

# Lifeskills Newsletter

By Chloe



I had many expectations of the week with the Lifeskills participants on the weekend before commencing the program. I was very unsure about what to expect. I did not know whether it was going to be difficult to talk to the participants or if I was going to have no difficulty.

Beginning on Monday morning, the teachers provided me with a good overview of what the week would look like, and I was more confident to participate and was looking forward to the week. I participated in a few activities which were designed to teach us how to communicate in uncomfortable situations which was helpful.



We began to plan some activities that we would engage in with the participants throughout the week, a sports circuit, Just Dance, and a tour of the Ivanhoe Year 9 Campus. I personally enjoyed planning the tour for the participants. It was very difficult planning the activities for the participants because we had to adapt to the changes throughout the day, and there were some limitations in what we could do.



My first impressions with the Lifeskills participants on Tuesday were positive. It was a lot easier to relate and communicate with the participants than I was expecting. During the sports circuit on Tuesday afternoon, I led the soccer activity with Matthew. It was enjoyable teaching some of the participants how to kick the soccer ball and lead the groups. It was so nice to see the participants enjoying themselves and having fun. I had heard from Mrs. Robertson that the participants often tire after an hour or so, but we were able to keep them up on their feet which brought a big smile to my face.



On Wednesday afternoon we joined in the participants' afternoon activities. The sessions were quite long and tiring, but it was great to help some of the participants get their food handling certificates.

Thursday was a busy day. A handful of participants visited our Year 9 campus, and I led one of the tours. All the participants were very eager to join the just dance in the classroom. Their energy and excitement spread to us when we started dancing. In the afternoon I joined a group in their gym activities and loved learning about their routines and exercises.



On Friday morning, we went bowling with the participants. I was bowling with Lole. He was a very enthusiastic participant and always had a smile on his face, which seemed to be contagious. Lole was much better than my friends and I at bowling and won by around 20 points which put our efforts to shame.

I really enjoyed my time in the Lifeskills program and I was sad to say goodbye to everyone on Friday afternoon. I would love to be involved with this program again in the future and thank all the teachers and participants for making my experience so lovely.