

Week 3

Monday 19 August 2019

Today started with a bit of logistical mastery and planning from Boss Dave so that we could get all our kids to the optician, tested, fitted and back to prepare for the next leg of the days adventure. Being something of “veterans” to this now, the children took everything in their stride, and much fun seemed to be had when it was time to pick both new glasses and replacement / updated ones! It was interesting to see that there seemed to be a very collective approach on deciding everyone’s final frame styles.

A return to Funcentral saw the team move back into top-secret mode again as they continued with a bit of pre-family event practice.

After a fuel and food swapping break, we then set off for GMAC Martial arts and bit of Taekwondo training. Our instructors had a fantastic way with the kids, encouraging, joking and generally making sure everyone got involved and in return, our children continue to surprise with their enthusiasm, energy and stamina. The session was finished off with a medal award to all of the team and a nice “mindfulness” session led by Boss John-Mac on how important it is to think positively and look after your mind in everything you do in life.





