



Lunch & Learn

Fall 2023

Sept. 11-Nov.21

Noon-2:00 pm in the studio

Students bring their lunch (nut-free)

Fall Lunch & Learn is for 3's and 4's, potty trained 2's

\$275 per session of you sign up for the whole year

\$250 per Fall session

Monday	Tuesday	Wednesday	Thursday	Friday
Musical Mondays Ms. Anne & Ms. Mary	Rhythm, Movement, & Mindfulness Ms. Sydney & Ms. Mary	Into the Woods Ms. Sydney & Ms. Lizz	Active ABC's Ms. Sydney & Ms. Lisa	Math in Motion Mrs. Copes & Ms. Kristen
<p>Do you love to sing a little song and do a little dance? Then join Ms. Anne and Ms. Mary for some musical fun outdoors in the courtyard after lunch. Ms. Anne will have her famous parachute, rhythm sticks, and drums!</p>	<p>Do you have a little one who loves rhythm and movement? Could they benefit from some mindfulness activities for calming their body? Then this is the session for you. Ms. Emily and Ms. Mary will lead the students through a variety of songs, dances, yoga, and more!</p>	<p>No more screen time, instead let's have some green time! Kids who spend time in nature are happier, more confident, and more physically fit than those who don't. We will venture into the woods for unstructured play. We'll climb logs, dig holes, listen to birds, and examine moss.</p>	<p>Time for some alphabet fun! This session of Lunch & Learn will focus on reinforcing student's knowledge of the letters of the alphabet through play. From ABC balloon volleyball to letter relay races, letter recognition will be the focus of all kinds of fun and games!</p>	<p>Could your child benefit from some additional exposure to numbers, counting, and other math concepts? We'll be reinforcing these skills using fun games. Our approach will be light hearted & physically active. It will be whole body learning, from your head to your ten toes!</p>

Monday

Kindergarten Readiness Dr. Ali Temple & Ms. Kristen

Each day we will use fun themes to address the following skills: Fine Motor: Writing names with uppercase and lowercase letters, pencil grasp, and strength Gross Motor: Playground play and safety, core strengthening, and coordination Social and Emotional Development: identifying feels and emotions, peer collaboration, and following directions Self-Help Skills: Shoe tying, opening containers, managing clothing and backpacks Self-Regulation: Sitting on rug for stories and calendar, taking turns, and transitions

Tuesday

Fine Motor Tuesdays Dr. Ali Temple & Ms. Lindsey

‘Fine Motor Fun’ will include therapeutic activities directed by a doctor of occupational therapy targeting evidence-based, age-appropriate fine motor skills to promote strengthening, coordination, manipulation, and precision. Each week will include themed activities to include, but not limited to, gross motor activities to promote core, postural, and shoulder strengthening and stability for increased fine motor control and performance and an activity addressing one ‘fine motor tool’ for craft completion to promote fine motor skill development.

Wednesday

Creative Movement Dr. Ali Temple & Mrs. Kniffen

What is included in this after-school enrichment program? “Creative Movement and Sensory Play Enrichment” will utilize a fun, interactive, sensory-motor curriculum hosted by a doctor of occupational therapy. During the program, students will participate in creative activities incorporating our eight senses to assist with regulation across all environments. Each week will include themed activities to include, but not limited to, gross motor movement and games (proprioceptive and vestibular sensory input), story or book readings (auditory and visual sensory input), and cra completion (tactile sensory input) for a full sensory motor experience.

