

Holiday Programme Report

Activity and Hike Implementation

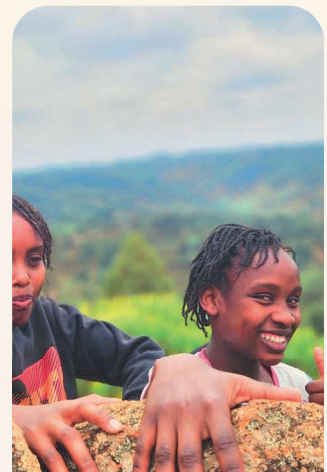
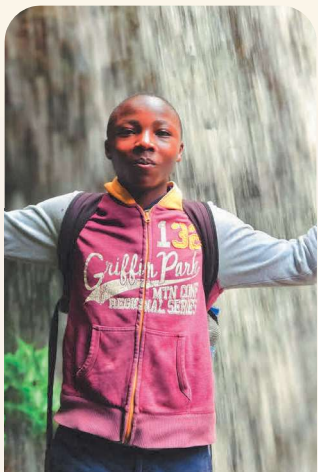


INTRODUCTION



In an increasingly complex and fast-paced world, academic knowledge alone is no longer sufficient to guarantee personal well-being. Modern life presents individuals with rapid technological changes and dynamic social environments.

To navigate these complexities, individuals require a distinctive set of psychosocial competencies known as life skills.



Holiday Activities Implemented

1. First Aid

We dealt with musculoskeletal injuries most this month, and kids were able to tie the slings. We also focused on placing casualties in a recovery position. A total of 40 kids have benefited from learning how to tie slings and place individuals in the recovery position.



2. Tree of Life

A total of 60 kids have learned the first part of the Tree of Life module. We expect them to continue with the next part during the November/December holiday.



3. Mentorship

Mentorship in the month of August was conducted with the help of Ruth and Lilian, reaching a total of 80 kids. Key topics shared with them included self-esteem, relationships, and personal hygiene.



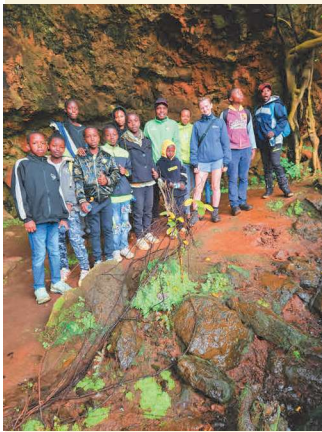
4. Counselling

Counselling was mostly conducted through group sessions. Teresia volunteered to assist us with the counselling sessions, which was wonderful and helped a total of 80 children (both girls and boys). Topics such as drug abuse, relationships, and adolescence were discussed and shared.



5. Hiking

We managed to organize 2 hikes: one to Karurina Waterfalls and another to Kyethiga Hills. A total of 20 kids benefited from these excursions, and the smiles on their faces said it all.



6. Talent Show, Storytelling & Team Building

These activities were conducted to gauge the response of the children, and they responded exceptionally well. The talent show was amazing—everyone was eager to showcase their talents, demonstrating that they are no longer shy. The team building activities highlighted their growth as a cohesive team, showing that we have successfully instilled teamwork among them.



7. Volunteer Support (Rowan)

Rowan was a vital part of the program this month. She provided immense support in First Aid, mentorship, yoga, and decision-making activities. She was happy to assist and recommended bringing in more volunteers to contribute fresh ideas for running the program.



RECOMMENDATIONS

- Noise Control: The current classroom space is located in a noisy environment, causing kids to struggle to hear. Installing windows could help minimize external noise.
- Audio-Visual Learning: Children learn effectively through visual aids. Acquiring electricity access and a projector would significantly enhance lesson delivery.

CONCLUSION

The Lifeskills Program has impacted the children positively. Since its inception, issues such as shyness, untidiness, bad manners, and lack of confidence have remarkably disappeared among the kids. Thank you.

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