MOVING MOUNTAINS KENYA
CHANGING LIVES

October Lifeskills Programme Report

Activity and Hike Implementation



Activities Implemented

This month was not busy as many kids were sitting for their final exams of the year and they needed time to prepare for them so there were not so many activities. Activities like music, counselling and tree of life were not done.

1.HIKING

This month we had 2 hikes and a total of 20 kids got the chance to experience the beautiful sceneries that Embu can offer. The smiles on the kids says it all cause for a moment they forget their life troubles and just enjoying the views.





2.FIRST AID

A total of 4 sessions with 15 kids per session this month, so a total of 60 kids learnt basic first aid. Among the topics discussed were nose bleeding, poisoning, burns and scalds, choking cuts, bleeding, blisters. These sessions are really worth it.

3.MENTORSHIP

Sharon brought us a guest speaker from Nairobi known as Elkanah Kahema. He talked about embracing change and being resilient to push on and never give up. He talked with the young adults about change. A total of 20 young were taken through it.



CONCLUSION

We are delighted to observe ongoing positive transformations in the children's development and well-being. We extend our sincere gratitude to the organization for its steadfast and continued support, which makes this meaningful progress possible.



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