

# LIVING YOUR WAY

## with Your Way Care Providers

Experience the difference: meaningful, person-centred activities designed for real outcomes.

*\*Here's a little glimpse of what your 10 weeks will look like in the Your Way Care Providers Program.\**

### MONDAY

#### AGRICULTURE CARE AT KINGS COUNTRY NURSERY

Engage in hands-on gardening and agricultural activities, nurturing plants and learning about sustainable practices in a serene environment.



### TUESDAY

#### ARTS AND CRAFT FOR THE COMMUNITY GARDEN

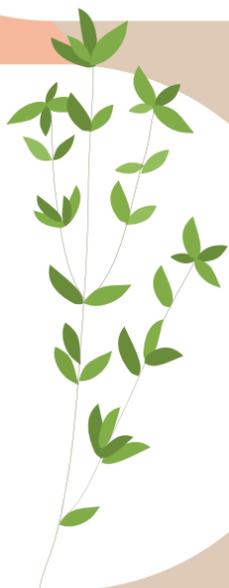
Unleash your creativity with a variety of arts and crafts activities in a relaxing outdoor setting. This is a great opportunity for self-expression and social interaction.



### WEDNESDAY

#### POT 2 PLATE FOLLOWED BY LUNCH IN THE PARK

Learn about nutrition, healthy eating, and cooking skills by preparing meals from fresh ingredients. Enjoy a community picnic afterwards.



### THURSDAY

#### HANDS ON CARE WITH THE ANIMALS AT KINGS COUNTRY

Spend time with friendly farm animals, learning about their care and needs while developing confidence, empathy, and responsibility.



### FRIDAY

#### FRI-YAY

End the week with a fun-filled community activity! From bowling and movies to park outings, each week offers a new and exciting social experience.



YOUR WAY  
— CARE PROVIDERS —

## MONDAY

### AGRICULTURE CARE AT KINGS COUNTRY NURSERY

Engage in hands-on gardening and agricultural activities, nurturing plants and learning about sustainable practices in a serene environment.



## WHAT'S ON

### 9:00 AM – Arrival & Check-In

- Arrive at Kings Country Nursery in PPE (gloves, hat, closed shoes)
- Welcome, safety chat, and overview of the day
- Participants set a small personal goal for the session

### 9:30 AM – Morning Activities (Rotational Stations)

Participants will be divided into small groups and rotate through different interactive stations. Learning hands on skills, safe use of tools, organisation skills, developing independence and motor skills & more:

- ✓ Gardening (planting, pruning)
- ✓ Mowing & basic groundskeeping
- ✓ Watering plants & checking soil
- ✓ Raking leaves & garden clean-up

### 11:00 AM – Sensory & Wellbeing Break

- Hydration & Snack Break (encourage healthy choices)
- Relaxing activity: gentle stretching or short nature walk

### 11:30 AM – Practical Skills & Teamwork

- Repotting & Potting Plants: Hands-on work with soil, transplanting seedlings, and understanding plant care
- Product Labelling & Pricing Activity: Develop literacy, numeracy, and small-business awareness by tagging plants for sale at the nursery

### 12:30 PM – Team Lunch (Social Skills & Independence)

- Outdoor picnic lunch
- Social Engagement & Team Discussion: Reflection on the morning activities, what participants enjoyed, and what they'd like to learn more about

### 1:00 PM – Afternoon Project & Skill Development

Participants work on a collaborative project based on the season, such as:

- 🌿 Herb & Vegetable Garden Planting: Understanding farm-to-table concepts and nutrition
- 🌻 Decorating & Painting Garden Pots: Creativity and self-expression through art
- ♻️ Recycling & Sustainability Workshop: Learn about composting and eco-friendly gardening

### 2:15 PM – Personal Reflection & Wrap-Up

- Goal Review: Each participant shares what they achieved and learned
- Feedback Session: Group discusses highlights and any adjustments for the next session
- Clean-Up & Pack Away: Encouraging responsibility and teamwork

### 3:00 PM – Departure

- Transport & Transition Support provided as needed



## TUESDAY

### ARTS AND CRAFT FOR THE COMMUNITY GARDEN

Unleash your creativity with a variety of arts and crafts activities in a relaxing outdoor setting. This is a great opportunity for self-expression and social interaction.

