



PROGRAM: Brush and Bloom

TIME: 9:00 – 12:00

DAY: Tuesday

FACILITATOR: Carly Armstrong

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

GOALS: (Relates to NDIA goals of clients)

- Develop independent living skills
- Improve social and relationship development
- Concentration skills
- Communication improvement
- Overall health and well being

OUTCOMES:

- Greater social and interaction skills
- Greater capability of maintaining respectful friendships
- Increased concentration
- Improved communication
- Increased confidence and self esteem
- Increased mobility (coordination, gross and fine motor skills)

RESOURCES:

Scissors	Bird seed
Paper- plain and coloured and project paper	Wooden Bird house
Clear glue and school glue	String/ribbon
Oil pastels, chalk, water paint	Flour, corn syrup, unflavoured gelatine, non stick cooking spray
Paint and paint brushes	Sand paper
Pens, markers, pencils, crayons	Silicon moulds/trays
Photo frames	Beads, pom poms, buttons
Clipboard	Vases/glass jars
Rocks/pebbles	Dried flowers, leaves and fruit
Cotton buds	Chopping board
Plant pot/saucer and soil	Plant/garden ornaments/figurines
Plastic straws	

❖ Please find attached Risk Assessment



WEEK	TOPIC	WHAT TO BRING	COST
WEEK 1 DATE: 7.7.26	NAIDOC Week	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 2 DATE:14.7.26	Council art gallery	Hat, morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 3 DATE:21.7.26	Cartoon sketching	Morning tea, water bottle, enclosed shoes	\$5
WEEK 4 DATE:28.7.26	Flower Charms	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 5 DATE:4.8.26	Chopping board art	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 6 DATE: 11.8.26	Sketching in the park	Hat, morning tea, water bottle, enclosed shoes	\$5
WEEK 7 DATE: 18.8.26	Sun catchers	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 8 DATE: 25.8.26	Photo frame decorating	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 9 DATE: 1.9.26	Bird house and Bird seed blocks	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 10 DATE: 8.9.26	Mini fairy garden	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 11 DATE: 15.8.26	Name plaques	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5
WEEK 12 DATE: 22.8.26	Vase decorating	Morning tea, water bottle, enclosed shoes, apron/old shirt	\$5