



# Monday

## Youth Group Programme – July 2021

### Life Skill Focus: Benefits of a Healthy Mind and Body

9.30am – 3.30pm Activity Room, Farnborough Library

<p><b>28<sup>th</sup> June</b></p>	<p><b>AM</b> – Make a time capsule box to be opened in 6 months’ time</p> <p><b>PM</b> – Write a letter to someone in the future</p>
<p><b>5<sup>th</sup> July</b> No packed lunch required</p>	<p><b>AM</b> – Prepare a healthy lunch for a picnic Sensory walk using our senses, what did you see, feel, hear and smell? Picnic Lunch</p> <p><b>PM</b> – Meditation &amp; relaxation, how can we control our breathing?</p>
<p><b>12<sup>th</sup> July</b></p>	<p><b>AM</b> – How does different genres of music make us feel?</p> <p><b>PM</b> – Sensory bottle making</p>
<p><b>19<sup>th</sup> July</b></p>	<p><b>AM</b> – Walk in the community</p> <p><b>PM</b> – Make a dream catcher using items found</p>
<p><b>26<sup>th</sup> July</b> No packed lunch required</p>	<p><b>AM</b> – Visit to Gillian avenue Make sensory garden ornaments BBQ at the garden</p> <p><b>PM</b> – Clearing youth groups plot ready for seeding</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

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