



October 2020 Half Term Activities

Monday 19th October & 26th October at 10am Bubble workshop with Richard from Party Time For Kids

Lessons in the art of bubble making with wands and other bubble apparatus. Each child has their own workstation and their own individual equipment which will have been thoroughly sanitised before use. Richard would also be able to provide a demonstration of bubble art with a giant bubble display. Note: - maximum of 10 children to be accompanied by at least one parent.

Tuesday 20th October & 27th October at 9.30am – 10.30am Mindful yoga with Mandy- mixed ability, beginners welcome.

Mandy Cooper is fully qualified and insured yoga teacher (RYS 200 Yoga Alliance) and accredited coach and has been practicing yoga for over 25 years. She is trained in Hatha and Vinyasa and seeks to inspire students to use yoga as a way of improving their well-being. Her outdoor classes are designed to use the breath to help stretch, energise and relax, bringing harmony to the mind and body and a feeling of oneness with the natural world. 'I believe yoga should be accessible to all whatever your age or ability. It is not how far you can stretch your body but how far can you release and calm your mind.'

Please bring along a mat if you have one but she does have a few sanitised mats you can borrow. Do wear loose clothing and bring a jumper and or a blanket to keep you warm in relaxation at the end of the class

Wednesday 21st October & 28th October at 10am Gardening Club with Shed

Come and learn what's growing in the Greenwood Garden, plant your own seeds to take home, learn about how to grow your own fruit and veg.

Note: - One parent to stay with their child at all times.

Thursday 22nd October & 29th October at 11am – Stories and songs with the Enchanted Nanny

Free activity packs to take home. At least one parent to stay with their children please.