

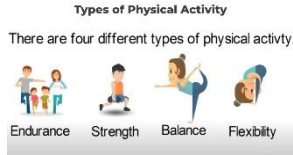






Extra Curriculum Activities

Monday- Music time	Tuesday	Wednesday	Thursday	Friday
<p>Supporting communication and language development through music time</p> 	<p>Activities supporting children's well being</p> 	<p>Supporting children's Physical development</p> 	<p>Sensory play -Supporting children's curiosity</p> 	<p>Bucket time</p> 
<p>Babies -Music time</p> <p>Communication & Language: Listening and attention, understanding, speaking</p> <p>Personal, Social & Emotional Development: Bonding, shared enjoyment, attention</p>	<p>Sensory Basket Exploration</p> <p>Fill a small basket with safe, calming items:</p> <p>Soft fabric squares</p> <p>Wooden rings</p> <p>Feather</p>	<p>Babies -</p> <p>Cruising Station- Encourage children to "cruise" along the edge, moving sideways while holding on</p> <p>Push & Walk Toys</p> <p>Offer sturdy push toys like baby</p>	<p>Babies</p> <p>Activity Soft Sensory Basket</p> <p>Basket filled with soft fabrics, silk scarves, plush toys, rubber rings, and textured balls</p>	<p>Babies</p> <p>Attention Grabber</p> <p>Bubble machine or blowing bubbles:</p> <p>Language: "Pop!" "Wow!" "More?"</p> <p>Shiny foil blanket crinkled and waved</p>

Expressive Arts & Design: Exploring sound, music, movement	Silk scarves Let baby touch and explore at their own pace	walkers, mini trolleys, or prams Encourage children to walk across soft mats or short distances <i>Strengthens leg muscles and supports coordination</i>	Encourage children to explore textures at their own pace Use calm voice to name textures: "Soft," "Smooth," "Bumpy" <i>Supports tactile exploration and calming through gentle sensory input</i> EYFS: Physical Development - Moving and handling; Personal, Social & Emotional Development - Managing feelings and behaviour	Language: "Shake shake!" "Look!" - Simple Visual Play Light-up toys from the bucket Language: "On!" "Light!" "Blue light!" Spinning tops or ribbon wands Language: "Spin!" "Round and round!" Stage 3 - Very Simple Turn-Taking Push and go cars or soft balls Encourage passing or rolling to adult Language: "Ready... go!" "My turn!"
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				<p>Animal puppet "hello" game</p> <p>Language: "Hello pig!" "Oink oink!"</p> <p>Focus: Eye contact, joint attention, first words, simple sounds and repetition</p>
<p>Toddlers- Music time</p> <p>Develop early vocabulary through songs and actions</p> <p>Support listening, understanding, and following instructions</p> <p>Encourage turn-taking and expressive language</p> <p>Strengthen social communication (e.g., eye</p>	<p>Toddlers</p> <p>Sensory Trays with Calming Materials</p> <p>Stretch & Breathe Together</p> <p>Simple actions:</p> <p>Yoga & Mindful Breathing</p> <p>Draw Your Feelings</p>	<p>Toddlers -</p> <p>Mini Obstacle Course</p> <p>Throwing & Catching Practice</p> <p>Use soft balls or bean bags</p> <p>Encourage rolling, gentle throwing into baskets, or catching with both hands</p> <p><i>Supports hand-eye coordination and confidence</i></p> <p>EYFS Link: Physical</p>	<p>Calming Sensory Bottles</p> <p>Clear bottles filled with water, glitter, beads, and a few drops of food colouring</p> <p>Encourage children to shake and then watch the glitter slowly settle</p> <p>Invite deep breaths together while watching the calming visuals</p> <p><i>Teaches self-regulation and visual focus</i></p> <p>EYFS: Personal, Social & Emotional Development -</p>	<p>Toddlers -</p> <p>Visual Attention</p> <p>Pop-up toy or jack-in-the-box</p> <p>Language: "Ready... POP!"</p> <p>Glitter bottle swirls</p> <p>Language: "Wow!" "Look!" "Shake shake!"</p> <p>Build Attention</p> <p>Magic painting with water on cardboard</p>

