

sensation **ALL**

Easter Holidays 2026

This Easter we have two fun-filled weeks' of activity sessions for youngsters taking place in Aberdeen and Westhill.

All our groups are kept small in size so your youngster doesn't feel overwhelmed and our specialist staff can provide individual support.

Places are limited and early booking is advised.

Page 2 at ALC *Aberdeen*

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Places are limited, must be booked in advance by email and will be confirmed by reply.

Sessions are likely to fill up quickly and waiting lists will be in operation. We understand this causes frustration but current demand significantly outweighs our funding which is essential to cover costs.

Timetables are always reliant on contributions from funders and donors which cover the key costs and enable us to keep entry fees as low as possible.

Thank you for understanding.



Week 1 ALC, Aberdeen

sensation **ALL**

Monday 30th March



SociALLise

Ages 6-10yrs - 10.30-11.30am OR 12-1pm

Ages 11-16yrs - 2.30-3.30pm

A safe space to make friends and build positive relationships while having fun! Through team activities and games youngsters develop connections, build social interaction skills and improve communication. Sessions are relaxed and supportive of those with social anxiety.

£6 per child
Drop-off session

Tuesday 31st March



Chill-OOT

Ages 6-10yrs - 10.30-11.30am OR 12-1pm

Ages 11-16yrs - 2.30-3.30pm

A fun session for those with 'big' emotions.

This introduction to our term-time programme focuses on developing self-awareness and teaches self-regulation techniques through activities such as glitter bottle crafts, sensory fidget exploration, and active calming games.

£6 per child
Drop-off session

Booking is essential
by emailing us:

info@sensationall.org.uk

Wednesday 1st April



Sensory Disco

Primary School ages 10.30 - 11.30am

There will be Easter games, sing-alongs, sensory activities and Bluetooth headphones for those who want a silent disco.



Teen Girls group

Girls aged 11-16yrs - 1-2pm

For girls experiencing social anxiety, or having difficulty with social interactions or friendships. During fun activities such as arts/crafts and games we improve their confidence by encouraging conversations about their experiences in a nurturing and supportive environment.



SociALLise

Secondary School ages - 3-4pm

A safe space to make friends and build positive relationships while having fun! Through team activities and games youngsters develop connections, build social interaction skills and improve communication. Sessions are relaxed and supportive of those with social anxiety.

Each session is a **drop-off format** and **£6 per youngster** per session

Thursday 2nd April



Energy Buster

Primary School ages (6-10) 10.30-11.30am

Secondary School ages (11-16) 12.30-1:30pm

This Energy Buster session is a fun, active and social session which will help youngsters to understand their energy levels and emotions as well as other peoples'. The session will include games, tips for managing our energy levels and some high energy exercises to music.

£6 per child
Drop-off session

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SociALLise

Ages 6-10yrs - 10.30-11.30am OR 12-1pm
Ages 11-16yrs - 2-3pm

A safe space to make friends and build positive relationships while having fun! Through team activities and games youngsters develop connections, build social interaction skills and improve communication. Sessions are relaxed and supportive of those with social anxiety.

£6 per child | Drop-off session



Family Soft Play

For families with children aged 0-5yrs - 3.30-4.30pm

Come along as a family to explore our soft play area and relax in our sensory room. Our facilities offer a safe and nurturing environment for you and your family to relax and play together. This session is supported by our staff but parents/carers will need to stay onsite.

£8 per family | Parents stay onsite, siblings welcome

Tuesday 7th April



Easter Craft & Chat

Primary School ages - 10.30-11.30am

A fun session filled with arts and crafts with a range of options to suit all ability levels. This group promotes confidence, enhances communication, boosts self-esteem and fosters well-being through the expression of art within a nurturing environment.

£6 per child | Drop-off session



Teen Girls group

Girls aged 11-16yrs
1-2pm

For girls experiencing social anxiety, or having difficulty with social interactions or friendships. During fun activities such as arts/crafts and games we improve their confidence by encouraging conversations about their experiences in a nurturing and supportive environment.

£6 per child
Drop-off session



Family Soft Play

For families with children 0-5yrs
3-4pm

Come along as a family to explore our soft play area and relax in our sensory room. Our facilities offer a safe and nurturing environment for you and your family to relax and play together. This session is supported by our staff but parents/carers need to stay onsite.

£8 per family.
Parents stay onsite, siblings welcome

Wednesday 8th



Chill-OOT

Ages 6-10yrs 10.30-11.30am OR 12-1pm
Ages 11-16yrs 2.30-3.30pm

A fun session for youngsters struggling with 'big' emotions.

Based on our term-time programme, the session focuses on developing self-awareness and self-regulation techniques through activities like crafts, sensory exploration and active calming games.

£6 per child
Drop-off session

Thursday 9th



Preschool Sensory play

Ages 0-5 10.30-11.30am

This preschool group encourages learning about senses through play, movement and music and allows for exploration of different sensory equipment and activities as a family!

£6 per child | Parents stay onsite



Sensory Exploration

Ages 6-10yrs - 1.30-2.30pm
Ages 11-16yrs - 3-4pm

This group encourages learning about senses through play, movement and music and allows for exploration of different sensory equipment and activities. like making slime, sand or stress balls

£6 per child | Drop-off session

Friday 10th April



Therapy Dogs

10.30-11.30am OR 11.45-12.45pm

£5 per family
Carers stay onsite

For all ages

Time spent with animals is proven to have many benefits, including easing anxiety, depression and lowering stress responses within our bodies. Come along and spend the morning with the therapy dogs.

Early booking is recommended as therapy pet sessions are always in high demand.

**Booking is essential
by emailing us:**

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