



# Quantin Binnah

## Quarterly Newsletter

*January to March 2024*

### MESSAGE FROM OUR C.E.O

Welcome to our 13th quarterly newsletter and first newsletter for 2024. In this newsletter we are reporting on the 4th quarter of 2023 as well as providing information on what is coming up.

We hope you all had an enjoyable Festive Season – taking time out from your normal routine, spending time with your families and/or friends or perhaps enjoying in some celebrations.

Our Overall Theme for Our Activities for 2024 is Living Your Best Life!

We welcome your children's ideas for our activities for our themes in the First Quarter of 2024.

Mind Space and Mental Health – January

Routine and Planning – February

Connection and Friends – March

You will see these and all of the themes for 2024 in our Annual Report/Calendar which you can find @ <https://www.qbcc.org.au/annual-reports>

It was a very activity packed year end in 2023 and you will see this reflected in all the activities based on our 4th quarter themes.

Mystery & Magic – October

Music & Dance – November

Relaxation & Holidays – December

Every day at QB presents many challenges and we all work hard to enhance and services. At the end of last year, we looked deeper into the timing of all our program intakes which occur throughout the year. We have again reviewed the logistic of these processes so as we can ensure the process is as seamless as possible.

### CHILD SAFETY

Quantin Binnah is a Child Safe Organisation. Please remember to keep children who are unwell at home.

### CAR PARK SAFETY

A reminder to please drive carefully in our car park. Please turn your engine off when parked and do not leave children alone in cars.



Our new child and family consultant (Jo) was able to support a large number of families to access services and to support families and their children to be school ready. Jo and I look forward to meeting all our new Kindergarten Families at our welcome sessions in January 2024. Emma our Community Worker will also look forward to meeting you all.

Emma has continued to facilitate lots of activity in our community space. Whether running engaging programs or supporting our wonderful partners running workshops or activities, there always seems to be a fantastic range of activities for our families and community members of all ages provided by the Community Team and Creating Villages. More on all of that in this newsletter and also please see <https://www.qbcc.org.au/community-groups> and <https://www.facebook.com/quantinbinnah> for more information.

We look forward to commencing our Volunteers Project – stay tuned for more to come on this soon!

Keep you feedback coming either via

<https://www.owna.com.au/our-Parent-Platform> or via our web site <https://www.qbcc.org.au/feedback>. We are always appreciative of your feedback so as we can work to enhance your family's experience at our service. Thank you for remembering that we work in partnership with you all to achieve the best results for your children and the community.

We hope to load our Living Your Best Life Video on our web site soon. Thank you again to our video stars and it was a hit at the AGM in October. It was very joyful to meet with you all to share your involvement and experiences at QB. We will be releasing our Living Your Best Life – Kids and Living Your Best Life – Community Booklets soon! More to come on this later.

Please be mindful and stay focused on safety and please remember drive at the speed limit in the Car Park. Thank you also for not leaving your cars running when parked and please ensure you are watching out for each other. Also, please remember to watch again for litter which seems to fall out of cars in the drop off zones.

Yours Sincerely,

Christine Barca (CEO Quantin Binnah)



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### 2024 Term Dates

	Start Date	Finish Date
<b>Term 1</b>	30 <sup>th</sup> January	28 <sup>th</sup> March
<b>Term 2</b>	15 <sup>th</sup> April	28 <sup>th</sup> June
<b>Term 3</b>	15 <sup>th</sup> July	20 <sup>th</sup> September
<b>Term 4</b>	7 <sup>th</sup> October	To Be Announced