## WHAT'S ON

### 9:00 AM – Arrival & Welcome

- Arrive at the Community Garden and settle in
- Group welcome and safety talk about tools and materials
- Participants set a goal (e.g., what they want to make or learn)

### 9:30 AM – Creative Workshop (Rotational Stations)

Participants will be divided into small groups and rotate through different creative activities:

- 🎨 Paint & decorate plant pots
- 🖌️ Make Garden signs
- 🌿 Try nature weaving or pressed flower art
- ♻️ Create art using recycled items

### 11:00 AM – Sensory & Wellbeing Break

- Hydration & Snack Break
- Relaxation: nature sounds, storytelling, or quiet time

### 11:30 AM – Collaborative Group Project

Participants work together on a larger community project, such as:

- 🌻 Painting a mural
- 🌸 Decorating a sensory garden area
- 🦋 Making bug or bird houses

### 12:30 PM – Team Lunch & Social Connection

- Outdoor picnic lunch
- Peer Discussions: Share what they enjoyed in the morning and what they want to try next

### 1:00 PM – Personalised Craft & Independent Exploration

Participants choose their own project to work on, reinforcing decision-making and independence eg:

- 🏺 Clay sculpting
- 📖 Drawing or journaling about plants
- 🎀 Making wind chimes or garden decorations

### 2:15 PM – Reflection & Wrap-Up

- Show & Share: Each participant presents their artwork and shares their experience
- Feedback Session: What did they love? What would they like to do next time?
- Garden Art Display Setup: Place finished projects in the garden

### 3:00 PM – Departure

- Pack up & transition support as needed

# WEDNESDAY

POT 2 PLATE FOLLOWED BY LUNCH IN THE PARK

Learn about nutrition, healthy eating, and cooking skills by preparing meals from fresh ingredients. Enjoy a community picnic afterwards.



## WHAT'S ON

### 9:00 AM – Arrival & Welcome

- Arrive at the Community Kitchen or Garden
- Group welcome and safety briefing (kitchen rules and knife safety)
- Overview of today's recipe
- Participants set a personal cooking goal

### 9:30 AM – Farm-to-Table & Ingredient Prep

Participants will be involved in preparing fresh & healthy ingredients, focusing on hands-on learning:

- 🥕 Pick herbs or veggies from the garden (if available)
- 🔪 Practice safe chopping, peeling, and measuring
- 🍷 Learn about healthy eating and nutrition

### 10:30 AM – Cooking Session

Participants work in small teams to prepare a healthy meal, focusing on:

- 👨‍🍳 Practice basic cooking skills
- 🥗 Put together the meal (salad, sandwich, or warm dish)
- 🔥 Use kitchen equipment safely

### 12:00 PM – Community Picnic Lunch

- Enjoy the freshly prepared meal in an outdoor park setting
- Gratitude Reflection – Each person shares what they learned or enjoyed about the cooking process

### 1:00 PM – Food-Related Life Skills & Fun Activities

Participants choose an interactive activity to build independent living skills:

- 📖 Meal Planning & Budgeting
- 🎨 DIY Herb Garden Potting
- 💡 Sensory & Taste Challenge

### 2:00 PM – Reflection & Wrap-Up

- Group Discussion: What did they enjoy? What was challenging?
- Take-Home Recipe Cards: Participants receive a simple recipe to try at home
- Clean-Up & Pack Away – Encouraging responsibility and teamwork

### 3:00 PM – Departure

- Transport & Transition Support as needed



## THURSDAY

HANDS ON CARE WITH THE ANIMALS AT KINGS COUNTRY  
Spend time with friendly farm animals, learning about their care and needs while developing confidence, empathy, and responsibility.

