



ESEDRA
Société de services

www.esedraservices.com

Scheduled for February 2020 – Babies Section

Continuing our educational programme, our team of nursery carers will stimulate the children's development through the **"five senses"** while helping them to discover their environment by offering suitable **sensory activities**. These activities will take various formats and will focus on one or several senses at the same time.

At the start of this year, the team of nursery carers will offer the children several activities: we will again focus on the 5 senses, in particular during creative activities such as **"painting"** or **"colouring in"**. Exploring the senses will also be part of the programme with an activity to discover the **sense of smell** with the **"smelling pot"**, but also **touch** by discovering **"pine tree branches"** and the **"tray of feathers"**, along with **"reading stories"**. All these activities will help stimulate different areas of development.

Given the importance of free play and free exploration of the environment in the children's development, they will also be provided with suitable toys and games for their age: rattles, musical instruments, toy cars, books, pull-along toys, abacuses, spinning tops, scarves, animal stacking games, tea sets, etc.

The culinary activity will take place every Thursday and will help develop the children's sense of taste, smell and touch. This month, the culinary activities will be adapted to the age of the children in the class, so some children will be able to make more complicated recipes: **cinnamon, fresh mint, oregano** and a **birthday cake** will be part of the programme.

The **psychomotor activity**, which will take place on Tuesdays, will support the children in their motor skills development and allow them to understand their body better spatially.

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Scheduled for February 2020 – Toddlers Section

This month, to get the year off to a good start, our team of nursery carers has chosen to tackle the theme of **Emotions** with the children.

The children will therefore get the chance to discover emotions thanks to **picture books, songs and puppets as well as masks they've made** themselves. They will also get the chance to make a **Valentine's Day present**, and to take part in **crafts, handwriting and visual-motor skills coordination** workshops, **painting and collages** in connection with the theme. These different activities will help stimulate various areas of development, while having fun.

Alongside these themes, and taking into account the importance of free play in their development, the children will be offered various games, such as **construction games** (Kapla, Lego, blocks, etc), **imaginative play** (dolls, tea sets, etc), **board games** (puzzles, etc), **dressing up, musical instruments**, etc.

The **culinary activity** will take place every Wednesday. This month, our young chefs will get the chance to make a **goat's cheese quiche**, some **pancakes**, some **pasta with bacon, spinach and cream** and a **birthday cake**.

The **psychomotor activity** will take place every Tuesday. This will help the children stimulate their motor skills development and their understanding of space.

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Scheduled for February 2020 – School Section

This month, to get the year off to a good start, the team has chosen to focus on the themes of “**colours**” and the “**carnival**”: **early learning and discovery workshops, reading workshops, group workshops, various crafts, colouring in, fine motor skills workshops, sensory games, handwriting workshops, decoration workshops and painting** will be part of the programme. These different activities will help stimulate various areas of development, while having fun.

Alongside these activities, and given the importance of free play for the children’s development, they will be offered various games, such as **construction games** (Kapla, Lego, blocks, etc), **imaginative play** (tea sets, dolls, puppets, etc), **board games** (puzzles, logical games, shape sorting games, etc), as well as suitable books for their age.

During the **culinary activities** every Friday this month, our young chefs will make an **egg soufflé**, a strawberry **tart**, some **savoury crêpes** and some **cookies**.

The **psychomotor activity** will take place every Thursday. This will allow the children to improve their coordination and to understand their body better spatially.

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