

This year I am attending a weeklong program that works alongside the Lifeskills participants. So far, we have learnt about the organisation and people who attend and work at Lifeskills. Learning about the program and the participants was very useful in giving us knowledge about what we are doing. Following our introduction to Lifeskills, we got to meet the participants, and had lunch with them. The lunch was very helpful way for us to get to know some of the participants and learn about their life. I was lucky enough to meet Malak. Malak loves music and loves her art. She likes a lot of different musical artists and enjoys listening to them. We then moved onto afternoon activities. I participated in the art program where we made mandalas. I worked alongside Ann, she is very passionate about her art, and like Malak, loves her music. She enjoyed making the mandala and loved using the colours. I found this to be a great activity to do.



Wednesday, we ran a sports circuit for the Lifeskills participants. Noah and I ran an activity on the squash courts. We had each team member hit the ball over the red line as much as they can. Throughout the activities, teams were made and given names to add a bit of creativity. Team Awesome was very good at racquet ball and table tennis. We then had lunch back at Lifeskills, I was talking to a participant called Ben, he liked AFL football as well as cricket, much like me. Talking to someone that has the same interests as me was very enjoyable. I had a great conversation with him about footy and the AFL teams I support.



Thursday, we hosted a tour, of our schools University campus, for the participants. This was amazing due to all the smiles on their faces. They loved how big the school is, as well as the variety of different classrooms. We then did a Just Dance session, we had disco lights in the classroom as well as loud music. This was so much fun; every participant was smiling and happy to be dancing or enjoying the music. YMCA was a very popular song. We headed back to Lifeskills for lunch again. I sat with a participant I hadn't sat with before, he was very sweet and communicated with yes/no answers - this was good to experience for me as I needed to adapt and learn how to make more conversations and overcome the challenge.

Friday, unfortunately we did not get to celebrate the last day with them. I'm sure if we did get to celebrate it would be a very fun time and good to see them one last time.

From Monday to Friday, I have learnt about their lifestyle and the activities they run at Lifeskills. When I first met the participants, I was rushed with a feeling of happiness. Seeing them rush over to say hi was a great feeling. Mingling with them throughout the week was amazing. I enjoyed every bit of art, jewellery making, and cookie decorating. It was wonderful to meet new people and participate in new activities.