

**PROGRAM: Mixed Bag Program****TIME: 1000-1200****DAY: Wednesday****FACILITATOR: Yasser Hassan**

AIM: To support students to develop life skills, social skills, confidence, and community participation through a balanced weekly program of indoor, outdoor, fun, and real-world learning activities.

GOALS: (Relates to NDIA goals of clients)

- Build understanding of rules, routines, and expectations
- Develop independence in daily life skills
- Encourage physical activity and teamwork
- Support cultural awareness and social inclusion
- Provide safe, supported community access experiences

OUTCOMES:

- Practise life skills: hygiene, food prep, safety routines
- Engage in social and community activities, including field trips
- Gain cultural awareness and participate in art activities
- Develop physical skills through ball games and outdoor play
- Build confidence and independence in various environments
- Enhance creative and cognitive skills through indoor activities

RESOURCES:

Internet	
YouTube	
Transportation	
Cooking Utensils	
Speakers	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 07/01/26	Program Rules & Expectations -Life Skills	Morning Tea, Water	
WEEK 2 DATE: 14/01/26	Creative Arts	Morning Tea, Water	
WEEK 3 DATE: 21/01/26	Fun Activity – Ball Games (Outdoor)	Morning Tea, Water	
WEEK 4 DATE: 28/01/26	Outdoor Activity – Community Outing	Morning Tea, Water, Hat	
WEEK 5 DATE: 04/02/26	Life Skills – Food Preparation	Morning Tea, Water	
WEEK 6 DATE: 11/02/26	Cultural Awareness and Activity	Morning Tea, Water	
WEEK 7 DATE: 18/02/26	Fun Activity – Ball Games	Morning Tea, Water, Hat	
WEEK 8 DATE: 25/02/26	Outdoor Activity – Field Trip	Morning Tea, Water	
WEEK 9 DATE: 04/03/26	Life Skills – Safety Awareness	Morning Tea, Water, Hat	
WEEK 10 DATE: 11/03/26	Creative Project	Morning Tea, Water	
WEEK 11 DATE: 18/03/26	Field Trip (Farm Visit)	Morning Tea, Water	
WEEK 12 DATE: 25/03/26	Fun & Cultural Celebration – Historical Site Visit	Morning Tea, Water	