



NEWSLETTER

WEEKLY OVERVIEW

This week, we are dedicating our focus to exploring and understanding emotions through a variety of engaging activities. Our aim is to provide both insight and support for individuals working to comprehend their emotions. By offering practical strategies and reflective exercises, we encourage emotional awareness and empathy in everyday interactions.

JUNIOR

In the Juniors area, we are engaging participants with Emotion Wheels, an interactive activity designed to enhance emotional literacy. Through this activity, individuals will explore various emotions and the colors that represent each feeling. By associating emotions with specific colors, we aim to foster a deeper understanding of emotional expression and recognition.

SENIOR

In the Seniors area, we are focusing on the creation of a Kindness Paper Chain, an activity designed to explore the impact of kindness on both ourselves and others. Participants will reflect on how acts of kindness can brighten someone's day and contribute to emotional well-being. This activity aligns with our Emotions Week theme, encouraging individuals to express their thoughts on kindness and its positive influence. Through this collaborative project, we aim to promote empathy, strengthen social connections, and inspire thoughtful actions that uplift those around us.

MORE NEWS

As the school holidays approach, we are thrilled to offer an exciting program filled with engaging activities and creative projects. With a wide variety of experiences planned, there's something for everyone to enjoy. Spaces are filling up quickly, so be sure to book soon to secure your spot in this fun and enriching program. Don't miss out on the opportunity to be part of this memorable holiday experience!