

# Sample Program

## **10.30 Welcome and safety talk**

### **Warm up**

- Name Games
- Physical and warming up exercises

### **Get to know you**

- Action games / tasks

### **Working together 1**

- Team competitions – Family Tasks – Group Challenges

## **12.30 – 1.30 Lunch**

### **Working together 2**

- A series of Family Challenges – Team Tasks and Group challenges and competitions

## **4pm Depart**

**The above games range from simple games using basic every day and readily available equipment to more complicated challenges, using some specialized equipment and materials.**

**All activities are suitable for a wide age range from 4yr olds to adult.**

**The main focus of all activities is to promote communication between parents and their children and between children and their parents.**

**Games vary depending upon age of participants, site suitability and weather.**

**Programs are developed and tailored to each groups needs.**