

Daily Living Skills

Week 1 Focus: Shopping and Budgeting

March/April 2025

MON 31

Please bring a packed lunch or money for lunch

TUE 01

Please bring a packed lunch or money for lunch

WED 02

Please bring a packed lunch or money for lunch

THU 03

Please bring a packed lunch or money for lunch

FRI 04

Lunch Provided

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



Make a shopping list



Fitness In-Centre



Social Connections: Local Cafe Visit



Budgeting For Tomorrow's BBQ



Park Visit: BBQ



Programming for NDIS Goals



Programming for NDIS Goals



Programming for NDIS Goals



Programming for NDIS Goals



Programming for NDIS Goals



Numeracy: Budgeting Basics



Literacy: Grocery Word Search online



Numeracy: Adding/Subtracting using Money



Indoor Games



Literacy: Typing Practice

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

To book contact
Disability Services
Enquiries 0410 327 757

**communities
atwork**

commsatwork.org



Daily Living Skills

Week 2 Focus: Hygiene and Appearance

April 2025

MON 07

Please bring a packed lunch or money for lunch

TUE 08

Please bring a packed lunch or money for lunch

WED 09

Please bring a packed lunch or money for lunch

THU 10

Please bring a packed lunch or money for lunch

FRI 11

Please bring a packed lunch or money for lunch & \$7.50 for Bowling

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



Importance of Hygiene



Personal Grooming Practice



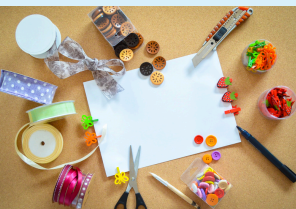
Reading Hygiene Instructions



Toileting Hygiene



Bowling



Creative expression: Painting



Creative expression: Origami



Creative expression: Clay Art



Creative expression: Beading



Creative expression: Crafting Hygiene Signs



Dental Hygiene Practice



Learning about Hair Care



Literacy: Writing Hygiene Reminders



Foot & Nail Care



How to make a bed?

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

To book contact
Disability Services
Enquiries 0410 327 757

communities
atwork

commsatwork.org



Daily Living Skills

Week 3 Focus: Food Preparation and Safety

April 2025

Gungahlin

North Hub Program

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



Healthy Snack Challenge



Identifying Expired Food



Easter Baking



4 Ingredient Cooking



Public Holiday



Mindfulness: Meditation



Mindfulness: Breathing



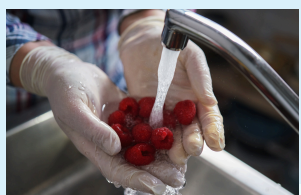
Mindfulness: 5 Senses Exercise



Mindfulness: Gratitude Jar



Public Holiday



Safe Food Handling Practice



How to organize a pantry?



How to empty a bin?



How to properly stack a dishwasher?



Public Holiday

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

To book contact
Disability Services
Enquiries 0410 327 757

**communities
atwork**

commsatwork.org



Daily Living Skills

Week 4 Focus: Health & Well-being

April 2025

MON 21

Public Holiday

TUE 22

Please bring a packed lunch or money for lunch

WED 23

Lunch Provided

THU 24

Please bring a packed lunch or money for lunch & Bus/Companion Card

FRI 25

Public Holiday

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



Public Holiday



Baking ANZAC Day Cookies



4 ingredient Cooking



Travel Training: Bus Ride



Public Holiday



Public Holiday



Sharing Circle: What makes you happy?



Make a Self-Care Routine



Healthy Habits Trivia



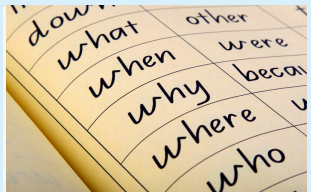
Public Holiday



Public Holiday



Fitness in-Centre



Literacy: Fill-in-the-blanks



Board Games



Public Holiday

Gungahlin

North Hub Program

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

To book contact
Disability Services
Enquiries 0410 327 757

communities
atwork

commsatwork.org



Daily Living Skills

Week 5 Focus: Communicating Effectively

April/May 2025

MON 28

Please bring a packed lunch or money for lunch

TUE 29

Please bring a packed lunch or money for lunch

WED 30

Lunch Provided

THU 01

Please bring a packed lunch or money for lunch & Bus/Companion Card

FRI 02

Please bring a packed lunch or money for lunch

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



Fitness in-Centre



Practicing Greetings & Introductions



BBQ In-Centre



Travel Training: Bus Ride



Park Visit: Ball Games



Practicing Active Listening



Make your own: Communication Cards



Telephone Conversation Roleplay



How to ask for help?



Understanding body language



Charades



Literacy: Writing a letter



Communicating with pictures: Photography



Musical Chair



Recognizing Humor and Sarcasm

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

To book contact
Disability Services
Enquiries 0410 327 757

**communities
atwork**

commsatwork.org