### Important Dates

Jan	Feb	March
1 <sup>st</sup> New Year's Day Public Holiday	9 <sup>th</sup> National Pizza Day	1 <sup>st</sup> Kindergarten Registrations Open WCC Website
3 <sup>rd</sup> Vacation care QB & Childcare Open	28 <sup>th</sup> Board Meeting Strategic Plan Review	TBC - Kindergarten Open Day
10 <sup>th</sup> Chinese New Year		3 <sup>rd</sup> Clean Up Australia Day
26 <sup>th</sup> Australia Day Public Holiday		8 <sup>th</sup> International Women's Day
29 <sup>th</sup> Kindergarten Staff Return (child free Day) Term 1 Start		11 <sup>th</sup> Labour Day Public Holiday
30 <sup>th</sup> Students Term 1 Start		27 <sup>th</sup> Board Meeting
		28 <sup>th</sup> Term 1 End
		29 <sup>th</sup> Good Friday Public Holiday
		31 <sup>st</sup> Easter Sunday

### Community Development







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### COMMUNITY DEVELOPMENT REFLECTION

The themes of Term 4 were embraced by all experiencing Community Development activities. The MYSTERY of learning new things allowed us to explore more about ourselves, those around us and the world we live in. We witnessed the MAGIC of self-improvement, engagement and personal development that being a part of the QB Community brings daily.

Trish Simpson sang a tune or 2 during our themed Morning Melodies sessions, and had everyone enjoying MUSIC. The GLOW Disco saw the DANCEfloor full of people busting a move.

There was no time for RELAXATION as we had a jam-packed schedule of activities, although Tai Chi and Mindful Monday's did encourage us to relax. As we approached the end of 2023 we started to get into HOLIDAYS mode by celebrating the End of the Year with many Pop-Up events and special themes for our regular groups.

Community Development and Quantin Binnah Community Centre would like to take this opportunity to thank our generous partners, and everyone else who helps to make QB's activities inclusive, fun and accessible for all.

Creating Villages	IPC Health	Tweddle
Learn Local	Inger Rice	Wyndham City Council
Foodbank	Wyndham Women's Support Group	Australian Neighbourhood Houses & Centres Association
Bunnings Warehouse	MacKillop Family Services	Gen U
DJ Pistol Pete	Reclink	The Chatty Café
Mind Australia	All Green Nursery	Kidsafe
Network West	Rapidflow Developments	

We look forward to continuing these activities, and making exciting new, connections in 2024.

We wish you a safe, happy & healthy festive season and summer break. We can't wait to see you all; new faces and our loyal regulars Living Your Best Life in 2024.

Term 4 of 2023 continued to deliver popular Community Development Activities and Initiatives including

### COMMUNITY DEVELOPMENT REFLECTION

Monday	Breakfast Club
	Café QB
	Creating Villages Craft
	Mindful Mondays
	Wyndham Parents Support Network
	Chatty Café
Tuesday	Breakfast Club
	Café QB
	Storytime with JoJo
	Creating Villages Craft
	CraftABILITY
	Puppet Pals with JoJo
	Home Schoolers Social Club
	Konstruktion Kids
Wednesday	Breakfast Club
	Café QB
	Creating Villages Craft
	OOey gOOey messy play
	Home Schoolers Cooking Class
Thursday	Wonder Women
	Wyndham Women's Sewing Classes & Sewing Activities
Friday	Gen U Gardening Group
	Tai Chi
	Little Jammers
Saturday	Australian Crochet Club

Courses	Barista @ Work
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Community Initiatives & Partnerships	Community Connectors
	Wyndham City Council
	MacKillop Family Services
	Mind
	Bunnings
	Tweddle
	Foodbank – Food Pantry
	QB Marketplace
	IPC Health



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### COMMUNITY DEVELOPMENT REFLECTION

