



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

**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.**

