

# ONLINE SESSIONS



STudio ARTes  
INCLUSION EQUITY RESPECT

Session	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 9am – 11.30am	Fitness & Movement	Music	Streamers & PR	Music	Dance
	Art	Literacy & Numeracy	Art	Video Games	Art
				Fitness & Movement	
Afternoon 12.30pm – 3.00pm	Music	Science & Discovery	Dance	Video Making	Music
	Art	Art	Cooking	Phone Photography	Social Art
		Dance	Art		
Additional Activities	Ensemble 12.30pm – 3.00pm Invitation Only		Swamp Dogs 3.00pm – 6.00pm Invitation Only		Social Club 3.30pm – 5.00pm All Welcome
	Art Extension 2.45pm – 5.15pm Invitation Only				

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## About Sessions

**Art:** There are a variety of different activities ready for you to complete at home. Don't forget to have some paper and pencils ready to go for a whole lot of fun!

**Cooking:** Be part of interactive cooking demonstrations, learn about health and nutrition, and complete some simple recipes from your home!

**Dance:** Everybody, move your feet and feel united. We love dance at the studio, and now we can love dance in our own living rooms too! Work on technique, choreography and improvisation while staying active and having fun!

**Fitness:** Get your body moving and your mind healthy, with an in home work out to start your week!

**Literacy & Numeracy:** Learn and keep improving your reading, writing and numbers skills through a variety of fun activities, games and exercises.

**Music:** Lighten your mood and rock out to some of your favourite songs, write a jingle, or play along with everyday objects we can turn in to instruments.

**Phone Photography:** For this session, you will need your own phone or ipad ready to take photos on. Check in with staff and members at the beginning and end of each session to share your work and get editing together!

**Puppetry & Theatre:** Explore your creative gifts through drama, dance, music and puppetry, while we are at home. We will utilise a variety of physical theatre, soundscapes and movement practices, and together we will find ways to keep connecting and exploring our creativities.

**Science and Discovery:** Keep your brain switched on and your mind expanding from the comfort of home. Discover, learn, research, explore and discuss interesting ideas, animals, cultures and facts.

**Social Club:** A new activity each week will keep you very busy! From chatting over a coffee, to playing social games, watching a movie together, having a music jam session, or a disco from the comfort of your own home – you will love connecting with all your studio friends!

**Streamers & PR:** Record podcast segments, and talk about the events that matter to you and our community - this session is a fantastic opportunity to stay connected.

**Video Games:** Hook up your in home consoles, get ready to chat strategy, and connect with your friends through zoom at the same time for the ultimate gaming community.

**Video Making:** Be part of making a weekly Studio ARTES video show from the comfort of your very own home!