

<u>Time</u>	<u>Activity</u>
9 - 9.30	Reading on EPIC!
9.30 - 10am	Mindfulness activity
10 - 11am	Project activity (for example planning a holiday)
11 - 11.30am	Break / morning tea
11.30 - 12.15pm	Project activity (for example Numeracy cooking project)
12.15 - 12.30pm	Yoga / exercise time
12.30 - 1.30pm	Break / lunch
1.30 - 2.15pm	Project activity (for example planning a fund raising event)
2.15 - 2.45pm	Life skills / Literacy pack activity (for example resume work)