

## Lifeskills Reflection

By Matthew

I was able to attend all five days of the Lifeskills program, and found it one of the most unique and interesting out of class activities I have ever done. I had a lot of fun, and my expectations were raised. When I found out that I was going to be working with people with disabilities for a week, I was not so sure how to feel. I had never done anything of the sort, so I was coming into the program with quite an open mind. The first day didn't involve meeting any Lifeskills participants, but instead we learnt about communication and what to expect for the rest of the week.



On Tuesday, we met the participants for the first time, had lunch with them and got to know them a bit. I quickly found some people that I could connect with, like David and Jackson. David was a big Footy supporter, while Jackson was very good at talking and I could communicate well with him. After Lunch, we played sports with them in the gym and I was impressed by how active they were, and just generally quite a bit better than I thought.

On Wednesday, we reflected in the morning then went over to Lifeskills again for lunch, then got into some of the activities. I did Bingo with Joe, Con, Christine and George. Con was the Bingo master and I think that everyone had a really good time.

On Thursday, some of the participants actually came over to us at the (Ivanhoe Grammar School) University Campus, and we did a school tour and then some dancing to Just Dance songs. We then went to Lifeskills again for lunch and continued our afternoon activities. This time I did Podcasting and wrote a report for Chris. Sadly, I had to leave early though for an appointment.

On Friday, our last day, we did Bowling in the morning. I did it with Archie and David from Lifeskills. We all had a good time and I think that Friday might have been the best day. We then had Pizza for lunch at LifeSkills and said our goodbyes to the participants.