



Wednesday

The LIFE Project Programme – February 2026

Life Skill Focus: Appreciating Cultures Around the World

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

4th February	Scotland AM – March programme planning, setting SMART targets Learn the Highland Fling and design your own Tartan PM – Sensory seated dance with Rachel
11th February	Germany AM – Shopping for German snacks, then tasting them Learn to count to 10 in German PM – Sensory seated dance with Rachel
18th February	Egypt AM – Research about the Pyramids and Pharaohs Make our own mini-Pyramid PM – Write your name using Egyptian Hieroglyphics Research and learn a traditional Egyptian dance
25th February	Sweden AM – Review SMART targets Watch a travel documentary about Sweden PM – Sensory seated dance with Rachel ***Shopping for SMART target rewards***

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

For any comments suggestions or queries regarding the activity programme please contact the Club Leader, Mandy Wickins or the Deputy Manager, Angie Morris

Tel: 01252 313103 or email Mandy.wickins@parksidealdershot.co.uk or 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.

