



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 of 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
- 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 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 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 develop the skills to manage my emotions more effectively.
- 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 get out in the community, to socialise with a view to create more lasting friendships.



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
WEEK 1 DATE: 03/10/25	Chair Yoga	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 2 DATE: 10/10/25	Paint & Decorate Pot Plants	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 3 DATE: 17/10/25	Plant a plant in pot	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 4 DATE: 24/10/25	Lucky Charms	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 5 DATE: 31/10/25	Painting Rocks & Positive affirmations on Rocks	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 6 DATE: 07/11/25	Nature Trip to Botanic Gardens to Hide Rocks	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 7 DATE: 14/11/25	Make Bracelets	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 8 DATE: 21/11/25	Power Choices (Gaia episode)	PLEASE WEAR LOTS OF COLOURS Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 9 DATE: 28/11/25	Boundaries/No is a complete sentence	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 10 DATE: 05/12/25	Make Thank-You Cards for Sponsors	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 11 DATE: 12/12/25	Christmas Craft	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)
WEEK 12 DATE: 19/12/25	Christmas Craft	Healthy morning tea (eg. yoghurt, fruit, carrot, cucumber, vegetables, eggs)