




Winding Down Program: Term 4, Week 9, 2024

Learning Goal Through consultation with the inclusion support agency, we are adjusting our program to provide children the opportunity to wind down through quiet sensory based activities with options for everyone. 5:15 – 6:00 is dedicated winding down time of the program.

MTOP 1.1
MTOP 3.1
MTOP 3.3
MTOP 4.1

	Group Relaxation	Winding Down Activity
MON 09/12	Belly Breathing	Blooket 
TUES 10/12	Star Breathing	Freeze Dances
WED 11/12	Body Scanner	Silent Ball
THUR 12/12	Beach Relaxation	Blind Samurai
FRI 13/12	Bubble Bounce	Mario Kart

EVERYDAY RESOURCES

- Colouring in
- Drawing
- Puzzles
- Books
- Homework Club (Seniors only)
- Board Games

NOTES





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	Group Relaxation	Winding Down Activity		
MON 16/12	<u>Snowy Sensations</u>	Learn to Draw		
TUES 17/12	Pupil Free Day <u>Separate Program</u>			
WED 18/12	Vacation Care <u>Separate Program</u>			
THUR 19/12	Vacation Care <u>Separate Program</u>			
FRI 20/12	Vacation Care <u>Separate Program</u>			
EVERYDAY RESOURCES				
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