



Tuesday

Youth Group Programme – July 2021

Life Skill Focus: Benefits of a Healthy Mind and Body

9.30am – 3.30pm Activity Room, Farnborough Library

<p>29th June</p>	<p>AM – Make a time capsule box to be opened in 6 months' time</p> <p>PM – Write a letter to someone in the future</p>
<p>6th July No packed lunch required</p>	<p>AM – Prepare a healthy lunch for a picnic Sensory walk using our senses, what did you see, feel, hear and smell? Picnic Lunch</p> <p>PM – Meditation & relaxation, how can we control our breathing?</p>
<p>13th July</p>	<p>AM – How does different genres of music make us feel?</p> <p>PM – Sensory bottle making</p>
<p>20th July</p>	<p>AM – Walk in the community</p> <p>PM – Make a dream catcher using items found</p>
<p>27th July No packed lunch required</p>	<p>AM – Visit to Gillian avenue Make sensory garden ornaments BBQ at the garden</p> <p>PM – 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, Jade Letham or the Deputy Manager, Angie Morris

Tel: 01252 313103 or email Jade.letham@parksidealdershot.co.uk or angie.morris@parksidealdershot.co.uk