POP-UP EVENTS	Monthly Monday Munchies –Build your own Burger, Sandwich Bar and Pumpkin & Chickpea Salad
	Monthly High Tea & Craft – Garden Crafts & Christmas Crafts
	Kidsafe Car Seat & Restraint fittings
	Tweddle Play & Connect Sessions
	Wyndham Mum's & Bub's Clothes Swap
	Bunning's Carer's Week Craft Activity
	Seniors Festival
	Mental Health Awareness Month
	Carer's Week Activities & giveaways
	Children's Week Activities & giveaways
	Halloween Craft & Scavenger Hunt
	Morning Melodies – Spooky Spectacular for Halloween & Christmas Festivities
	Bunning's Community Evening
	WCC Seniors Expo
	WCC Lunch with the Bunch
	WCC 16 Days of Activism campaign
	GLOW – All Abilities 18+ Disco
	International Day of People with Disability (IDPWD) Art Exhibition
	End of Year activities

Behind the scenes	Policy development
	Statistics & Data
	Room hiring and community groups
	Grant submissions & acquittals
	Program planning & development
	Advertising and promotion
	Community events
	Professional development and networks



### COMMUNITY DEVELOPMENT REFLECTION

Recognising the themes for the start of the year we hope that January has allowed you some time and energy to focus on your MIND SPACE & MENTAL HEALTH, and you start 2024 refreshed, reinvigorated and ready to live your best life.

As we start the new term in February look at including Community Development Activities in your new year, Please Build into your ROUTINE a PLAN to visit our Café QB for a special treat. Join us in March to CONNECT with others and spend time with new and old FRIENDS enjoying what we have on offer.

In 2024 we look forward to delivering high quality, inclusive, inviting and relevant services to our community and assisting you all to live your best life. Community Development is committed to working with our established partners but also to forging new and exciting relationships. We will have weekly, fortnightly, monthly and Pop-Up events and we invite you to join us when you can. For further information on Community Development times, activities and information please visit [www.qbcc.org.au/community-groups](http://www.qbcc.org.au/community-groups), like the QB Facebook to receive posts and information about our Pop-Up Events or pick up a hard copy brochure in Centre. To discuss anything in detail email [community@qbcc.org.au](mailto:community@qbcc.org.au) or call Emma or Penny on 9742 5040.

We encourage you to continue to pop into Café QB Monday to Wednesday and support this fantastic social initiative enterprise. Café QB is serviced by volunteers and is a not for profit training venue for people with disabilities and mental health issues to gain valuable experience. All purchases made at the café is reinvested into the menu and activities. We look forward to your ongoing support during the year.

Please get in touch with the Community Development Team on [community@qbcc.org.au](mailto:community@qbcc.org.au) should you have any requests for programs and activities or if you have any special skills you'd like to share with others. We can't be a community without you!





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### Quantin Binnah Service Reflections

#### School Age Care Reflections

##### Newport Lakes

Here at Quantin Binnah- Newport Lakes the children have been busy celebrating Halloween, music and dance and the Melbourne Cup (latest themes)

Many of the children were excited to get involved in the festivities as we provided many experiences related to our themes- creating our DIY pumpkin heads, horse racers on paddle pop sticks and their own paper jute boxes where the favourite experiences from the children, which led to developing their social skills, fine and gross motor and trial and error. This sparked many conversations about the end of year celebrations- Christmas and what we had in store for them at our program.

We have recently joined up to the Food Bank in preparation for Christmas and we are using this opportunity for the children to learn about what the Food Bank is and how we can assist many families during the Christmas period- Stay tuned as all the learning and fun commences before the end of the year at Newport Lakes

With the new year fast approaching, we have some fun themes we are currently working on such as Mind space and mental health, routine and planning and connection and friends! With these themes in mind, we are planning to create, but not limited to- some DIY yoga cards, mindfulness feeling posters, friendship bracelets! This will be a fantastic way for the children to further deepening their own responsibility for the physical and mental health as we approach a new year!



### School Age Care Reflections

#### St Leo



This term St Leo's children were busy exploring different activities for Halloween, music and dance and much more. We also offered wide range of activities from arts and craft, cooking, construction, clay modelling, messy activities, sports and outdoor play.

Children enthusiastically participated in a lot of Halloween activities from pumpkin craft, skeleton straw figures, cloud monster and many more. They said it's their favourite time of the year as they get to dress up and eat lot of lollies.

