



Enrichment Activities Information



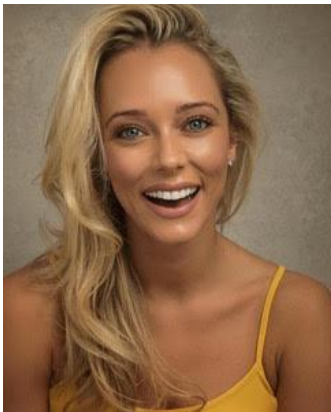
FOREST SCHOOL

Julie Williams has the accredited level 3 forest school qualification from Circle of Life training centre, Laughton.

Our forest school is an outdoor provision encouraging a long-term outdoor education process that is holistic and nature inspired. It encourages children to learn practical skills in a natural setting, and focuses on child-led, experiential learning through play.

Your child will have a minimum of one session per week, dependent on how many sessions they attend.

<https://forestschoollassociation.org/what-is-forest-school/>



DANCE

Camilla is a professional dancer and musical theatre performer who has worked extensively in the West End, as well as on UK and worldwide tours. Camilla loves to bring the magic of dance and drama into the nursery setting, giving children the opportunity to experience the joy of movement, storytelling, and creative exploration—all while having lots of fun!

Dance will be on Tuesday mornings 9.30am, Wednesday mornings 9.30 and Friday mornings 9.30.

Your child will be grouped, so they can join in at least one lesson a week.



YOGA

Anna, is a qualified Cosmic Yoga Kids Yoga teacher.

Being our Wellbeing lead in the preschool, Anna supports the emotional, physical and mental wellbeing of our children through teaching yoga, mindfulness breathing and therapeutic play support.

Yoga will be every Tuesday mornings & afternoon, Wednesday mornings & afternoon and Friday mornings. Your child can join in with yoga during their sessions.















BALANCE – ABILITY

Balance Ability is the UK's first and only accredited 'learn to cycle' programme for children aged 2 1/2 to 6 years old. Staff are level 1 trained. The intention is to get children cycling much earlier without stabilisers, increase their confidence, resilience and develop core strength.

Enrichment Activities Timetable

9-12am = £3 and 12-3pm = £3

	Morning Activities		Afternoon Activities
Monday	Forest School 	Balance – ability 	Cooking 
Tuesday	Forest School 	Dance 	Yoga 
Wednesday	Forest School 	Dance 	Yoga 
Thursday	Forest School 	Balance- ability 	Balance – ability 
Friday	Yoga 