



BY CAITLIN AND OLIVIA

Before going into this out of class program, Life Skills, we were very nervous, scared and had no idea what to expect. Going into Monday, the first day of the program, we came to school with an open mind; ready to meet new people and try new experiences. Monday, our group got a welcoming presentation from the CEO of life skills at Latrobe who was able to take us through the requirements and considerations that needed to be met, when interacting with the participants. Later, we gathered at the office area and garden of life-skills to enjoy a nice BBQ lunch. During this time we got to interact and meet the participants and ask them many questions about their hobbies, pets, family, sports and many more interests they had. We were nervous and shy at the start meeting the participants, but we were able to slowly warm up to each other and got to know one another. Later that day we concluded by encouraging the participants to join in sports with us which were basketball, quoits, corn hole and cricket. This day brought some nerves however, in the end it was an enjoyable and exciting day to meet the participants.



During Tuesday we were able to mingle with more participants and have a great pizza lunch with them. The second day was easier and less nerve racking to communicate with the participants as we were able to get to know them. We were able to talk and they were able to ask us some questions about ourselves. Later on during after the lunch we divided into two groups where we made coconut balls and took them on a tour of our campus. All the participants and students loved these activities.

By Thursday we were very comfortable chatting and hanging out with the participants as we had all gotten to know each other and bonded. We began the day with Just Dance, and all the students and participants got involved and brought out their best dancing skills. We then headed over to the Life Skills lunch hall for Subway and we sat with Anne, Ben and Harrison. We all talked about the previous days and were excited to get into the next activities. After that we set up a bunch of activities like UNO, Jenga and Connect-4, this was very fun and enjoyable as the participants were very competitive and taught us their own rules. This was also very delightful as the participants were much more interested in activities that they were comfortable with and weren't as physical. Belinda also showed us her bead jewellery and allowed us to have one of her creations as well as teaching us to make our own jewellery. Finally, to finish off the day the participants took us to their arts and crafts, and wood workshop to show us some of their artwork so we could see what they do during some of their days at Life Skills.



Prior to this unit we had never had any interaction with people who have a disability. Now we understand that these people are not any different from us. They are very friendly, and love to talk and communicate with us. Overall, this was a magnificent opportunity to introduce us to people with a disability. We loved this experience and it has been so much fun getting to know the participants and learning about Life Skills at La Trobe. We will definitely recommend this unit to our peers as it is very important to learn, meet and know how to communicate with people with a disability. We will keep this experience, memories and friends with us forever.