A lot of the children are counting days to Christmas and sharing their plans with everyone, also are curious to know what activities are we planning for Christmas.

Our one of the biggest focus at St Leo is the physical activities. Our activities range from badminton, soccer, basketball, outdoor play and all the children look forward to these activities.

Below is the glimpse of the activities for the upcoming months.



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### School Age Care Reflections Corpus Christi

At Corpus Christi SAC we have engaged in a lot of fun filled activities across the months of October, November & December. The children have explored mystery, magic, music, dance, relaxation & holidays. The group of children have learned new tricks, challenged their abilities and formed stronger relationships with their peers through engaging in exciting new experiences.



### St Martin

At St Martin our highlights for this quarter have been messy play and exploration as we conducted experiments and had ooey gooey fun. We participated in many spooky crafts and creations during October for our Mystery and Magic month.

During November, we explored how day-to-day items could create all types of unique sounds for our theme of Music and Movement.

As we wrap up the year, the children have worked together to put up a Christmas tree and decorate our space to spread the Christmas cheer.



### School Age Care Reflections St John

In the previous quarter, the pupils learnt about Mystery, Music, Dance, and the Holidays, through participating in activities various game. We also really enjoyed colouring and art and craft experiences and we played Statue game while listening to music. Children had showed a lot of excitement and enthusiasm while dancing on the music of their choice.

For the next quarter's theme, the educator has planned experiences around the themes of Mind Space & Mental Health, Routine & Planning, Connection & Friends. The educator would like to introduce the subject of theme through popular books and stories, Art and craft and also present various music and movement experiences to improve mental health and create discussion about our theme topics during group time.





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### School Age Care Reflections

#### Our Lady OLSC

At Our Lady we've made the most of the end of the year!

In October we explored the theme of magic and mystery! The kids took the time to design their own mystical pirate flags and insignias to display for the month. They also took the time to work as a team to build magical hide aways. On Halloween we made cute paper pumpkins!

In November we began exploring different types of music and dance. The kids shared their favourite songs and singers with each other. We took turns to play interactive group games like Just Dance, musical chairs and music statues. We also took inspiration from Taylor Swift and made our very own friendship bracelets.

In December we started to relax in preparation for the holidays! In celebration of all the different holidays we celebrate at OSCH we encouraged the kids to lead this month's planning and share their own celebrations with us.

Everyone at Our Lady is looking forward to a great 2024!

### School Age Care Reflections

#### QB

Our Highlights over the past few months includes Halloween activities for the month of October theme which was Mystery and magic. The children explored lot of fun craft activities like Spider web craft, hanging paper Ghosts, Paper Jack-o-lanterns, making Pom – poms, Recycled egg carton bats and Hand print witch craft.

The November theme Music and Dance was lot of fun as children loved doing Just Dance, freeze dance, fast and slow dance, listening to their favourite songs and playing Musical chairs game. We also enjoyed doing lot of fun indoor/outdoor Group games like egg carton ping pong game, Don't Fall down, Parachute Game as the weather has been great.

For the month of December, we will focus on Holiday and Relaxation theme by doing some Christmas craft, discussing about their summer holiday fun activities. We have started to think about the many different experiences we can incorporate in our program based on the children's interests for the Next year.



### 4 Yr. Kindergarten Reflections

Talking about the days of week and what the weather is doing, sparked conversations about rainbows. These conversations turned into art work and singing. We also spoke to the children about doing an art piece using ice cubes with different coloured paints. What's even better is that the children do their own interpretation of rainbows. Can you imagine how excited the children were to experience this.

Learning what sinks and what floats is a great way for children to make predictions and observations about buoyancy and density.



### Family & Child Consultant Update

A BIG Hello to all the QBCC 3 and 4-Year-Old Kinder Families!

