



Friday

Youth Group Programme – July 2021

Life Skill Focus: Benefits of a Healthy Mind and Body

9.30am – 3.30pm Activity Room, Farnborough Library

<p>2nd July</p>	<p>AM – Mood boards (colours and pictures), how do they make you feel?</p> <p>PM – Collage of things found in your favourite colour</p>
<p>9th July</p>	<p>AM – Art and music – what does this make you think of?</p> <p>PM – Testing out our Makaton skills, how much do we know?</p>
<p>16th July</p>	<p>AM – Spa and pamper Morning</p> <p>PM – Making sensory, scented and textured paints</p>
<p>23rd July</p>	<p>AM – Relaxation and meditation</p> <p>PM – Walking and talking, how does that make us feel?</p>
<p>30th July</p>	<p>AM – Make something that makes us feel happy out of clay</p> <p>PM – Making sensory slime</p>

Please bring sun cream and a packed lunch to every session unless otherwise stated

For any comments suggestions or queries regarding the activity programme please contact the Club Leader, Leanne Court or the Deputy Manager, Angie Morris

Tel: 01252 313103 or email leanne.court@parksidealdershot.co.uk or angie.morris@parksidealdershot.co.uk