

LITTLE FOREST



Extracurricular Activities

Creative & Messy - Art

Move to the Beat - Music & Movement

Mini & Mindful - Yoga & Mindfulness

Our Extracurricular Activities Are Ready!

Starting the **1st of October**, Little Forest is ready to offer the most exciting extracurricular activities in **English** to all new explorers.





CREATIVE & MESSY ART

Every week is themed with an art project where children are encouraged to explore different art techniques. These sessions give the children a time and place to connect to their natural creative expression without feeling rushed.

At Little Forest After School is all about providing a calm enriching environment where your child will grow in confidence and independence while further developing their creative minds without any pressure nor comparison.

We also use music and rhymes linked to the weekly theme.

**EVERY TUESDAY
(2-4 YEARS OLD):
17:15 - 18:15**

**EVERY THURSDAY
(5-9 YEARS OLD)
17:15 - 18:15**

Tariff:

Enrollment Trimester: 25 €
Monthly Fee: 45 €



MOVE TO THE BEAT Music & Movement

In this music-filled fun class, the children will practice movement and dance to fun songs as well as exploring rhythm and beat using appropriate, contemporary music!

Each session encourages and offers movement awareness, a chance to both uplift energy and shake unnecessary tension from the body as well as soothe and relax with quieter, calming music. Children can fully experience the amazing impact music can have on their energy levels, mood and ability to express!

**EVERY
WEDNESDAY (2-6
YEARS OLD):
17:15 - 18:15**

Tariff:

Enrollment Trimester: 25 €
Monthly Fee: 45 €



MINI & MINDFUL Yoga & Mindfulness

In this playful and mindful yoga class, the children will learn yoga poses, breathing and relaxation meditation exercises.

Each session encourages and helps cultivate a calm mind, increased strength and flexibility, improved concentration, and helps them understand how to identify and manage their feelings. Games, simple mantras, stories and music will be incorporated into these fun, non-competitive and calming sessions.

**EVERY TUESDAY
(2-6 YEARS OLD):
17:15 - 18:15**

Tariff:

Enrollment Trimester: 25 €
Monthly Fee: 45 €