

Saturday Program for Preschool Age and Up (3 Years to 6 years)



Theme of the Day: Birds

1.30 pm to 4.30 pm

Free Play	01.30 pm - 01.45 pm	Children pick activities of their own choice like building toys, puzzles, cutting, painting and drawing.	Free Play is undirected and unstructured. It helps children to learn collaboration, to share, and to resolve conflicts. They learn to discover their interests and decision making.
Kids Yoga	1.45 pm – 2.15 pm	Warm Up Tree Pose Butterfly Pose Cat Pose Monkey Walk	Yoga is known to help children in improving general well-being, increasing flexibility and balance, boosting confidence, enhancing concentration and relaxing their minds.
Snack Time	2.15 pm – 2.30 pm	Snack Time! Enjoy!	Children under ten years of age need frequent replenishment of nutrition that their growing bodies need. Healthy snacks help them meet their metabolic requirements.
Circle Time	2.30 pm – 2.45 pm	Games, Language, Stories, Songs, music and movement.	Circle time fosters a sense of community in children. It also helps them learn communication skills, language and even listening.
Cognitive Activity	2.45 pm – 3.15 pm	Vocabulary: Birds & related words. Bulletin Board: Count the Birds Science Activity: Bird Feeder	Cognitive activities help children to learn to reason, solve problems and try to answer the most pressing question for them “why?”
Craft Activity	3.15 pm – 3.45 pm	One or two of the following: Feather Painting Birdseed collages Dyeing Eggs Making Robin Eggs	Crafts help children to extend their thinking, in engaging them through a variety of learning styles, and also enhance multicultural understanding. Crafts such as coloring and cutting etc. require the use of both hands that improves bilateral coordination.
Sensory Activity	3.45 pm – 4.15 pm	Feathers and sand Sticks and twigs for nests Eggshells Worms and soil Water, rubber ducks etc. Bird seed & measuring tools	Sensory play is not all about touch. It is about other senses too. Touch, sight, hearing, smell and taste enrich a child’s physical, social and emotional, cognitive, linguistic and creative potential.
Free Play and Get Ready to go Home	4.15 pm – 4.30 pm	More fun for children before they leave.	A short recess invigorates the children for their next activity. It also helps them to improve their social and communication skills and make friends.