoting connections &amp; self expression , explore your creative side while increasing your fine motor skills. This could include rock art, pouring pain, dotted paint, scrapbooking and many more.</p> <p>simply choose any art.</p>	<p><b>CONNECTIONS!</b> Building bonds is great, its time to build stronger connections and by doing this we strongly encourage our clients to speak to different clients/staff about what their favourite sport is and see if each sport can be demonstrate without actually playing the sport.</p>	<p><b>Online YOGA!</b> This task is simply just learning different yoga strategies using youtube online.</p> <p>simply reading! If yoga is not your thing, dont stress! we can sit back and enjoy some reading.</p>	<p>Friday fun day! lets get pampered! The girls have a fun day today but firstly lets do some massage classes, the girls can participate in learning how to give back massaged. this releases stress and also alows the clients to build bigger bonds with the others.</p>
AFTERNOON	<p><b>Team bonding expeiriance:</b> Clients are encouraged to join together in preforming new friendships throughout the day staff will observe the girls strategies on gaining friendships. we will also help in encouraging the girls to join in on activities throughout the program.</p>	<p><b>Beauty class!</b> Today Abby (support) is teaching our girls how to wax eyebrows, legs, armpits and many more. Abby has her very own certificate in beauty and will be helping the girls succeed in more beauty fixures.</p>	<p><b>sport!</b> With a buddy or by yourself we encourage each client to involve themselves in fitness activity, this involves running on the spot, walking on the spot, dancing, or even just sitting with their knees in the air.</p> <p>beauty classes. hair, makeup, nails, communicating together to help our beauty needs.</p>	<p><b>Candle decorating"</b> To help the girls grow we have implemented a candle making art class, they can design their very own candle and smell that goes with it.</p> <p><b>Baking:</b> Lets bake! the girls have a decision to bake either cupcakes or a cake, with the help from staff.</p>	<p><b>LIBRARY!</b> We encpurae the girls to sit together in the library and talk about the week they had from monday onwards, I want the girls to write down 2 points they liked the most about this week and why. Staff will help the girls in completing this task.</p>
AFTERNOON	<p><b>LUNCH!</b> Each client is encouraged to choose their very own meal weather that includes cooking, snacking or relaxing.</p> <p><b>Arts and crafts:</b> Paint the county flag of your religion/where you were born or even your favourite country.</p>	<p>wellness activities, Building healthy bodies and minds this will incorporate a range of fun activities to build on your problem solving. team work and mking better connections as a team. yoga, zumba, meditation ect.</p> <p><b>LUNCH!</b></p>	<p><b>LUNCH!</b></p> <p>communications tasks. Sitting in a communication circle we have asked each client to take turns in telling us a scary story, a story can be fake or real!</p>	<p><b>Cooking!</b> Learn cooking skills, food and meal preperations and even budgeting. creating different delicious foods.</p> <p><b>Music media.</b> Music and media for kids/adults, developing music skills, confidance, and connections to a variety of different songs.</p>	<p><b>KARAOKE!</b> The girls can have fun this afternoon in taking turns in picking their favourite songs and singing together, having fun with karaoke and building bonds that will last forever.</p> <p><b>LUNCH!</b></p>
EVENING	<p><b>Music therapy!</b> Using the TV each client is encouraged to choose a favourite genre of music, clients can sit, dance, talk amongst themsevles or walk around. The girls are also welcome to use any room during music breaks.</p>	<p><b>OWN THEREPUTIC!</b> This afternoon will well and truley be your very own afternoon, getting to know yourself as well as others, focus on being you and doing whatever it takes to be happy. Dance, read, relax, draw, paint, ect.</p>	<p><b>MOVIE!</b> The girls get a piece of paper each to write one favourite movie down, we will draw from a hat and watch the movie. Afterwards we encourage the girls to talk amongst thrmselves about what their favourite parts were and why.</p>	<p><b>Readiness:</b> The girls can have some time on their own this afternoon on reading, watching TV or even sensory play and many more activities if their feeling creative.</p>	<p><b>Create a game!</b> Talking with one another by making up a board game by starting to collect a bunch of different board game pieces then in groups on 2-3 challenge each other in designing your own board game.</p>