



Zooming Abilities is an 8 week program of fun and interactive workshops to support social relationships and peer connections during this time of disconnect. Prior to the start date, participants will receive a kit with all the resources required for the 8 week program. RYSS Abilities Group Programs are 8 week social engagement and living skills based programs open to young people aged 12 and over who are eligible for NDIS funding in a range of core and capacity building areas.

USE THE QR CODE
TO ENROL NOW!



ENROL BEFORE
13 SEPTEMBER
TO AVOID DISAPPOINTMENT

Starts: 15th of September

Day: Wednesdays Time: 3pm - 5pm

Duration: 8 weeks

		ACTIVITY	SUPPLIED RESOURCES	PARTICIPANTS NEED
WEEK 1 15/09		VIRTUAL ZOO TOUR FOR ART INSPIRATION We will sketch our way around a virtual zoo tour for inspiration and draw our favourite animal to share with the group.	<ul style="list-style-type: none"> Sketching Set Art Book Virtual Zoo Tour Link 	<ul style="list-style-type: none"> Device with Internet access
WEEK 2 22/09		STAR WARS & WOODWORK May the force be with you creating a woodwork Baby Yoda, followed by a Star Wars themed trivia.	<ul style="list-style-type: none"> Woodwork Kit Trivia Link 	<ul style="list-style-type: none"> Device with Internet access
WEEK 3 29/09		MINECRAFT CHALLENGE Can you take on this Minecraft challenge and help build and create our own Minecraft World hosted by a Minecraft Master.	<ul style="list-style-type: none"> Minecraft FREE Trial Link Minecraft Master Host 	<ul style="list-style-type: none"> Device with Internet access Access to the Minecraft Platform.
WEEK 4 6/10		SCAVENGER HUNT & CUPCAKE CREATIONS Do you have what it takes to be the household scavenger hunt champion? After this fun game we will decorate freshly baked cupcakes for a treat!	<ul style="list-style-type: none"> Freshly baked cupcakes and a decorating kit. 	<ul style="list-style-type: none"> Device with internet access
WEEK 5 13/10		AIR DRY CLAY SCULPTURES Roll up your sleeves and get your hands dirty in our air dry clay sculpture session with our artist facilitator.	<ul style="list-style-type: none"> Air Dry Clay Kit 	<ul style="list-style-type: none"> Device with Internet access
WEEK 6 20/10		HEALTHY MINDS & HEALTHY BODIES Our Abilities Fitness trainer will run us through a work out to get our bodies moving followed by a positive mental health "Let it Out" session from the RYSS Youth Collective team.	<ul style="list-style-type: none"> Fitness Trainer Work Out. "Let it Out" Program with Youth Worker Facilitator. 	<ul style="list-style-type: none"> Device with Internet access
WEEK 7 27/10		HEAD TO HEAD - TRIVIA & GAMES ARVO There are prizes up for grabs in the Abilities Games Arvo. We will compete in trivia and UNO competitions and see who will take out the title of Abilities Game Champion!	<ul style="list-style-type: none"> Trivia Master 	<ul style="list-style-type: none"> Device with Internet access
WEEK 8 3/11		POSITIVE ASPIRATIONS PAINT & DRAW Draw and paint your own mini canvases with your post lock-down hopes, aspirations and inspirational messages to support one another.	<ul style="list-style-type: none"> Canvases and Art Kit with paints and brushes. 	<ul style="list-style-type: none"> Device with Internet access

For more information visit ryss.com.au/online-abilities-programs or speak with our Abilities Program Worker by calling **4323 2374**