
















Personal Safety and Wellbeing

Independent Living Skills
Week 2 Focus: Safety in The community

MON 11	TUE 12	WED 13	THU 14	FRI 15
Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch

Morning Chat: Morning Tea / Setting The Scene /Small Group Activities

 <div>Canberra Day</div>	 <div>Cooking: 4 Ingredient recipe</div>	 <div>Emergency Services Workshop</div>	 <div>Excursion: Canberra Exhibition Centre Visit</div>	 <div>Community Walk</div>
 <div>Canberra Day</div>	 <div>First Aid Awareness</div>	 <div>Fire Drill</div>	 <div>Common Injuries and Prevention</div>	 <div>Basic Safety Rules in the Community</div>
 <div>Canberra Day</div>	 <div>Write About your Culture</div>	 <div>April Calendar Planning</div>	 <div>Trivia Games</div>	 <div>World Sleep Day Activities</div>

March 2024

gungahlin

North Hub
Program

Please bring a water bottle, hat and lunch each day.

To book contact
Disability Services
Enquiries 0410 327 757

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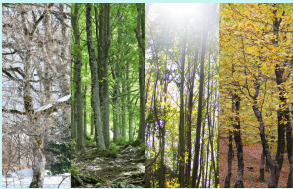










Personal Safety and Wellbeing

Independent Living Skills
Week 3 Focus: Seasonal Changes & Staying Safe

MON 18	TUE 19	WED 20	THU 21	FRI 22
Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch

Morning Chat: Morning Tea / Setting The Scene /Small Groups Activities

 <div>Excursion: National Dinosaur Museum(\$20)</div>	 <div>BBQ & Picnic at the Park</div>	 <div>Swimming</div>	 <div>Seasons In other countries</div>	 <div>Dress Up Day</div>
 <div>Understanding Seasonal Change</div>	 <div>Telling the time and Concept of Time</div>	 <div>Flu Awareness</div>	 <div>Learning about Germs</div>	 <div>Pizza Party</div>
 <div>Charade</div>	 <div>Computer Skills</div>	 <div>International Day of Happiness Activities</div>	 <div>World Down Syndrome Day</div>	 <div>Story Telling-Share your Story</div>

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Personal Safety and Wellbeing		Independent Living Skills Week 4 Focus: Social Etiquette		
MON 25	TUE 26	WED 27	THU 28	FRI 29
Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch
Morning Chat: Morning Tea / Setting The Scene / Small Groups Activities				
 <p>Excursion: Mini Golf, Yarralumla PlayStation(\$16)</p>	 <p>North Hub Café</p>	 <p>Swimming</p>	 <p>Baking- Easter Bunny Cookies</p>	 <p>Good Friday</p>
 <p>Public Transport Etiquette</p>	 <p>Social Etiquette in the community</p>	 <p>Table Etiquette</p>	 <p>Gardening-Growing Indigenous Plants</p>	 <p>Good Friday</p>
 <p>Karaoke</p>	 <p>In-house Movie</p>	 <p>Computer Skills</p>	 <p>Clean Up Centre</p>	 <p>Good Friday</p>

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