



Afternoon Achievers Program

OPEN TO ALL
COMMUNITY MEMBERS
FROM 7 TO 12 YEARS OF AGE
EVERY THURSDAY AFTERNOON AT
STELLA LIFE
39 HERBERT ST, BOWEN

PROGRAM OUTCOMES

- Increase social skills, self- confidence and independence
- Develop/enhance life skills including increased social and community participation
- Participate in a wide range of STEAM, community and creative activities in a small, age appropriate group
- Develop understanding of mental health & awareness of evidence-based coping strategies

TERM 4:

8-week program group activities co-designed by
our Recreational Therapist

16 October - 5 December 2025
3pm - 5pm (including drop off times)

*For more information & to get involved,
please call: 0456 951 980*

TRANSPORT
AVAILABLE!
WITH PICK UP
FROM SCHOOL
AND DROP OFF
AT HOME
AVAILABLE ON
REQUEST

WWW.STELLALIFE.COM.AU

MINIMUM OF 3
PARTICIPANTS
REQUIRED
PER SESSION

IDEAL FOR
NDIS SELF
MANAGED
AND PLAN
MANAGED
PARTICIPANTS
WITH CORE OR
CAPACITY
BUILDING
FUNDS

Afternoon Achievers Activities

Term 4



THURS 16 OCTOBER	POP ART PORTRAIT BAM! Make your own bright and bold pop art portrait with this fun and colourful activity.
THURS 23 OCTOBER	MURRAY BAY / MOTHER BEDDOCK Make sandcastles and collect pinecones and driftwood from nature for stick people activity. Bring swimmers for a dip afterwards.
THURS 30 OCTOBER	TRICK OR TREAT Join Bowen Locals Trick or Treat event and watch the town come alive. Don't forget to dress up! BYO bucket for lollies. It will be fang-tastic!
THURS 6 NOVEMBER	STICK PEOPLE Fairies, goblins, elves! Make your own Halloween inspired stick person using pinecones and other treasures you've previously from nature.
THURS 13 NOVEMBER	CLAY ORNAMENTS Make your own ornaments out of clay using leaves and flowers to imprint patterns. Option to turn into wind chime or Christmas decorations the following week.
THURS 20 NOVEMBER	CLAY ORNAMENTS Turn the clay ornaments you previously created into wind chimes or Christmas decorations.
THURS 27 NOVEMBER	SHADOW ART AT FRONT BEACH Go outside with yourself, paper, paints and brushes and make shadows from the sunlight, trees and bushes. Bring swimmers for a dip afterwards.
FRI 5 DECEMBER	CELEBRATION WEEK - SKATE NIGHT & PIZZA Time to celebrate after a full term of activities. We will attend Friday night skate night at PCYC and enjoy some pizza. ** Pick up from home begins at 5pm and drop off to home starts at 7pm. Subject to cancellation due to weather.

PLEASE BRING TO EACH SESSION:

Hat, sunscreen, closed in shoes, afternoon snack & water bottle.