

WHEN SATURDAY 15 th MAY	TYPE	SUBJECT	BACK PACK ITEMS
9 AM – 10 AM	Opening Ceremony	Opening Ceremony	Candle to light
10:15 AM – 11:45 AM	Meeting	Childhood and life today	
12 PM – 1 PM	Meal	Teddy bears picnic	Childhood favourite food and Teddy Bears
1:15 PM – 2:45 PM	Activity	Sensory painting	Water based paints and paper / faces
3 PM – 4 PM	Activity	Yoga for all levels	PE kit
4 PM – 5 PM	Activity	Music room	Anything that makes a noise
5 PM – 6 PM	Meal	Teenager junk food dinner	Teenage favourite food
6 PM – 7 PM	Meeting	Chair Share on Inner Child	
7:15 PM – 8:15 PM	Social	Saturday night social	Show and tell
8:30 PM – 10 PM	Meeting	Bedtime Torchlit Story	Blankets and torch

WHEN SUNDAY 16 th MAY	TYPE	SUBJECT	BACK PACK ITEMS
1 PM – 2:30 PM	Meeting	Step 1 The inner child	
2:45 PM – 4:15 PM	Meeting	Promise Two questions writing prompt	Pen and Paper
4:15 PM – 5:15 PM	Activity	Improv and clowning	Space to move and clown shoes
5:15 PM – 6:30 PM	Meal	Friendship Fat Munch	Happy meal
6:45 PM – 8:15 PM	Meeting	Parenting our inner children	
8:15 PM – 9 PM	Closing ceremony	Closing ceremony	Candle to light
9 PM – 10 PM	Social	Inner child disco	Plimsoles, tutus and tapshoes

ALL INNER CHILDREN AND TEENAGERS ARE WELCOME TO ATTEND IN FANCY DRESS AND TO BRING ALONG THEIR TEDDY BEAR AND A PHOTO OF THEMSELVES. OPTION IS THERE TO USE THIS PHOTO FOR YOUR ZOOM ACCOUNT.

Zoom meeting details:

Meeting ID: 864 9587 6136

Passcode: 967838