

Rank from 1 to 5 in order of preference

# term 1 jan - March

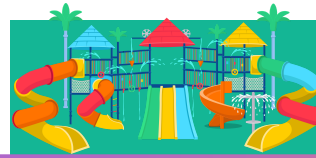


**Cooking Around The World**



**Free**

- Exploring new locations
- New experiences
- Learning about the world around us and cultural differences.



**Swimming & Water Park**



**Free**

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



**Zumba**



**Free**

- Releasing stress and anxiety
- Meeting sensory needs



**Community Access**



**Free**

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



**Flip Out/ Shine Shed**



**Free**

- Social and community participation
- Assessing the wider community



**Gentlemen's Day**



**Free**

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



**Ladies Day**



**Free**

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



**Bowling**



**Free**

- Build confidence
- Release stress and anxiety
- Help express feelings and emotions



**Travel Training**



**Free**

- Money handling skills
  - Independence
  - Communication
- \*PLEASE BRING OPAL CARD



**Arts, Crafts/ In House Sensory**



**Free**

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

**MONDAY**

**TUESDAY**

**WE CARE!**

Rank from 1 to 5 in order of preference

# Term 1 Jan - March



Swimming & Water Parks

WEDNESDAY



Free

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

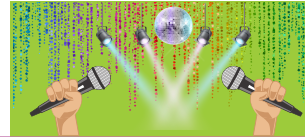


Bike Riding Olympic Park



Free

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



Disco & Karaoke



Free

- Build confidence
- Release stress and anxiety
- Help express feelings and emotions



Arts, Crafts & In House Sensory



Free

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



NRL Workshop



Free

- Releasing stress and anxiety
- Meeting sensory needs
- Learn new skills by NRL players



Club Lunch

THURSDAY



Cost \$20

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



CrossFit



Free

- Hand-eye coordination
- Gross and fine motor skills
- Build Confidence



Heroes With Abilities



Cost \$10

- Hand-eye coordination
- Gross and fine motor skills
- Build Confidence

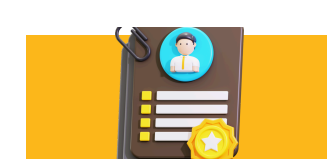


Arts, Crafts & In House Sensory



Free

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



Work Experience



Free

- Social and community participation
- Learn new skills
- Build confidence

**WE CARE!**

Rank from 1 to 5 in order of preference

# Term 1 Jan - March



Community Access



Music Program



BBQ & Basketball



Fishing & BBQ



Bowling

FRIDAY



Free



Free



Free



Free



Free

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

-Build confidence  
-Release stress and anxiety  
-Help express feelings and emotions

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

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

-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