What a super busy term we've all had. The highlight for me this term was most certainly being able to meet you all during our Transition sessions and hearing your voices though through the School Readiness Child and Family Survey. Being able to meet you in-person have an impromptu conversation regarding your questions for the coming year and how we can support you, developmental conversations for your children and just generally having a chat – was great to be part of. I'm hoping that we will be able to continue these conversations in the coming year.

In the coming Term, I'm looking forward to working alongside you and your children again as we Welcome you back to our Centre. For those of you who will be moving on to Primary School in 2024, I wish you all the best with beginning this new learning journey. And for those of you who will be returning to us, don't hesitate to reach out to me or the team if support is needed. We will be planning and running new 'Welcome Sessions' early in the Term to help you get to know other families within your 3 and 4-Year-Old Kinder Groups. This will be a great time for you to reach out and build social connections with other parents and carers!

Feel free to reach out and book an appointment with myself either through phoning QBCC or through emailing me directly at [srconsultant@qbcc.org.au](mailto:srconsultant@qbcc.org.au). Whether you need help connecting to NDIS or Allied Health Services, need some help developing parenting strategies (toileting, sleep, behaviour or emotional regulation tools), OR generally just need to have a chat because you might feel anxious about upcoming transitions – reach out! I'd be happy to take time getting to know you and your family's circumstances and support you with individual goal setting.

Warm regards,

Jo ☺





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### Childcare Reflections

Throughout the months of October and November, we have welcomed many new families to our room, our focus has been to ensure the children settle in well to their new environment. We have focused on the children's interests and their identity.

The children really enjoyed the concept of dancing to their favourite songs like the party freeze, hop little bunnies and many more. We also explored magic with experiments and made fairy wands. We explored lots of water play as the weather is getting much nicer and our children loved to splash the water.

We also celebrated children's week and Diwali, we did lots of dancing, had yummy food and had a pyjama day teddy bears picnic.



The whole centre was busily celebrating Diwali. This week toddlers were engaged with Diwali art and craft activities. All the children were happy to participate with different Diwali activities and curious to know about Diwali the beautiful colours being a feature of the festival. Diwali is a festival celebrated in India. Diwali is Festival of Lights, sweets, and liveliness. Children participated in an experience called Rangoli tap painting with different patterns Rangoli and make Diya. Also, children and staff were invited to dress in cultural clothing or any other dress up that they had at home. Children were responding to diversity with respect. Happy Diwali to all parents.



### Childcare Reflections

Children's week and fairy tale, mystery and magic weeks were a great success! The children and educators dressed up in their favourite costumes, pjs. We made these days all about celebrating children and had lots of fun and exciting days, faces painting and teddy bear picnic.

In the Preschool room we set up Fairy garden to explore. Along with many other activities to explore Fairy tales and Fantasy we did lots of art and craft activities too.



Teddy bear  
Picnic







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### Playgroup Reflections

Welcome back to term 4. Two new families have joined this term, and we were very excited to have them. This month's playgroup Children showed their interest in our monthly theme-based activities. We celebrated Diwali and cultural dress up and food day which was a big success. Cultural celebrations foster respect and open-mindedness for other cultures.

We did different activities like listening to songs and colouring different Rangoli patterns and Henna designs, creating lamp out of clay.



We all enjoy different experiences through the indoor and outdoor spaces according to our themes. They were happy to participate in their learning. We celebrated Halloween/children's week and Remembrance Day. We explored literacy concepts through, singsongs, and free writing. Teamwork, pack-up together. Children enjoyed playing in the new home corner. Children socially communicate with each other and develop their communication; social power and their gross and fine motor skills were also improved. It also improves their confidence in them and enhances their imagination.



