

## Activity details

This activity counts towards...



• Pride	
£/Free Day/Night	Indoors
□ 11 - 14 □ 5 - 7 □ 3 - 5	✓ 14 - 18 □ 7 - 11
<ul><li>✓ Autumn</li><li>✓ Summer</li></ul>	✓ Spring ✓ Winter

## Skills:

- Communication
- Decision making
- Listening
- Relaxation
- Teamwork

## Equipment:

- CD
- Music Player

Age 14 - 18