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	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30 am	 Mindfulness and Me	 Laughing Yoga	 Mindfulness and Me	 Laughing Yoga	 Mindfulness and Me
Session 1 9:30 - 11:00 am	 In The Know- Behind the News	 Numeracy and number recognition	 In The Know- Behind the News	 Literacy & Comprehension	 Money & Budgeting
<b>MORNING TEA 11:00 – 11:30</b>					
Session 2 11:30 - 1:00 pm	 Relationships (social wellbeing)   Money & Budgeting	 Train Your Brain Games   Art Express <b>\$5</b>	 Lights, Camera, Action – Drama!   Lab Rats- Science	 Fitness and Healthy Choices	 Travel Training and community access <b>Opal card</b>
<b>LUNCH 1:00 - 1:30</b>					
Session 3 1:30 - 3:00 pm	 Healthy Bites Cooking <b>\$5</b>   Tech Savvy	 Fitness & Healthy Choices	 Skills 4 Life   Tech Savvy	 Art Express <b>\$5</b>   Train Your Brain Games	CONT.....  Travel Training and community access <b>Opal card</b>

**For further information, please feel free to contact Learning & Lifestyle Team Leader-  
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Please refer to the icons legend below

## Learning & Life Skills Icons & Definitions

**Foundation Skills** supports skill development in literacy and numeracy, with a focus on scaffolding learning from base line concepts to increasingly complex written, reading, viewing, listening and comprehension tasks. Foundation Skills also seeks to develop numeracy and mathematical skills in concepts including number, measurement, geometry, probability and statistics.

**Life Skills** focuses on day to day tasks, such as cooking and domestic skills, hygiene, organisational skills, budgeting, home maintenance, public transport and public safety and interactive tasks such as banking and social activities

Utilising local connections and support, **Social Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site

**Healthy Body / Healthy Mind** focuses on being active, making healthy choices and being responsive to a person's mental and physical wellbeing. It supports people to take care of themselves and their family and friends, and directs people to make right choices when it comes to a person's health and lifestyle activities.

**Technology** utilises current materials, components, tools, equipment and techniques to design, make and record solutions. It draws on traditional and new types of technology, including computers, tablets, smart phones, virtual technologies, robotics, coding, digital photography, video and music to support people to describe, draw and model ideas and create content.

**Recreation** provides people with the opportunity to having fun, making connections and simply doing what makes you happy Recreation focuses on connecting with friends, doing fun things at home, at a centre or in the community, or simply taking time to relax and unwind.

**Employment** focuses on developing skills needed for work. Whether it's work experience, volunteer or paid employment, people will undertake both theory and practical applications in order to learn those skills required to know what type of work a person is interested in, search for work, apply for and undertake interviews, explore ideas appropriate dress and language and behaviour when in the workplace.

**Passion & Hobbies** is all about doing the things you love! It could be skill development, or launching your own online business, or simply exploring a creative outlet as a hobby. Whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, It might mean conducting experiments to see how things work, or taking time out to literally smell the roses. If it makes you smile; if you lose track of time doing it, then this is what passion projects & hobbies is all about.

**Special Events** enables communities to come together. Whether competitively in events like 'Battle of the Bands', celebrating calendar events like Australia Day or hosting monthly BBQ's, special events provide an opportunity for people to show off their talents or participate in local community events (ie: Show Day)



### Foundation Skills

Support and development in areas relating to:

- Reading, writing, comprehension
- Speaking, communication
- Numbers, Addition, Subtraction
- Measurement, Size
- Signing – eg. Pecs, Makaton, key word sign

### Life Skills

Support for activities relating to:

- Home and domestic skill - Cooking - Shopping - Personal care
- Budgeting, banking and other money skills
- Safety and public transport Maintenance (home, vehicles)

### Social Engagement

Supporting people to attend and interact with:

- Library - Bunnings - Men's Shed - Ladies Group
- Music eg Battle of the Bands - Drumming Circle
- Volunteering

### Healthy Body / Healthy Mind

Focusing on:

- Physical wellbeing - Personal relationships
- A person's mental, emotional and social wellbeing
- Outdoor/indoor activities eg. Gym, Sailability, Martial Arts, Yoga, Sport

### Technology

Learning activities and support relating to:

- Computers - Virtual Reality
- Robotics - Coding
- Safety (on the web, using devices)
- Smart phones, Tablets and other devices - 3D printing

### Recreation

Activities that support people to:

- Art and craft - Art groups
- Bowling - Photography and video
- Music (listening to, playing music)
- Fishing - Bingo and other games

### Employment

Support to enhance a person's ability to search for and obtain meaningful employment via:

- Work placement / pracs
- Resume and letter writing
- Interview skills
- Grooming and dress sense

### Passion & Hobbies

Projects or activities that are specific to a person or groups of people:

- Furniture restoration
- Woodworking
- Activities that relate to the outdoors - gardening, chooks, bushwalking
- Understanding how things work (gadgets & experiments)

### Special Events

Activities/Events that bring people together:

- Australia Day, Anzac Day,
- Easter, Christmas
- Melbourne Cup, Show Day
- Site Open Day