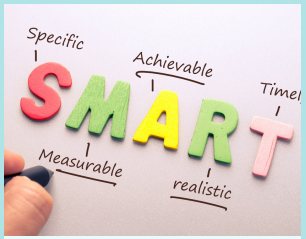
Interpersonal Skills	Independent Living Skills Training Theme Week 1: Learning to communicate			
MON 2	**TUE 3**	**WED 4**	**THU 5**	**FRI 6**
Lunch Provided	Please bring a packed lunch	Please bring a packed lunch	Please bring a packed lunch	Please bring a packed lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
 Cooking	 Art and crafts	 Swimming	 Crazy Science Volcano making	 Baking
Listen and draw game **I-spry** **the guessing game** **Sign language** **Making visual cards**				
 Fitness at the centre	 Card games	 Gardening Weeding	 NDIS Goal's	 Bowling $6.50

May 2022

Young Adult Activities

Tuggeranong

Please bring a water bottle and hat each day.

Contact the Lifestyle Services Team to book: 6293 6500

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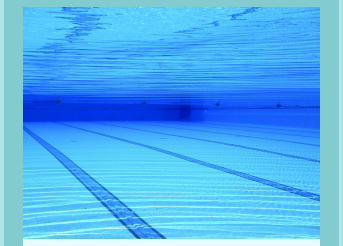
Interpersonal Skills		Independent Living Skills Training Theme Week 2: Stranger Danger		
MON 9	**TUE 10**	**WED 11**	**THU 12**	**FRI 13**
Lunch Provided	Lunch Provided	Please bring a packed lunch	Please bring a packed lunch	Please bring a packed lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
 Cooking	 Cooking	 Arts and crafts Rag Rugs	 Gardening	 What's in the box?
Who is a stranger? Role plays Identifying 'safe' people				
 Gardening	 Making playdough	 Swimming	 Yarralumla Play Station Price TBC	 Community walking

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Young Adult Activities

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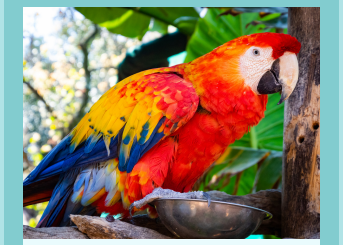
Interpersonal Skills	Independent Living Skills Training Theme Week 3: What we say, and do			
MON 16	**TUE 17**	**WED 18**	**THU 19**	**FRI 20**
Please bring a packed lunch	Lunch provided	Please bring a packed lunch	Please bring a packed lunch	Please bring a packed lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Fitness at the park	Cooking	Baking	NDIS Goals	Henna art
• **What would you say game?** • **Making choices game**				
Gardening	Swimming	 Zoo visit $40 of free with companion card	Science Challenge	Program Planning

May 2022

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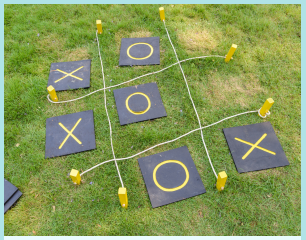
Interpersonal Skills		Independent Living Skills Training Theme Week 4: Building Communities		
MON 23	**TUE 24**	**WED 25**	**THU 26**	**FRI 27**
A small lunch provided	Please bring a packed lunch	Lunch provided	Please bring a packed lunch	Please bring a packed lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
Planning a trip to the movies	NDIS Goal's	Cooking	Baking	Swimming
What's happening in our community? Planning a community trip- Choosing dates, times, transport, money, permission etc.				
Baking for a high tea	Community walking	Art and crafts	 Outdoor games	Science

May 2022

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