

little  
me  
DAY NURSERIES



## all-inclusive activities BASINGSTOKE

Nursery activities are delivered through a combination of utilising our staff skills and by bringing in experienced and qualified professionals from external agencies. These activities are simply part of our quality brand and should be enjoyed by all, therefore they are provided at no extra cost.

### **Daily Meditation & Well Being – Toddlers & Pre-School**

Children have quiet reflection and meditation time to encourage them to calm down, focus on their breath and happy, positive thoughts and feelings.

### **Weekly Food & Nutrition Club – all age groups**

We want cooking at the nursery to be more than the usual icing biscuits and making pizzas. Our Food & Nutrition Club has been put together with our educational plan so that children have a better understanding of how food is grown, picked, brought, cooked and put onto their plates, as well as hands on cooking and food tasting. Children work with a variety of different textures and cooking utensils to ensure they develop a natural interest in what they are eating and build practical skills for learning in many other areas.

### **Dance & Movement with Boogie Mites**

Toddlers & Pre-School children take part in a weekly dance and movement class

### **Dance & Movement with Motion Dance**

Toddlers & Pre-School children take part in a weekly session of story telling and dance