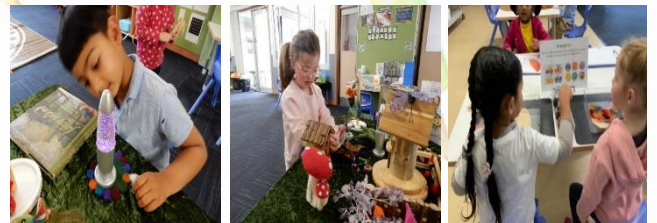
### Maternal Child Health visit @ Playgroup

Denise from Maternal Child and Health visited our playgroup. We were very grateful for this opportunity and appreciative of the wonderful support that our Maternal Child Health Nurses delivered. Thank you for giving information, support, and advice on various topics to our playgroup families, providing individual care, and monitoring and running educational programs to assist parents and enable them to develop supportive social networks.



### 3 Yr. Kindergarten Reflections – Bandicoot

In October we designed a magical fairy land with giant butterflies, unicorns and a glitter lamp that changed colors; the children were so engaged and created story scenarios that reflected the wonder of stories and imagination. In the art area we investigated color mixing and science; we studied absorption. The children used droppers to create colorful butterfly wings. The colors merged magically and created new colors.



In November we celebrated Diwali with many beautiful, planned art and music activities. On this day the children dressed in traditional clothes; we listened and danced to traditional Indian music led by Miss Samta. We learnt some great moves!







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### 3 Yr. Kindergarten Reflections – Dugong

As the year draws to a close, we took the time to find ways to relax and contemplate quietly in our kindergarten program. A cardboard cubby for one was a quiet place to relax and think about ourselves for a moment. We also engaged in meditation through our Wayapa incursions in December. The children learnt how to use their breathing and quiet thoughts to calm their bodies.

The upcoming holidays were celebrated with a Christmas party for the Bandicoot Group; we were joined by our families.



After the term break, the children were involved in a variety of activities which helped them develop their confidence, creativity, imagination, cooperation, and curiosity. It was lovely to see them dressed up and celebrating Children's Week. Children at the dress-up corner had the opportunity to try on various costumes and jewellery from diverse cultures. The children also participated in a cooking experience. They added the ingredients to the bowl, used mathematical language, and mixed everything together to make the batter. In addition, they enjoyed a magic mystery painting activity where they used watercolours to reveal their hidden names.



### 3 Yr. Kindergarten Reflections – Bandicoot

During the month of November, the children celebrated Diwali festival. They used their creativity to make clay diyas, which they painted once the clay had dried. This activity helped the children to develop their large and small muscles, improved their eye-hand coordination skills, and enhanced their ability to focus and dexterity. Additionally, the children also participated in an art and craft activity for Remembrance Day, where they created poppy flower templates using red and black paper.



### 3 Yr. Kindergarten Reflections – Dugong

The children also had a special incursion by Wayapa where Auntie Deb talked about mother nature, the Earth, Sun and Moon. She taught the children how to take care of the environment and even showed them how to say "tree" and "animals" in sign language. Children read books with Auntie Deb about mother nature and learn how to save mother nature by turning off the tap while brushing, using a reusable bag while shopping, planting more trees, and taking care of bugs outside by being gentle with them.

Children participated in a music and movement experience using instruments to play and copy beats of a song called 'Play on Your Instrument'.



### PROGRAM ACTIVITIES

#### QUANTIN BINNAH OPERATES SERVICES AT THE FOLLOWING SITES:

Quantin Binnah 61 Thames Boulevard Werribee- 4-Year-Old Kinder, 3-Year-Old Kinder, Playgroup, Childcare, School Age Care, Vacation Care and Community Programs

Woodville 82 Woodville Park Drive Hoppers Crossing – Childcare, 4-Year-Old Kinder and 3-Year-Old Kinder

Corpus Christi P.S. 29 Russell Street Werribee – School Age Care and Vacation Care

Our Lady of the Southern Cross P.S. Howqua Way Wyndhamvale – School Age Care

St John the Apostle P.S. 76 Kingbird Avenue Tarneit – School Age Care

St Martin de Porres 25 Bellin Street P.S. Laverton – School Age Care

St Leo the Great P.S. 389 Mason Street Altona- School Age Care and Vacation Care

Newport Lakes Elizabeth Streets P.S. Newport – School Age Care and Vacation Care

Our services will be running the following activities and more.

