

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

Lunch Provided

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 shopping List



4 Ingredient Cooking



All Abilities Gym



Budgeting For Tomorrow's BBQ



BBQ at the Centre



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

Tuggeranong

South 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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Daily Living Skills

Week 2 Focus: Hygiene and Appearance

April 2025

MON 07

TUE 08

WED 09

THU 10

FRI 11

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

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

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

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



Bowling



Personal Grooming Practice



All Abilities Gym



Toileting Hygiene



Importance of Hygiene



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?

Tuggeranong

South Hub Program

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Daily Living Skills

Week 3 Focus: Food Preparation and Safety

April 2025

MON 14

Please bring a packed lunch or money for lunch

TUE 15

Please bring a packed lunch or money for lunch

WED 16

Please bring a packed lunch or money for lunch

THU 17

Please bring a packed lunch or money for lunch

FRI 18

Public Holiday

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



Healthy Snack Challenge



Identifying Expired Food



Fitness in Centre



Easter Baking



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

Tuggeranong

South Hub Program

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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

Please bring a packed lunch or money for lunch

THU 24

Please bring a packed lunch or money for lunch

FRI 25

Public Holiday

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



Public Holiday



Baking ANZAC Day Cookies



Fitness in Centre



Karaoke



Public Holiday



Public Holiday



Sharing Circle: What makes you happy?



Make a Self-Care Routine



Healthy Habits Trivia



Public Holiday



Public Holiday



Yoga Chair



Literacy: Fill-in-the-blanks



Board Games



Public Holiday

Tuggeranong

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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

Please bring a packed lunch or money for lunch

THU 01

Please bring a packed lunch or money for lunch

FRI 02

Please bring a packed lunch or money for lunch

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



Wii Dancing



Practicing Greetings & Introductions



All Abilities Gym



Gardening



Outdoor 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

Tuggeranong

South Hub Program

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