































Program: Commencing October to December 2020					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Session 1</b> 9:00am-10:00am Includes Morning Tea	 News	 Morning Yoga	 Culture & Cuisine (Theory)	 Park Walks	 Weekly Meeting
	 Music	 Gardening	 Non-verbal Communication	 Reading & Spelling	 Folding Clothes
<b>Session 2</b> 10:00am-1:00pm Includes Lunch	 Baking	 Science Experiments	 Culture & Cuisine (Prac)	 Photography	 Tabata
	 Move 'N Groove	 Personal Hygiene (Male)	 Meditation	 VR	 iPad Basics
<b>Session 3</b> 1:00pm – 3:00pm	 Talk & Tech	 Woodwork	 Craft	 Money & Budgeting	 Karaoke
	 Bowling	 House Keeping	 Personal Hygiene (Female)	 Sports	 Social Media

Kingston Learning & Lifestyle Daily Activities

<b>Activity</b>	<b>Definition</b>
Baking	Baking different types of goodies.
Bowling	Bowling games in the centre.
Craft	Creating different kinds of crafts using the module workbook.
Culture & Cuisine	Learning about different cultures and learning how to create 1 dish per culture from scratch.
Folding Clothes	Learning how to fold different clothing items – module workbook.
Gardening	The basics of gardening – watering, feeding, trimming, raking, etc.
House Keeping	The basics of keeping a house clean and tidy – using the module workbook.
iPad Basics	Learning the basics of using and caring for iPads and Tablets – module workbook.
Karaoke	End of week music session.
Meditation	Calming session mid-week.
Money & Budgeting	Understanding what currency is and how to use it.
Morning Yoga	Light and easy daily dose of exercise.
Move 'N Groove	Fun physical activities with music.
Music	Start of week music session.
News	Watching and discussing the weekly news.
Non-verbal Communication	Communication activities with little to no spoken words.
Park Walks	Morning exercise session.
Personal Hygiene (Female)	Understanding the importance of good personal hygiene for women – module workbook.
Personal Hygiene (Male)	Understanding the importance of good personal hygiene for men – module workbook.
Photography	Using technology such as iPads and Tablets to work on photography skills.
Reading & Spelling	Maintaining and/or developing reading and spelling skills – module workbook.
Science Experiments	Conducting fun science experiments – module workbook.
Social Media	Module workbook.
Sports	Discussing and playing different types of sports.
Tabata	Daily exercise.
Talk & Tech	Using technology to help limited and/or non-verbal customers communicate.
VR	Virtual reality – allowing customers to experience real life scenarios on screen.
Weekly Meeting	Discussions about what has happened during the week and what we will do on the weekend.
Woodwork	Creating different type of arts and crafts using paddle pop sticks.

## Kingston Learning & Lifestyle Daily Activities

Please refer to the icon legends below



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, Community 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.



Information, Communication and 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.



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.



Getting out - or staying in - having fun, making connections and simply doing what makes you happy is what Leisure, Adventure and Recreation is all about. Leisure, Adventure and 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 behavior when in the workplace.



Passion Projects is all about doing what you're passionate about! It could be skill development, or launching your own online business, or simply exploring a creative outlet. If it makes you smile; if you lose track of time doing it, then this is what passion projects is all about.



The importance of nature – whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, means that people are able to touch, taste, smell, hear and see those things which make up the world. It might mean conducting experiments to see how things work, or taking time out to literally smell the roses.



This support allows the person to identify specific types of supports required, and, if available, provide those supports on an individual basis. This might mean extra focus on Foundation Skills, or Community Engagement, or an area that isn't captured in a person's Pathway profile.