



Empathy At Home Sessions



Day	Time	What	Who
Sat	1 pm 	Active 	
Sat	2pm 	Play 	
Sat	3pm 	Craft 	
Monday	3 pm 	Make Some Music 	
Tuesday	3pm 	Make It Tuesday 	
Wednesday	3pm 	Challenge Accepted and Chat 	
Thursday	3pm 	Get up and Dance With Me 	
Friday	6pm 	Netflix Party 	



Empathy At Home Sessions



Day	Time	What	Week begin 25 /04/20
Sat	1 pm	<p>Active</p> <p>Join the team for your weekly work out, some fun and games and the wind down with some Yoga</p>	<p>5 min warm up with Archie Wicks</p> <p>Desert Island</p> <p>Keepy Uppie Competition</p> <p>Millie's Challenge</p>
Sat	2pm	<p>Kahoot</p> <p>Join the team and your empathy friends for a chat and a catch up</p>	<p>Join the team for some Kahoot quizzes and a chat</p>
Sat	3pm	<p>Craft</p> <p>Just like at group we get crafty every week. Join the team and get creative</p>	<p>Tube Snakes</p> <p>You need a cardboard tube, pens / paints or stickers, scissors, paper</p>
Mon	3 pm	<p>Make Some Music</p> <p>Bring your instruments along. Learn some new songs and pieces with the team and play with others</p>	<p>Show us your progress with Smoke in the water</p> <p>And Learn</p> <p>Smells Like teen spirit</p>
Tues	3pm	<p>Make It Tuesday</p> <p>Get Creative and make something new each week with the things you and the team can find at home</p>	<p>Garden Suncatcher</p> <p>You will need</p> <p>Plastic (water or drink) bottles</p> <p>Sharpies or permanent markers</p> <p>Scissors</p>
Wed	3pm	<p>Challenge Accepted and Chat</p> <p>Join the whole team each week to accept your new challenge and have a chat and a catch up with your friends.</p>	<p>Show Us your</p> <p>Show us your 100 lap pictures</p> <p>Make or wear a silly hat</p> <p>Build a mansion</p> <p>Find out what this week's challenges are !</p>
Thurs	3pm	<p>Get Up and Dance with ME.</p> <p>Let's get this party started. Add your favourites to Spotify playlist and join the team to sing and dance along.</p>	<p>Dance along to your favourites.</p> <p>See the Spotify playlist</p>
Fri	6pm	<p>Netflix Party</p> <p>Sign in to your Netflix account, hit the Netflix party button and settle down with the team for a movie and an onscreen chat</p>	<p>Shrek</p>