

Teenage Rampage 2019 – 2020 (programme can vary)

Date	Main Activity	Additional Activities	Venue	Life Skills	Important Information
23.4.19	Film Night / Crafts	Snack prep / planning for half term session	Odd Down	Kitchen safety / respecting others when watching a film (noise levels / interruptions etc.) Fire Alarm practice	The film will be Mary Poppins Returns – young people to not have to watch it as there are other activities on offer.
30.4.19	How much sugar? Creating a sugar content display for our building	Healthy drinks with the Nutri bullet using fruit and veg Games / football - outside	Odd Down	Sugar content in popular snacks / alternatives. Kitchen skills and safety, knife skills, using a nutribullet, washing up and drying thoroughly / following a task through from start to finish.	
7.5.19	Gardening / tidying outdoor area	Snack prep / cooking activity Outdoor Games	Odd Down	Planting / growing / watering / weeding Keeping active	Old clothes would be useful
14.5.19	Boxercise	Snack prep / cooking Continuing with our sugar content display	Odd Down	Appropriateness – boxing for exercise / fun.	Gym / sport clothes and footwear, please! Boxercise will be for the first hour.
21.5.19	Glass painting / clay / tile painting	Snack prep / cooking / outdoor games	Odd Down	Turn taking / listening to instructions	Old clothes or an apron, please – this could get messy!
Half Term – Double Session 10-3pm (information to follow)					

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4.6.19	All About Me – creating an A4 page (s) to tell others about you	Music / outdoor games / snack prep	Odd Down	Communication skills / what to share / appropriateness	Any input for this would be great – photos / ideas etc.
11.6.19	Pizza Making	Outdoor sports games and gardening	Odd Down	Experimenting with different ways of making pizzas – which worked best? Kitchen skills and tidying skills.	Please let us know if you need a gf base. Young people will choose their own toppings
18.6.19	Dance Routines and Karaoke	Craft and outdoor games as usual	Odd Down	Keeping active while having fun	
25.6.19	Yoga and mindfulness	Calming / fiddle toy making – lounge Snack prep - kitchen	Odd Down	Gentle exercise / focus / being peaceful / feeling calm. Kitchen safety.	Loose comfortable clothing will be needed for yoga
2.7.19	Canal walk		Odd Down	Safety next to water / sun protection / importance of hydration / exercise	We will meet at Sydney Gardens and walk to The George in Bathampton for a drink. Young people can be collected from The George at 9pm.
9.7.19	Bee and bug hotels	Nature crafts / tie dye	Odd Down	Safety around tools (screwdrivers/saws/drills). Safety around boiling water. Kitchen safety.	Please wear old clothing – we will be making our own dye and using it for tie dye
16.7.19	Victoria Park /Picnic	Outdoor games	Victoria Park	Safety on outdoor equipment. Knowing where the meeting point is. General freedom / measured risk.	Details to follow – wear appropriate clothing. Picnic mats would be useful!
23.7.19	Summer Party and BBQ	Disco music / games	Odd Down	Socialising!	Any contributions of party food, please!