

To begin the week, my expectations for the Lifeskills program were for the week to be an enjoyable, collaborative and inspiring journey with the Lifeskills participants. Throughout the course of the week, I set a goal to help the participants feel comforted and to feel like they are making new friendships. I felt it was an opportunity for both Ivanhoe students and the participants to explore out of their comfort zones and experience and gather different skills in life. I believed there were some challenges through the course of the experience, but once both the participants and Ivanhoe students felt comfortable, it was a smooth and lively week from there onwards.

During the first session with the Lifeskills participants, we completed a sports circuit. I was partnered with Chris running the basketball activity. During basketball Ishan, Chris, and I all helped Robert and Frank to feel like they were a part of the team. We included the Lifeskills members in every single point scored and hyped all of the participants up when they scored a point. Frank and Robert both had some great shots and I believe they really enjoyed themselves that session.



On Wednesday, I met Con and Michael. Con and Michael were very nice participants, and both liked the sport AFL. Con went for Collingwood and his favourite player was Scott Pendlebury, while Michael was more interested in motor sports. In the last session of the day, we completed Trivia with some of the Lifeskills participants. One of the participants, Ben, ran the program and I thought he was a very good host to the trivia. Once the Trivia finished, Ben played music on the projector until the Ivanhoe students had to head back to their campus after a tiring day.



Personally, Friday was my favourite day of the week as we went bowling. I was in a group with Ishan, Julian, and Ben. It was a close contest between Ishan and I, but I ended up winning, 112 to 106. For lunch we sat with one of the participants, Daniel, and had one of my favourite foods, Pizza. Pizza was also Daniel's favourite food. Near the end of the day, everyone was getting tired and unfortunately it was time to say goodbye to the participants. Overall, I am glad I chose this activity, and I am sad the week must come to an end.

By Mitch.