



**PROGRAM: Mindfulness Matters**

**TIME: 0900-1100**

**DAY: Friday**

**FACILITATOR: Holly-Lea Keding**

**AIM:** To encourage a happier and healthier life. For participants to come away with the understanding that life isn't always roses and butterflies, the negative components are just as important. Equipping participants with the knowledge and tools to help participants float through their heavy and negative emotions, without believing they must be, do, think or feel a certain way. Giving participants a safe space to be completely 100% unapologetically themselves and to discover just who that is. A safe space to be able to share ideas, thoughts and feelings without worry or fear of judgement. To be receptive and more understanding of different experiences and situations. To educate the importance of self-care and the benefits that come from enhancing well-being. To educate with the knowledge to help regulate emotions. To develop more of a sense of self-worth, self-awareness and a better understanding of the way their minds work. To become more aware of their triggers to de-escalate, cultivating a calmer outcome in difficult situations. To respond rather than react.

**GOALS: (Relates to NDIA goals of clients)**

- To be able to continue engaging with people as I don't have many friends.
- To increase my independence and exercise tolerance to be able to access the community
- I need help with a support person to assist with medical appointments and shopping.
- During this plan I would like to be supported in finding some volunteering work in my community.
- During this plan I would like to be able to access my community, engage in activities of my choice and interest and develop and maintain friendships.
- During this plan I would like to develop my independent living skills to maintain my own home and become more independent with completing my own personal/self-care.
- I would like to become aware of and understand budgeting and the cost-of-living expenses such as paying for taxis, groceries and bills.
- I would like to continue to wear my hearing aids to access my community and participate in activities that interest me safely.
- I would like to independently complete activities of daily living without assistance or redirection from others.
- I would like to learn to regulate my emotions and behaviours to participate in community activities with others.
- I would like to become more independent at home and in the community so I am less reliant on my family when I am participating in age appropriate activities.
- I would like to have the skills I need to build positive relationships with others and develop age appropriate friendships.
- To develop my coordination and physical strength so that I can actively participate in my chosen activities and tasks required of me at school.
- To develop my skills for understanding and managing personal hygiene so that I can develop independence in managing my personal care.
- To develop myself awareness and understanding of personal safety so that I can safely participate in social and recreational activities.
- To improve my attention and concentration so that I can remain focused when learning new tasks.
- I would like to continue to develop my daily living skills to live independently with my friends in the near future.
- I would like to enhance my ability to get a part time job or work as a volunteer.
- I would like to maintain my health and fitness.
- I would like to participate in social, recreational and community activities.
- I want to improve my health and wellbeing.



- I would like to continue to live as independently as possible in my own home.
- I would like to develop the skills to manage my emotions more effectively.
- I would like to explore volunteering opportunities in my community and access support to enable me to work towards this
- I would like to participate in social and community activities and increase my independence within my community.
- I would like to build my self-confidence so that I can lessen my vulnerability.
- I would like to improve my mental health and learn to regulate my emotions more effectively.
- I would like to lose weight so I can have surgery.
- I would like to study so I can go back into the workforce.
- I would like to get out in the community, to socialise with a view to create more lasting friendships.
- I want to continue to improve my self-care skills using appropriate supports to help me to become more independent and to maintain my health and well-being.
- I want to develop my social skills and build relationships with others.
- I want to develop the skills to prepare myself to become work-ready so that I can gain employment in the future.
- I want to improve my communication skills.
- During this plan I would like to explore ways to improve my mental health and resilience to maintain my employment.
- I would like to get a better understanding of my disability and access therapies that I need.
- I would like to improve my quality of life and increase my independence and daily living skills.
- I would like to improve my social skills and attend group activities.

#### OUTCOMES:

- **Increase resilience**
- **Friendship building**
- **Mindful life skills**
- **Develop self-awareness**
- **Increase independent and team building strategies**
- **To respond in turbulent times, rather than react**
- **Equip participants with the knowledge and tools to encourage better mental health's**
- **Increase overall good feelings**
- **Acceptance of negative feelings**
- **Acceptance of themselves, negative feelings and all**
- **Participants discovering parts of who they are before the world told them or they thought they had to be a certain way**

#### RESOURCES:

Affirmation cards	Chakra information
Electrical device	Canvas's
Internet (youtube or google mostly)	Music for dance
Paper	Chakra meditations
Paints	Mindfulness print outs
Colouring in pens and pencils	Emotional check in sheets
Card stock	
Learnt knowledge	




WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 04/04/25	Gratitude	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 2 DATE: 11/04/25	Participant to Facilitate	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 3 DATE: 02/05/25	Root Chakra	PLEASE WEAR RED ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 4 DATE: 09/05/25	Sacral Chakra	PLEASE WEAR ORANGE ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 5 DATE: 16/05/25	Solar Plexus Chakra	PLEASE WEAR YELLOW ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 6 DATE: 23/05/25	Heart Chakra	PLEASE WEAR GREEN ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 7 DATE: 30/05/25	Throat Chakra	PLEASE WEAR BLUE ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 8 DATE: 06/06/25	Third Eye Chakra	PLEASE WEAR PURPLE ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 9 DATE: 13/06/25	Crown Chakra	PLEASE WEAR WHITE OR PURPLE ANYTHING Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5
WEEK 10 DATE: 20/06/25	Coffee Date & Walk	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5 (To be used to pay for a drink of your choice from the café!)
WEEK 11 DATE: 27/06/25	Participant to Facilitate	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)	\$5



**WEEK 12**  
**DATE: 04/02/25**

**Ecstatic Dance**

**Healthy morning tea (eg. yoghurt,  
fruit, carrot, cucumber, vegetables,  
eggs)**

**\$5**  
**HOT CHOCOLATE**  
**supplied by Holly!**