



**PROGRAM: The Mixed Bag Program**

**TIME: 1000 - 1200**

**DAY: Wednesday**

**FACILITATOR: Yasser Hassan**

**AIM:.** To provide students with disabilities a well-rounded learning experience that enhances their **life skills, social development, independence, and environmental awareness** through engaging hands-on activities, community visits, and practical learning opportunities.

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

- Enhance Social Skills & Teamwork
- Encourage Nature Appreciation & Environmental Awareness
- Increase Environmental and Historical Awareness
- Improve Health, Safety, and Well-being
- Encourage Independence and Responsibility

**OUTCOMES:**

**✓ Demonstrate Independence & Practical Skills**

- Successfully complete **meal preparation, bill payments, and basic home safety tasks.**
- Show improved ability in **gardening, cooking, and handling responsibilities.**

**✓ Show Growth in Social and Communication Skills**

- Engage more confidently in **conversations, teamwork, and group activities.**
- Display **improved problem-solving and decision-making abilities.**

**✓ Develop a Greater Awareness of History and Nature**

- Recall key historical facts from **museum visits.**
- Recognize different **plants and their care requirements.**
- Show respect for **nature and the environment** through responsible behavior.

**✓ Demonstrate Physical and Mental Well-being**

- Show an appreciation for **healthy eating, physical activity, and mindfulness.**
- Participate actively in **sports and outdoor exploration.**

**✓ Apply Financial and Safety Knowledge in Real Life**



- Understand how to **manage money and online banking securely**.
- Demonstrate an ability to **identify hazards and apply safety practices at home**.

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#### RESOURCES:

Transportation and logistics	
Personal mobile phones	
Food and drinks	
TV	
Internet	
Hat	
Safety First Aid Kit	

❖ Please find attached Risk Assessment

WEEK	TOPIC	WHAT TO BRING	COST
<b>WEEK 13</b> <b>DATE:</b> <b>2<sup>nd</sup> April</b>	Picnic and Life Skills at Botanical Gardens	Hat, water and healthy snacks	\$5
<b>WEEK 14</b> <b>DATE:</b> <b>9<sup>th</sup> April</b>	Gardening – Planting and sowing	Hat and water Seeds, Gardening tools, Soil and Compost, Labels for plant identification Healthy snacks	\$5
<b>WEEK 15</b> <b>DATE:</b> <b>16<sup>th</sup> April</b>	Visit to Blackwater Coal Mining Museum	Hat and water Healthy Snacks	\$5
<b>WEEK 16</b> <b>DATE:</b> <b>23<sup>rd</sup> April</b>	Gardening – Transplanting and Plant Care	Hat and Water Pots, Mulching, organic fertilizers Healthy snacks	\$5
<b>WEEK 17</b> <b>DATE:</b> <b>30<sup>th</sup> April</b>	Life Skill Safety – Paying Bills and Online Banking	Tablet/Computer, Internet Healthy snacks	\$5
<b>WEEK 18</b> <b>DATE:</b> <b>7<sup>th</sup> May</b>	Life Skills- Home and Kitchen Safety	Healthy snacks, water First aid kit, fire safety guide	\$5
<b>WEEK 19</b> <b>DATE:</b> <b>14<sup>th</sup> May</b>	Farm Visits and Learning about Cattle Animals	Bring phone or camera Hat and water  Healthy snacks	\$5
<b>WEEK 20</b>	Fun and Sports Day	Sports Equipment ( Balls, sacks,	\$5



<b>DATE:</b> <b>21<sup>st</sup> May</b>		cones) water, first aid kit, music Healthy snacks	
<b>WEEK 21</b> <b>DATE:</b> <b>28<sup>th</sup> May</b>	Healthy Meal Planning and Batch Cooking	TV , Internet, cooking guide Healthy snacks	\$5
<b>WEEK 22</b> <b>DATE:</b> <b>4<sup>th</sup> June</b>	HOLIDAY		
<b>WEEK 23</b> <b>DATE:</b> <b>11<sup>th</sup> June</b>	Visit to Springsure Hospital Museum	Bus, Hat, water Health Snack Fertilizer, pest control guides	\$5
<b>WEEK 24</b> <b>DATE:</b> <b>18<sup>th</sup> June</b>	Gardening – Fertilizer application and plant care	TV, internet Healthy snacks	\$5
<b>WEEK 25</b> <b>DATE:</b> <b>25<sup>th</sup> June</b>	Fun and Sports Day	Sports Equipment's, water Healthy snacks	\$5