



**Sure Starts Children's Centre - Extra Curricular Activities**  
**For children aged 3 – 8 years**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9am – 10am</b>	Songs & Stories 12 months – 2 years		Songs & Stories 12 months – 2 years		Songs & Stories 12 months – 2 years
<b>2.30pm – 4pm</b>	World Music & Culture	Stitch & Sew	In the Garden & Upcycling	Cookery	Imagination Studio Art & Mixed Media

All Extra Curricular Activities will run from Monday 13<sup>th</sup> January 2014 – Friday 14<sup>th</sup> March 2014

Tsh 20,000 per child per session, payable on the 1<sup>st</sup> of each month

All afternoon activities run for 1 hour, with a 30-minute snack and play break at the end



### **World Music and Culture (3 – 8 years)**

Introducing children to music from around the world using songs that are both appropriate and enjoyable is a great way to begin promoting cultural understanding early in their lives. The possibilities for children to experience different parts of the world through music is nearly limitless and it is important for children to learn about people and the world and to learn about dances, music and culture to help them appreciate the differences in people and their traditions.

Through Music we can help children to build confidence, increase flexibility, coordination and strength, improve balance, posture and grace, development of rhythm and creative movement. Music education is not just an added qualification of your child's career, but a crucial part of his complete education. Parents, who encourage their kids to learn music, provide them with an environment that construct their future and nurture their overall development.

### **Stitch & Sew (3 – 8 years)**

The aim of this class is to teach your child the basic art and skill of hand sewing – learning to sew, one stitch at a time. Sewing activities can help young children learn fine motor skills, improves hand-eye coordination, helps children be more focused and also build self confidence and pride in the pieces they have made themselves. All of the projects are hands on and will be fun whilst learning new skills.

### **In the Garden & Upcycling (3 – 8 years)**

Gardening is an exciting and engaging activity for all children; the opportunity for hands-on learning through exploration and experimentation. Our gardening classes will aim to teach the children more about nature and the environment whilst also learning about how plants grow, what plants need to grow, the responsibility of looking after plants, where some of our food comes from, how to recognize which insects are flower friends and which are foes plus more.

Various projects will also include aspects of upcycling as there are many ways that used and unwanted items in the home can be transformed into new and useful products which will also teach your child skills and resourcefulness for eco-friendly living and will allow them to let their imagination run wild. Much like regular arts and crafts, upcycling can be very beneficial for children. More than just giving them an opportunity to do their part for the environment, upcycling also helps children develop basic DIY skills while providing them with an outlet for their creativity.



### **Cookery (3 – 8 years)**

Cookery classes aim at giving each child a unique and fun cooking experience through promoting healthy eating and food awareness whilst building confidence and encouraging independence. Different recipes give the children a chance to explore their senses and express their creativity, preparing dishes that they can easily recreate at home.

Your children will learn important cooking skills and vocabulary, such as how to measure, whisk, and knead. With so many helping hands in each cooking class, the children will learn to work together, take turns, and encourage each other during the process of preparing delicious food.

Your children will discover the different food groups, learn how fruits, vegetables and other products we eat are grown, learn how food changes through cooking, work with the five senses, create and taste foods from around the world, safety in the kitchen, learn how to set the table, table manners and clearing the table.

### **Imagi-Nation – Studio Art and Mixed Media (3 – 8 years)**

Imagi-Nation classes are designed to promote creativity, discovery, imagination, independent thinking and fun through creative art using a wide range of media and materials.

This is an opportunity for your child to become self-expressive through seasonal crafts, recycling projects, sculpture, printmaking, drawing, painting, mixing colours and materials and experiencing with a range of artistic techniques to extend their interest and physical abilities. In a fun environment your child will have the opportunity to expand and enrich their artistic skills and inner creativity.

### **Songs & Stories (12 months – 2 years)**

When young children are consistently engaged by music and stories in an age-appropriate, socially accepting environment, they benefit at many levels including their spoken language, comprehension skills that are the foundation of reading, spatial-temporal and reasoning skills, social and emotional skills and by moving and dancing to music, children improve their gross and fine motor skills.

Songs and Stories will be based around the alphabet, characters, counting, shapes and fun themes.