### WHAT'S ON

#### 9:00 AM – Arrival & Morning Welcome

- Arrive in appropriate footwear and clothing
- Morning check-in and safety talk
- Discuss animal care duties and set personal intentions for the day

#### 9:30 AM – Morning Animal Care Rotations

Participants rotate through supported roles such as:

- 🥣 Feeding animals (goats, chickens, rabbits)
- 💧 Cleaning pens and topping up water
- 🐾 Grooming and gentle handling (if appropriate)

#### 11:00 AM – Morning Tea & Reflective Break

- Wash-up and enjoy a light snack
- Nature-based mindfulness session (e.g., breathing exercise or seated quiet reflection with animals nearby)

#### 11:30 AM – Animal Education & Empathy Building

- Learn about different animal behaviours, needs, and personalities
- Interactive activity: “How would you care for...?” (roleplay or drawing)
- Record animal observations in journals

#### 12:30 PM – Team Lunch in the Garden

- Outdoor lunch together
- Social opportunity to build friendships and confidence
- Gratitude check-in: “What animal are you thankful for today?”

#### 1:15 PM – Enrichment Project or Creative Activity

Participants work individually or in teams on:

- 📷 Creating signs or doing animal photography
- 🖍️ Making posters about caring for animals

#### 2:15 PM – Reflection Circle & Pack Down

- Share highlights and what participants are proud of
- Set personal challenges for next time
- Clean up, sanitise, and prepare to head off

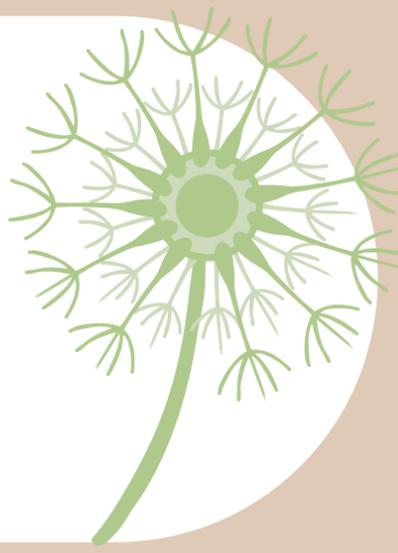
#### 3:00 PM – Departure

- Transport & Transition Support as needed

# FRIDAY

FRI-YAY

End the week with a fun-filled community activity! From bowling and movies to park outings, each week offers a new and exciting social experience.



## WHAT'S ON

### 9:00 AM – Arrival & Check-In

- Meet at the usual pick-up spot (Hub or transport location)
- Talk about today's activity (e.g. bowling, movie, park BBQ)
- Set a goal (e.g. "I'll try something new" or "I'll order my own lunch")

### 9:30 AM – Travel to Community Activity

- Group travels together using accessible transport
- Encourage independence (e.g., using a Go Card, helping with directions, or reading a map)

### 10:00 AM – Morning Activity Block

Depending on the week's planned event, this may include:

- 🎳 Bowling – Team fun
- 🎬 Cinema – Shared movie experience with sensory-friendly options if needed
- 🌳 Park Outing – Walking, lawn games, nature scavenger hunt, or using fitness equipment
- 🎨 Art or Cultural Visit – Museum, gallery, or hands-on community workshop

### 12:30 PM – Group Lunch

- Shared meal either in a café, park
- Encourage life skills such as ordering food, using manners, and managing spending

### 1:30 PM – Social Games & Wrap-Up Activity

- Low-key group games (e.g., charades, UNO, trivia, or nature bingo)
- Sensory-friendly options (colouring, journaling, or nature walks) available
- Optional: Peer recognition shout-outs (e.g., "Today I saw Jake help Sarah with lunch!")

### 2:30 PM – Weekly Reflection & Goal Review

- Discuss the week's highlights and what each person achieved
- Participants can set a goal or request for the following week's Friday outing

### 3:00 PM – Departure

- Transport & Transition Support as needed