



# FORGE WEEKDAY PROGRAM

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

MORNING



COMMUNITY ACCESS



AFTERNOON





# FORGE WEEKDAY PROGRAM 14-18 OCTOBER

MORNING

## MONDAY

**LAUNDRY**  
Decluttering and tidying our space.

## TUESDAY

**PERSONAL CARE: HAND HYGIENE**  
Practicing personal care by learning how to wash our hands.

## WEDNESDAY

**MONEY GAMES**  
Developing our concepts of money by playing some money games!

## THURSDAY

**HEALTHY EATING**  
Preparing for our lunch outing by learning all about healthy foods!

## FRIDAY

**KITCHEN SKILLS**  
Practicing kitchen skills like dishwashing and putting items away.

COMMUNITY ACCESS

**LIVVI'S PLACE**  
Enjoying the inclusive playground and calm surrounds at Livvi's Place.

**MARRICKVILLE LIBRARY**  
Search for our favourite stories and find some new ones as well.

**STRIKE ARCADE**  
Unlocking our competitive spirit with some games at the arcade!

**BLAIR PARK**  
Enjoying the local surrounds of Blair Park for some relaxing scenery!

**ART GALLERY OF NSW**  
Observing and reflecting on the variety of art on display!

AFTERNOON

**MEGA CONSTRUCTS**  
Building with blocks to stimulate the imagination.

**PUZZLE MASTER**  
Working on our fine motor skills with a range of puzzles.

**SAND IMPRINTS**  
Experimenting with sand to make unique artworks!

**COOKING WITH JENNIE**  
Participating in another cooking workshop with Jennie!

**FINE MOTOR FRIDAY**  
Working on our motor skills with a range of fun board games and activities.



# FORGE WEEKDAY PROGRAM 21-25 OCTOBER

MORNING

## MONDAY

### PACKING AWAY

Decluttering and tidying our space before our outing.



## TUESDAY

### LAUNDRY

Doing some laundry at one of the cottages to support our independence.



## WEDNESDAY

### KITCHEN SKILLS

Practicing kitchen skills like dishwashing and putting items away.



## THURSDAY

### ROAD AWARENESS

Distinguishing between road signs to be safe on the road.



## FRIDAY

### OUTDOOR LIFE SKILLS

Learning life skills all about being outdoors!



COMMUNITY ACCESS

### CHARLES HEATH RESERVE

Exploring nature at the reserve with a picnic lunch.



### AUSTRALIAN MUSEUM

Traveling to the museum to expand our knowledge and explore the exhibits.




### AUBURN BOTANICAL GARDENS

Scenic picnic lunch by the water and taking a walk through the Japanese gardens.



### GROUNDS OF ALEXANDRIA

Seeing the animals and having a bite at the scenic café.



### RETURN AND EARN

Travelling to our local return and earn return point to drop off our recycling!



AFTERNOON

### MESSY PLAY

The ultimate sensory experience!



### COLLAGE

Using different types of materials to create a collage.



### CLAY SCULPTING

Creating masterpieces using air dry clay!




### MATCHING GAME

Playing fun matching games to learn about similarities and differences.



### YOGA

Practicing our flexibility and mindfulness.





# FORGE WEEKDAY PROGRAM 28 OCTOBER - 1 NOVEMBER

MORNING

## MONDAY



### LAUNDRY

Doing some laundry at one of the cottages to support our independence.

## TUESDAY



### OUTDOOR LIFE SKILLS

Learning life skills all about being outdoors!

## WEDNESDAY



### ROAD SAFETY

Distinguish between the road signs to be safe on the road.

## THURSDAY



### SHOPPING

Going to a local shopping centre to explore what's on offer!

## FRIDAY



### PACKING AWAY GROCERIES

Practicing our fine motor skills by packing away our groceries.

COMMUNITY ACCESS

### BURWOOD PARK SENSORY PLAYGROUND

Visiting Burwood Park to have fun at the sensory playground!

