



Winding Down Program: Term 4, Week 7, 2024

Learning Goal

Through consultation with the inclusion support agency, we are adjusting our program to provide children the opportunity to wind down through quiet sensory based activities with options for everyone. 5:15 – 6:00 is dedicated winding down time of the program.

- MTOP 1.1
- MTOP 3.1
- MTOP 3.3
- MTOP 4.1

	Group Relaxation	Winding Down Activity
MON 25/11	Guided Meditation	Kinetic Sand
TUES 26/11	Space Breathing	Blooket
WED 27/11	Weather the Storm	Freeze Dancing
THUR 28/11	Up and Moving	Learn to Draw
FRI 29/11	5-4-3-2-1 Grounding	Silent Ball
EVERYDAY RESOURCES		
<ul style="list-style-type: none"> <li style="width: 50%;">- Colouring in <li style="width: 50%;">- Books <li style="width: 50%;">- Drawing <li style="width: 50%;">- Homework Club (Seniors only) <li style="width: 50%;">- Puzzles <li style="width: 50%;">- Board Games 		
NOTES		





Winding Down Program: Term 4, Week 8, 2024

Learning Goal

Through consultation with the inclusion support agency, we are adjusting our program to provide children the opportunity to wind down through quiet sensory based activities with options for everyone. 5:15 – 6:00 is dedicated winding down time of the program.

MTOP 1.1
 MTOP 3.1
 MTOP 3.3
 MTOP 4.1

	Group Relaxation	Winding Down Activity
MON 02/12	Ocean Waves	Blooket
TUES 03/12	Swirling	Blind Samurai
WED 04/12	Snowy Sensations	Freeze Dance
THUR 05/12	Bubble Bounce	Guess the Flag
FRI 06/12	Bluey	Nintendo Switch

EVERYDAY RESOURCES

- Colouring in
- Drawing
- Puzzles
- Books
- Homework Club (Seniors only)
- Board Games

NOTES

