



# Lunch & Learn

## Fall 2023

### Sept. 17th – Nov. 15th

\$200 per session



All sessions are from noon – 2PM in the portico/studio

Students need to bring their own lunch (NUT FREE)

Fall Lunch & Learn – 3's and 4's Mon-Fri, 2's ONLY Mon & Thurs

Monday

#### Games We Love to play

with Ms. Anne, Ms. Mary, & Mr. Adam

Mother May I, Simon Says, Hop Scotch, Pool Noodle Tag, and musical chairs will be enjoyed by all in this session of Lunch and Learn. We will also try out some other fun movement activities like an obstacle course, hula hoops, along with some throwing and catching games.

Tuesday

#### Rhythm, Movement, & Mindfulness

with Ms. Emily & Ms. Mary

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!

Wednesday

#### Into the Woods

with Ms. Emily & Ms. Kathryn

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.

Thursday

#### Active ABC's

with Ms. Sydney, Ms. Anne, & Ms. Lisa

Time for some alphabet fun! This session of Lunch and 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!

Friday

#### Tall Tales & Other Stories

with Ms. Emily & Mr. Adam

There are lots of ways to tell stories. In this session of Lunch and Learn, we will tell stories through art, dance, and acting. We will make up our own stories as well as retell some tall tales and other fables. We will also throw in a few good Christmas stories!