



PROGRAM: Creative Minds

TIME: 0900 – 1200

DAY: Tuesday

FACILITATOR: Nikki Wood

AIM: To foster self-expression, creativity, and personal growth through engaging art and mindfulness activities, promoting social connection, confidence, and overall well-being in a supportive and inclusive environment.

GOALS: (Relates to NDIA goals of clients)

- Increased Community Access
- Developing Independent Living Skills
- Improved Social and Relationship Development
- Developing Concentration Skills
- Improving Overall Health and Wellbeing
- Increasing Independence
- Communication Improvement

OUTCOMES:

- Greater Social and Interaction Skills
- Greater Capability of Building and Maintaining Respectful Relationships
- Increased Concentration
- Increased Confidence, Self Esteem and Self worth
- Increased Mobility (coordination, dexterity, gross motor skills, fine motor skills)
- Increased Community Connections

RESOURCES:

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 13 DATE: 1.4.25	Palette knife painting	Morning tea, water bottle.	\$10
WEEK 14 DATE:8.4.25	Nature Print and leaf painting	Morning tea, water bottle.	\$10
WEEK 15 DATE:15.4.25	Paper mosaic	Morning tea, water bottle.	\$10
WEEK 16 DATE:22.4.25	Clay sculpting	Morning tea, water bottle.	\$10
WEEK17 DATE:29.4.25	Cont. clay sculpt painting	Morning tea, water bottle.	\$10
WEEK18 DATE: 6.5.25	Mixed media and found object art	Morning tea, water bottle.	\$10
WEEK 19 DATE: 13.5.25	Watercolour painting	Morning tea, water bottle.	\$10
WEEK 20 DATE: 20.5.25	Paper Mache	Morning tea, water bottle.	\$10
WEEK 21 DATE: 27.5.25	Paper Mache cont.	Morning tea, water bottle.	\$10
WEEK 22 DATE: 3.6.25	Silhouette painting	Morning tea, water bottle.	\$10
WEEK 23 DATE: 10.6.25	3D art	Morning tea, water bottle.	\$10
WEEK 24 DATE: 17.6.25	Mandala and pattern drawing	Morning tea, water bottle.	\$10