



DATE	THEME PLANNED
<p><b>Friday 28<sup>th</sup> June</b></p> <p><b>11am – 1pm</b> <b>ODYS</b></p> <p><b>* SENSORY FRIENDLY</b> <b>GENTLE MUSIC</b></p>	<p style="text-align: center;"><b><u>INTENTION STICKS</u></b></p> <p>Create an intention stick and take time to reflect on aspects of your life. You set intentions and give them loving energy. It can be about gratitude, affirmations, letting go of things that don't serve you anymore or something you would like to accomplish or celebrate. The stick is a tangible reminder of this. Starting with a gentle guided visualisation, the activity includes prompts and activities with the end result of a beautiful intention stick to take home and implement into your everyday life.</p> <p>* Bring a stick of your choice if you have one, but if not that's ok! We'll have spares on hand.</p>
<p><b>Friday 12<sup>th</sup> July</b></p> <p><b>11am – 1pm</b> <b>ODYS</b></p> <p><b>* SENSORY FRIENDLY</b> <b>GENTLE MUSIC</b></p>	<p style="text-align: center;"><b><u>MACARONI CONSTRUCTION "BUILD A HOME"</u></b></p> <p>Tapping into your inner child, this activity centres around fun, colour, creativity and silliness. Macaroni construction is a focus on repetitive actions and a skill level that can always be improved upon, this allows us to enter a "flow" state, a perfect immersive state of balance between skill and challenge.</p> <p>A fun filled pack afternoon of painting and constructing macaroni inspired homes. What does home mean to you? This activity will have you create a safe, warm place that feels like home to you utilising macaroni and other craft materials. Connection through conversation and construction.</p> <p>*All materials provided.</p>
<p><b>Friday 26<sup>th</sup> July</b></p> <p><b>11am – 1pm</b> <b>ODYS</b></p> <p><b>* SENSORY FRIENDLY</b> <b>GENTLE MUSIC</b></p>	<p style="text-align: center;"><b><u>ANCHOR ART</u></b></p> <p>Who are the anchors in your life? Within this session you will construct a large decorative anchor with mixed materials, and then decorate it with the people and things that provide you stability and strength in your world.</p> <p>* Bring any photographs, quotes or personal items you would like to adorn your anchor with. We'll additionally have many materials on hand.</p>

<p><b>Friday 9<sup>th</sup> August</b></p> <p><b>11am – 1pm ODYS</b></p> <p><b>* SENSORY FRIENDLY GENTLE MUSIC</b></p>	<p style="text-align: center;"><b><u>WORRY DOLLS</u></b></p> <p>Do you worry a lot? The indigenous people from the highlands in Guatemala created “Worry Dolls” many generations ago as a remedy for worrying. According to Mayan legend, when worrying keeps a person awake, he, she or they tell a worry to as many dolls as necessary. Then the worrier places the dolls under their pillow. The dolls take over the worrying for the person who then sleeps peacefully throughout the night. When the morning breaks, the person awakens without the worries that the dolls took away during the night.</p> <p>Beginning with a gentle guided mindfulness meditation, in this session we will craft and create our own unique worry dolls, and gorgeous pouches to keep them safe in.</p> <p>* If you have any cloth/ material that is meaningful to you to adorn your dolls with, please bring it along. If not, that ok! There will be many materials on hand.</p>
<p><b>Friday 23<sup>rd</sup> August</b></p> <p><b>11am – 1pm ODYS</b></p> <p><b>* SENSORY FRIENDLY GENTLE MUSIC</b></p>	<p style="text-align: center;"><b><u>INSPIRATION STONES</u></b></p> <p>Stones, which of course literally come from the ground, are great for helping a client practice grounding – coming back to the here and now – when feeling overwhelmed and dysregulated. Inspiration stones are great to carry in your pocket, and if you’re feeling overwhelmed or anxious gripping the stone tightly assists one feel grounded and centred. The activity includes prompts and activities with the end result of a beautiful inspiration stone/s to take home and implement into your everyday life.</p> <p>* Bring a special rock/s of your choice if you have one, but if not that’s ok! We’ll have spares on hand.</p>
<p><b>Friday 13<sup>th</sup> September</b></p> <p><b>11am – 1pm ODYS</b></p> <p><b>* SENSORY FRIENDLY GENTLE MUSIC</b></p>	<p style="text-align: center;"><b><u>PAINT &amp; SIP</u></b></p> <p>There is an increasing amount of scientific evidence that art improves brain function. Every time you engage in a new or complex activity such as painting, your brain creates new connections between brain cells. Your brain’s ability to grow connections and change throughout your lifetime is called brain plasticity, or neuroplasticity. Painting stimulates communication between various parts of the brain. Come along for a creative session of guided painting.</p> <p>* All materials provided.</p>

