



## Tuesday

### The LIFE Project Programme –February 2026

#### Life Skill Focus: Appreciating Cultures Around the World

9.30am – 3.30pm Activity Room, Parkside GU12 4BP

<b>3<sup>rd</sup> February</b>	<p><b>China</b></p> <p><b>AM</b> – March Programme Planning, setting SMART targets Shopping for Chinese Noodles &amp; Rice, followed by a tasting session using chopsticks</p> <p><b>PM</b> – Make a Chinese coin purse</p>
<b>10<sup>th</sup> February</b>	<p><b>France</b></p> <p><b>AM</b> – In 2 teams make the Eiffel Tower using resources from the art cupboard</p> <p><b>PM</b> - Draw your own version of the Mona Lisa Write your name in French</p>
<b>17<sup>th</sup> February</b>	<p><b>Japan</b></p> <p><b>AM</b> – Write your name using Japanese writing Shopping for snacks</p> <p><b>PM</b> - Aimee's Birthday Celebration – watching 'Goosebumps' at Parkside with snacks</p>
<b>24<sup>th</sup> February</b>	<p><b>Ireland</b></p> <p><b>AM</b> – Review SMART targets Shopping for ingredients ***Shopping SMART target rewards *** Cooking soda bread</p> <p><b>PM</b> - Learn a traditional Irish dance then perform to the PIP group</p>

**Please bring a packed lunch to every session unless otherwise stated and your £5.00 Activities Fee.**

For any comments suggestions or queries regarding the activity programme please contact a Club Leader, Jade Letham or the Deputy Manager, Angie Morris

Tel: 01252 313103 or email [Jade.letham@parksidealdershot.co.uk](mailto:Jade.letham@parksidealdershot.co.uk) or [angie.morris@parksidealdershot.co.uk](mailto:angie.morris@parksidealdershot.co.uk)

**A kind reminder: When parents or carers need to reach the LIFE Project staff, please contact Parkside's main telephone number. The admin team can promptly relay your message within office hours.**

