

Rank from 1 to 5 in order of preference

# term 4 Oct - Dec



**MONDAY**

|                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Free</b>              | <b>Free</b>              | <b>Free</b>              | <b>Free</b>              | <b>Free</b>              |

- |   |   |   |  |  |
|---|---|---|--|--|
| <ul style="list-style-type: none"> <li>-Exploring new locations</li> <li>-New experiences</li> <li>-Learning about the world around us and cultural differences.</li> </ul> | <ul style="list-style-type: none"> <li>-Release stress and anxiety</li> <li>-Learn new life skills</li> <li>build confidence</li> </ul> | <ul style="list-style-type: none"> <li>-Releasing stress and anxiety</li> <li>-Meeting sensory needs</li> </ul> | <ul style="list-style-type: none"> <li>-Social and community participation by promoting social interaction and fostering a sense of belonging</li> </ul> | <ul style="list-style-type: none"> <li>-Gross and fine motor skills</li> <li>-Problem solving</li> <li>-Promote better coordination and flexibility</li> <li>-Team building</li> </ul> |
|---|---|---|--|--|



**TUESDAY**

|                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Free</b>              | <b>Free</b>              | <b>Free</b>              | <b>Free</b>              | Cost - \$6.50            |

- |   |   |   |  |   |
|---|---|---|--|---|
| <ul style="list-style-type: none"> <li>-Build self confidence</li> <li>-Increase hygiene skills</li> <li>-Release stress and anxiety</li> <li>-Build friendships</li> </ul> | <ul style="list-style-type: none"> <li>-Build self confidence</li> <li>-Increase hygiene skills</li> <li>-Release stress and anxiety</li> <li>-Build friendships</li> </ul> | <ul style="list-style-type: none"> <li>-Build confidence</li> <li>-Release stress and anxiety</li> <li>-Help express feelings and emotions</li> </ul> | <ul style="list-style-type: none"> <li>-Money handling skills</li> <li>-Independence</li> <li>-Communication</li> </ul> <p>*PLEASE BRING OPAL CARD</p> | <ul style="list-style-type: none"> <li>-Social and community participation</li> <li>-Assessing the wider community</li> </ul> |
|---|---|---|--|---|

**WE CARE!**

Rank from 1 to 5 in order of preference

# term 4 Oct - Dec



## WEDNESDAY

Swimming



Free

- Release stress and anxiety
- Learn new life skills
- build confidence

Gentlemen's Day



Free

- Increase hygiene skills
- Release stress and anxiety
- Build friendships

Gym



Free

- Increase fitness, muscle tone and strength
- Promote better coordination, and flexibility

Arts & Crafts



Free

- Hand-eye coordination
- Gross and fine motor skills
- Stimulates creativity

In House Sensory



Free

- Releasing stress and anxiety
- Meeting sensory needs
- Experience new textures



## THURSDAY

Club Lunch



Cost \$20

- Release stress and anxiety
- Promote discussion with peers over common interest

Boxing



Free

- Release stress and anxiety
- Learn new life skills
- Build confidence

Arts & Crafts



Free

- Hand-eye coordination
- Gross and fine motor skills
- Stimulates creativity

Bowling



Free

- Gross and fine motor skills
- Problem solving
- Promote better coordination and flexibility

Exploring Sydney



Free

- Social and community participation
- Discover new places
- Build confidence

**WE CARE!**

Rank from 1 to 5 in order of preference

# term 4 Oct - Dec



**FRIDAY**

Community Access



**Free**

-Social and community participation by promoting social interaction and fostering a sense of belonging

In House Sensory



**Free**

-Releasing stress and anxiety  
-Meeting sensory needs

BBQ & Basketball



**Free**

-Social and community participation by promoting social interaction and fostering a sense of belonging

BBQ & Gardening



**Free**

- Food handling skills  
- Preparing meals  
-Hand-eye coordination  
-Gross and fine motor skills

Bowling



**Free**

-Gross and fine motor skills  
-Problem solving  
-Promote better coordination and flexibility

**WE CARE!**

## Program Ideas For Next term

If there is an activity you would like to try next term please let us know

Please feel free to provide feedback



If you have any questions, please contact the Team Leader

**WE CARE!**

**eloma**  
care

New skills I would like  
to learn at my Day  
Program



Please tick ✓ life skills you would like to work towards this term

I would like to work towards ...

A long, light grey rounded rectangular box intended for writing the skills the user wants to work towards.

- Counting
- Reading
- Healthy food choices
- Tying my shoe
- Identifying my feelings
- Communication
- Brushing my hair
- Hand hygiene
- Brushing my teeth
- Writing my name
- Money Skills