



# Wellbeing programs



WEEK 7 FOCUS

RUN BY KIMBERLEA GREEN  
WPS SOCIAL WORKER

## Topic: Life Skills

- Cooking banana and blueberry muffins
- Reading recipe
- Measurement
- Fine motor skills (mixing, filling muffin tray)

## STRATEGIES FOR HOME

- Discuss recipe, steps and ingredients
  - Practice measurement of ingredients
  - Try making blueberry muffins at home
- <https://www.taste.com.au/recipes/blueberry-muffins/1fa7b907-0aaa-4f24-8462-3a662ae6f5ca>

## REVVED UP

Topic: Group cancelled this week due to alternative swimming timetable

## STRATEGIES FOR HOME

## SHUT THE DUCK UP

Topic: Group cancelled this week due to alternative swimming timetable

## STRATEGIES FOR HOME

-

## HANDS ON LEARNING

- Individual focus plans
- Setting up work space
- Started painting murals
- Mixing different colours
- Cooking (stir fry)

## STRATEGIES FOR HOME

- Discuss individual focus plan
- Conversation about setting up work space, safety equipment and mixing colours
- Practice setting the table & safe knife