

# Lifeskills Reflection- Jack Noble



My experience with the Lifeskills group has been good; meeting the participants and starting new conversations, playing sport with them and eating lunch with them. It was challenging at first- but then I adapted and now I am fine with talking to them and meeting new people at Lifeskills. The sporting activities we organised and played was fun- the participants were all very good and had a lot of fun during the time.

On Tuesday we had pizza with the participants, which we all enjoyed. We then came back to the campus and made coconut balls which was fun, and they all enjoyed it as well. The participants did a great job. We also gave them a tour of the campus and showed them all the rooms we use, where we have recess and where the canteen is.

On Thursday we started off with a lot of Just Dance, which they enjoyed a lot. It was very tiring though. It was funny watching us all dance. After this we went back over to the hall to have subway with them which was good, and then played a lot of games which we all enjoyed. After the group played, we had some free time to roam around the area playing bocce or chilling out with the group inside.

Overall this group was very good to work with and learning new things about the challenges we all face and how they adapt to it, they were a very good group of funny and kind people, this was a very good experience, I hope to do something like this again.

