

## Lifeskills Reflection

Unfortunately, I was in isolation for the first 3 days of the program and missed some of the activities. Luckily, I was able to make it for the Just Dance and Cake Decorating on Thursday and for Bowling on Friday! Before coming for the last two days, I expected it to be kind of difficult to communicate with the participants due to missing the first few days, but I still thought it would be enjoyable. My expectation of enjoying my time was correct. I was also able to have plenty of good discussions with a few of the participants!



Thursday was a great first day! First, a few of the participants came over to University Campus for a student-lead tour and Just Dance. Just Dance was a great first active activity for me to get to know some of the participants, not to mention it was great fun with my IGS friends. After a few rounds of 'spin-the-wheel' Just Dance fun, we headed over to Lifeskills for lunch (salad rolls made by the participants!). During this delicious lunch, I got to have some nice chats with more of the participants. After lunch, I did some cake decorating with Aislinn, Lily and a few participants! It was so fun, we made cookie monster cupcakes (which everyone was extremely jealous of). Overall, the first day was full-on, but very pleasant and lovely to socialise with some of the Lifeskills participants.



On Friday, we went bowling with the Lifeskills participants, which again was very exciting and was able to meet new people again. Steph and I had lots of fun bowling in our close match with the participants! Afterwards, we headed back for a celebratory last lunch of pizza with the participants. It was very delicious of course and was fortunate enough to have some great chats about the nearby footy season!

Overall, the two days I was able to come to the Lifeskills program were delightful, and I learnt more about how to communicate and respect the disabled community from this experience!

I hope to see the people at Lifeskills again soon around La Trobe, thank you for this wonderful experience!

By Stella M.