<p>contact, gestures, singing along)</p> <p>Promote confidence in using words, sounds, and music</p>		<p>Development - Manipulative skills</p>	<p>Managing feelings and behaviour</p> <p>Nature Touch & Feel Box</p> <p>Collect natural objects: smooth stones, pine cones, leaves, shells</p> <p>Encourage children to feel and describe objects using simple words</p> <p><i>Builds sensory vocabulary and connection to nature</i></p> <p>EYFS: Understanding the World; Communication & Language</p>	<p>Language: "Wet!" "Red!" "Paint!"</p> <p>Feather floating game</p> <p>Language: "Up!" "Catch!" "Soft!"</p> <p>Turn-Taking</p> <p>Feed the puppet with toy food</p> <p>Language: "Banana!" "Yummy!" "My turn!"</p> <p>Musical instruments - one at a time</p> <p>Language: "Shake!" "Drum!" "Who's turn?"</p> <p>Focus: Naming objects, simple two-word phrases, watching and copying</p>
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<p>Preschool -Music time</p> <p>Supporting Communication & Language Development</p> <p>Encouraging Simple Choice-Making and Expressive Confidence Led by: Miss Jessica with her musical instrument</p> <p>Develop expressive and receptive language skills</p> <p>Expand vocabulary through songs and repetition</p> <p>Encourage decision-making by offering song, movement, or instrument choices Support listening, turn-taking, and following instructions</p> <p>Build confidence in using voice and making independent choices</p>	<p>Preschoolers</p> <p>Draw Your Feelings</p> <p>Yoga & Mindful Breathing (5-10 mins)</p> <p>Poses:</p> <p>Butterfly pose</p> <p>Tree pose</p> <p>Star stretch</p> <p>Sensory Trays with Calming Materials</p> <p>Materials:</p> <p>Warm water with floating flowers</p> <p>Dry oats or rice with scoops</p>	<p>Preschools</p> <p>Gross Motor Games</p> <p>Running races, hopping games, balance beam walking</p> <p>Use cones or hoops for obstacle challenges</p> <p><i>Develops strength, control, agility, and stamina</i></p> <p>EYFS Link: Physical Development - Moving and handling</p> <p>Fine Motor Stations</p> <p>Threading beads, using tongs,</p> <p>stacking blocks, playdough play</p> <p>Rotate tools like tweezers, spoons, and pipettes</p>	<p>Preschools</p> <p>Aroma Play Dough</p> <p>Provide play dough scented with calming aromas (lavender, chamomile)</p> <p>Encourage slow, mindful kneading and shaping</p> <p><i>Supports fine motor skills and sensory regulation through scent</i></p> <p>EYFS: Physical Development; Expressive Arts & Design; Personal, Social & Emotional Development</p> <p>General Tips for the Calm Sensory Area</p> <p>Use soft lighting (fairy lights, lamps) and natural materials</p>	<p>Focus and Excitement</p> <p>Wind-up toy race</p> <p>Language: "Go fast!" "Who wins?" "Wow!"</p> <p>Confetti popper (safe version)</p> <p>Language: "Pop!" "Color!" "What's that?"-</p> <p>Interactive Show</p> <p>Balloon pump + balloon fly off</p> <p>Language: "Big!" "Fly away!" "Where is it?"</p> <p>Melting ice surprise (toy inside ice cube)</p> <p>Language: "Cold!" "Melt!" "Look - it's a car!" Stage 3 - Turn-Taking Game</p> <p>Emotion puppets - children take turns choosing a</p>
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	<p>Soft fabric scraps or pom-poms</p>	<p><i>Builds finger strength and hand control for writing</i> EYFS Link: Physical Development - Fine motor skills</p> <p>. Ball Skills</p> <p>Kicking, throwing into targets, catching games</p> <p>Introduce rules: "Wait your turn... throw when I say 'go'"</p> <p><i>Develops coordination, patience, and listening</i> EYFS Link: Physical Development, Personal Social Emotional</p> <p>"Body Part" Simon Says</p> <p>"Simon says touch your toes... jump like a frog... spin like a star..." <i>Promotes listening, body</i></p>	<p>Keep the area quiet or play soft ambient music/nature sounds</p> <p>Offer comfortable seating (beanbags, cushions) for emotional safety</p> <p>Encourage turn-taking and gentle interactions with materials</p> <p>Model calm breathing and use soothing language to support emotional literacy</p>	<p>puppet and saying how it feels</p> <p>Language: "Happy!" "Sad" "I feel..."</p> <p>"What's in the bucket?" mystery bag</p> <p>Each child takes a turn pulling and naming object</p> <p>Language: "It's a duck!" "Yellow duck!" "Quack!"</p> <p>Focus: Full sentences, describing, asking questions, understanding emotions</p>
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		<i>awareness, and physical confidence</i> EYFS Link: Communication & Language, Physical Development		
Staff Leading:	Staff Leading:	Staff Leading:	Staff Leading:	Staff Leading:

