

Week 2 Activity Plan

April 2023

Page 1 of 1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 7am – 10am							
Morning 10am – 11:30am	Journaling Find new ways to express your feelings with pen to paper	Drop in Your chance to work on anything that isn't scheduled on the planner. Or maybe continue with work from another session	Resources For Building a Social Network Explore community-based resources that are available in your area	Goal settings Daily and weekly planning exercise to help set and achieve your goals	iPads Apps Podcasts Learn and explore recovery-based apps on the iPads, listen and explore new podcasts	Brunch & Group Discussion A chance to share your thoughts and feelings with the rest of the group, remember YOU ARE NOT ALONE!	Breath Work Relax and unwind with breathing techniques and guided sessions to help clear your mind
Lunch 12pm – 1:30pm		Yoga with Sport in Mind 12-1pm.					
Afternoon 3:30pm – 5pm	Food budgeting & cooking session A chance to learn new meals to cook, as well as shopping and budgeting for ingredients needed	Creative Time Delve into colouring, create your own vision boards, make your own clock, design your achievements collage	Confidence building with physical activity 2-4pm	Breath Work Relax and unwind with breathing techniques and guided sessions to help clear your mind	Building Confidence Learn new ways to approaching people, making friends, and setting healthy boundaries	Board Games Some weekend fun with a choice of card and board games, bingo and more!	Self-care A chance for you to freshen yourselves up – face mask, nails, clean bedding etc
Dinner 5:30pm – 7:30pm							
Evening 7:30pm +						Quiz & Movie Night Saturday night fun	

Please note, this is intended as a guide only. All activities are subject to staff availability. You are also welcomed to engage in these activities in timeframes outside of those presented here