



Summer Holidays 2026

This summer we have six fun-filled weeks' of activity sessions for youngsters taking place.

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

We do our best to accommodate all requests however, if we feel a session is not suitable for your young person's needs we will let you know.

Places are limited and early booking is advised.

Week 1-3 - *in Aberdeen*

Week 4-6 - *in Westhill*

Plus some sessions in Inverurie and Balmedie

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

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

Thank you for understanding.



All sessions at ALC are fully funded so are **FREE** to attend.

Monday 6th July



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.

Drop-off session

Tuesday 7th July



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.

Drop-off session

Wednesday 8th July



Girls group

Ages 8-12yrs - 10.30-11.30am

Ages 13-16yrs - 1.30-2.30pm

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.

Drop-off session

**Booking is essential
by emailing us:**

info@sensationall.org.uk

All sessions at ALC are **fully funded** so are **FREE** to attend.

Thursday 9th July



Family Chill-OOT

Primary School ages 10.30-11.30am

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.

Parents/carers stay on site



SensationARTS

Secondary School ages 1.30-2.30pm

A fun and energetic session based around theatre skills and performance. These sessions are designed to encourage self-expression and develop confidence, self-esteem and creativity whilst building towards a performance

Drop-off session

Friday 10th July



Sensory Disco

Primary School ages 10.30 - 11.30am

Join in this fun session of musical play and games like musical statues and bumps. There will also be some sensory stations to explore.



Energy Buster

Primary School ages (6-11) 1.30-2.30pm

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.

Booking is essential
by emailing us:

info@sensationall.org.uk

Tue 14th–Fri 17th July*



Chill-OOT Bootcamp

Ages 6–12yrs

10.30–11.30am **OR** 1–2pm

A fun session for those with **‘big’** emotions.

This condensed version of 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.

Drop-off session

***Must attend all four sessions**

All sessions at ALC are fully funded so are **FREE** to attend.

Monday 20th July



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.

Drop-off session

Tuesday 21st July



Big Stay & Play

For families with children aged 0–12yrs

Siblings welcome, parent/carers stay onsite
11–12 **OR** 1–2pm

Come along as a family for a fun-filled session with sensory spaces, games and a bouncy castle! 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 must supervise their children.**

**Booking is essential
by emailing us:**

info@sensationall.org.uk

All sessions at ALC are fully funded so are **FREE** to attend.

Wednesday 22nd July



Craft & Chat

Ages 6-11yrs 10.30-11.30am

Ages 12-16yrs 1.30-2.30pm

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.

Thursday 23rd July



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.

Friday 24th July



Big Stay & Play

For families with children aged 0-12yrs

Siblings welcome, parent/carers stay onsite
11-12 **OR** 1-2pm

Come along as a family for a fun-filled session with sensory spaces, games and a bouncy castle! 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 must supervise their children.**

**Booking is essential
by emailing us:**

info@sensationall.org.uk

Monday 27th July



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 28th July



Chill-OOT

Ages 6-10yrs 10.30-11.30am

Ages 11-16yrs 1-2pm

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

**Booking is essential
by emailing us:**

info@sensationall.org.uk



Family Soft Play

For families with children aged 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



Sensory Disco

Primary School ages

10.30 – 11.30am

Join in this fun session of musical play and games like musical statues and bumps. There will also be some sensory stations to explore.

£6 per child | Drop-off session



Pokémon Chill-OOT

Ages 6-11

1.30 – 2.30pm

A fun session for youngsters struggling with 'big' emotions. themed around Pokémon!

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**

Friday 31st July



Minecraft Chill-OOT

Ages 6-11 – 10.30-11.30am

A fun session for youngsters struggling with 'big' emotions. themed around Minecraft.

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**



Family Soft Play

For families with children aged 0-5yrs

1.30-2.30pm

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**

Booking is essential
by emailing us:

info@sensationall.org.uk

Monday 3rd August



Waterfight!

Primary school-aged children
1.30–2.30pm

In the summer there is nothing better than a water fight to soothe our nervous system while having fun! Come along for an afternoon of water play in our garden. There will be water balloons, a slip and slide and water guns but feel free to bring your own!

A change of clothes and towel is advised!

£6 per child
Drop off session

Tuesday 4th August



Craft & Chat

Ages 6–11yrs – 10.30–11.30am
Ages 12–16yrs – 1.30–2.30pm

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

Wednesday 5th August



Pre-school Sensory play

Ages 0–5 10.30–11.30am

This pre-school 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



Waterfight!

Secondary school-aged children
1.30 – 2.30pm

In the summer there is nothing better than a water fight to soothe our nervous systems while having fun! Come along for an afternoon of water play in our garden. There will be water balloons, a slip and slide and water guns but feel free to bring your own!

A change of clothes and towel is advised!

£6 per child | Drop off session

Week 6 *Westhill*

Booking is essential
by emailing us:

info@sensationall.org.uk

Monday 10th August



Girls group

Ages 8-12yrs – 10.30-11.30am

Ages 13-16yrs – 1.30-2.30pm

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

Tuesday 11th August



Energy Buster

Ages 6-11 | 10.30-11.30am

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



SensationARTS

Secondary School ages
1.30 – 2.30pm

A fun and energetic session based around theatre skills and performance. These sessions are designed to encourage self-expression and develop confidence, self-esteem and creativity whilst building towards a performance

£6 per child
Drop-off session

Wednesday 12th August



Waterfight!

Ages 11-16yrs
2-3pm

In the summer there is nothing better than a water fight to soothe our nervous systems while having fun! Come along for an afternoon of water play in our garden. There will be water balloons, a slip and slide and water guns but feel free to bring your own!

A change of clothes and towel is advised!

£6 per child Drop off session

Inverurie

Monday 13th July

Fly Cup, Burghmuir Circle, Inverurie, AB51 4FS



Family Chill-OOT

For families to come with their children aged 6-12yrs

10.30-11.30am

Designed especially for youngsters struggling with 'big' emotions..

Through fun activities like crafts, sensory exploration and active calming games we help children understand their emotions better and develop self-awareness.

By attending with your child, you will get an understanding of the self-regulation techniques they can use in everyday life when they need to manage their behaviour.

Based on our term-time programme, this taster session is an insight into the benefits of what youngsters get from attending the full programme.



Primary Chill-OOT

Ages 6-11 | 12.30-1.30pm

Similar to above but in a drop off format so the children attend alone.

Through fun activities they will explore their feelings and understand how to cope with 'big' emotions better in everyday life.

Booking is essential
by emailing us:

info@sensationall.org.uk

Balmedie

Thursday 13th August

Balmedie Leisure Centre Elgie Road, Balmedie, AB23 8YF



Big Stay & Play

For families with children aged 0-12yrs

Siblings welcome, parent/carers stay onsite

11-12 **OR** 1-2pm

Come along as a family for a fun-filled session with sensory spaces, games and a bouncy castle! 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.

£12 per family

Parents stay onsite to play with their children