Please see your OWNA Parent App for regular updates about what's happening during the year.

	January Mind Space – Mental Health	February Routine and Planning	March Connection and Friends
4 Yr. Kindergarten	<ul style="list-style-type: none"> <li>• Kinder is on term break for the month of January, however having fun doing lots of beach/pool activities, holidays and mindful experiences such as mediation and yoga would be fun. We can't wait to hear from our new students and families about what they did on their January holidays.</li> </ul>	<ul style="list-style-type: none"> <li>• Arrivals, packing up, mealtimes, toileting, managing personal hygiene and transitioning from one part of the day to another is what we will be doing in our month of February.</li> </ul>	<ul style="list-style-type: none"> <li>• Reading "friendship" stories. Read stories about other children or storybook characters making friends.</li> <li>• Role play and use puppets.</li> <li>• Play games to help children learn each other's names.</li> <li>• Teach children that friends make mistakes and use strategies to support the children</li> </ul>
Childcare	<ul style="list-style-type: none"> <li>• Settling in: Inclusion Songs,</li> <li>• Yoga exercises</li> <li>• Australia Day craft activities</li> </ul>	<ul style="list-style-type: none"> <li>• All rooms treasure hunt</li> <li>• Map of Australia-where we live</li> <li>• Set Up Routines – child's voice/visuals</li> </ul>	<ul style="list-style-type: none"> <li>• Group Games</li> <li>• Friendship Tree</li> <li>• Paper Chains – name recognition</li> <li>• Ball games to encourage new friends</li> </ul>
3 Yr. Kindergarten/ Playgroup	<ul style="list-style-type: none"> <li>• Mindfulness activities, such as yoga and taking a walk out in nature.</li> <li>• Expressing and labelling your emotions.</li> </ul>	<ul style="list-style-type: none"> <li>• Creating a daily visual routine chart with children.</li> <li>• Encourage children to draw or paint a picture of themselves, known as a self-portrait.</li> <li>• Hand print activity</li> </ul>	<ul style="list-style-type: none"> <li>• Reading books about friendship and kindness</li> <li>• Say something nice game</li> <li>• Make a friendship chain out of colourful paper.</li> </ul>
Community Development	<p>Please see the Program Brochure on our website  <a href="https://www.qbcc.org.au/community-groups">https://www.qbcc.org.au/community-groups</a></p>	<p>Please see the Program Brochure on our website  <a href="https://www.qbcc.org.au/community-groups">https://www.qbcc.org.au/community-groups</a></p>	<p>Please see the Program Brochure on our website  <a href="https://www.qbcc.org.au/community-groups">https://www.qbcc.org.au/community-groups</a></p>
School Age Care	<ul style="list-style-type: none"> <li>• Yoga</li> <li>• Create sensory tub</li> <li>• Mindfulness colouring</li> <li>• Breathing bracelets</li> <li>• Calm down jars</li> <li>• Kindness cards and Feelings poster</li> <li>• Messy Play</li> <li>• Indoor Sports and Rabbit Hole Excursions</li> <li>• Cinema Excursions</li> <li>• Laser Tag</li> <li>• Arts and Crafts</li> </ul>	<ul style="list-style-type: none"> <li>• Draw your favourite time of the day</li> <li>• Set up the routine for the afternoon.</li> <li>• Plan an afternoon program for the day</li> <li>• DIY routine charts</li> <li>• Fitness challenge planned by children</li> </ul>	<ul style="list-style-type: none"> <li>• Friendship bracelets</li> <li>• Role Play (Act Like a Friend)</li> <li>• Write positive things about your friends</li> <li>• The gratitude game</li> <li>• "Find a friend who" activity sheets</li> <li>• Coding bracelets</li> </ul>