### LANE COVE NATIONAL PARK

Enjoying a nature walk by the water on the Lane Cove Trail.

### BOUNCE INC

A trip to Bounce Inc in Homebush: an indoor trampolining centre to bounce, have fun and chill in the foam pit.

### WANGAL PARK

A day out at Wangal Park for a stroll and having fun on the play equipment.

### POWERHOUSE MUSEUM

Exploring the wonders of science and history at the Powerhouse Museum!

AFTERNOON

### ABSTRACT ART

Experimenting with different paint methods.

### SLIME MAKING

Making slime with different textures.

### PASTA ART

Using raw pasta to make some tasty art!

### SPONGE PAINTING

Using sponges to stamp and paint some works of art!

### ANIMAL ART AND CRAFT

Expanding our knowledge of animals with art and craft!



# FORGE WEEKDAY PROGRAM 4-8 NOVEMBER

## MONDAY



### KITCHEN SKILLS

Practicing kitchen skills like dishwashing and putting items away.

## TUESDAY



### LAUNDRY

Doing some laundry at one of the cottages to support our independence.

## WEDNESDAY



### OUTDOOR LIFE SKILLS

Learning life skills all about being outdoors!

## THURSDAY



### HEALTHY EATING

Preparing for our lunch outing by learning all about healthy foods!

## FRIDAY



### RECYCLING

Contributing to our composting box and recycling box.

MORNING

COMMUNITY ACCESS

AFTERNOON

### BURWOOD LIBRARY

Searching for our favourite stories and finding some new ones as well.

### CENTENNIAL PARKLANDS

Having lunch with our peers at the Centennial Parklands.

### FLOWER POWER

Heading to Flower Power to look at the plants and maybe even head to the café for a bite to eat!

### BAYVIEW PARK

A picnic to enjoy the water and surrounds.

### CLIFTON GARDENS RESERVE

Visiting Clifton Gardens for lunch, a famous picnic spot with beautiful water views!

### BALLOON ART

Using balloons as our tools to create a variety of patterns.

### MAGICAL MUD

Sensory science activity, making magic mud that's both liquid and solid!

### EDIBLE SLIME

Making edible slime as a sensory experiment for science week!

### SCIENCE EXPERIMENTS

Exploring the magic of science with some fun experiments!

### FINE MOTOR FRIDAY

Working on our motor skills with a range of fun board games and activities.



# FORGE WEEKDAY PROGRAM 11-15 NOVEMBER

MORNING

## MONDAY

**LAUNDRY**  
Doing some laundry at one of the cottages to support our independence.

## TUESDAY

**PACKING AWAY**  
Decluttering and tidying our space before our outing.

## WEDNESDAY

**KITCHEN SKILLS**  
Practicing kitchen skills like dishwashing and putting items away.

## THURSDAY

**SHOPPING**  
Going to a local shopping centre to explore what's on offer!

## FRIDAY

**OUTDOOR LIFE SKILLS**  
Learning life skills all about being outdoors!

COMMUNITY ACCESS

**MARRICKVILLE LIBRARY**  
Search for our favourite stories and find some new ones as well.

**PUTNEY PARK**  
We can kick the ball around or take advantage of the water play feature.

**THE GRANGE BUFFET**  
Having an exciting lunch at the all-you-can-eat restaurant The Grange Buffet!

**BLAIR PARK**  
Enjoying the local surrounds of Blair Park for some relaxing scenery!

**RETURN AND EARN**  
Travelling to our local return and earn return point to drop off our recycling!

AFTERNOON

**OBJECT PAINTING**  
Choosing objects around the activity centre to be our painting models!

**SENSORY PLAY**  
Relaxing after our busy day with some sensory items.

**STORYTIME TOGETHER**  
Reading our favourite books and sharing stories together.

**COOKING**  
Making a delicious meal as a group for lunch!

**MUSIC AND MOVEMENT**  
Self-expression enhances our physical activity and improves balance and co-ordination.