

Bonding Through Play (Ages 3 to 5) Outline

Class 1: Music & Movement

Objective: Use rhythm and movement to enhance language development, coordination, and bonding.

Activities:

- **Welcome Song & Movement Warm-Up (5 min)**
- **Instrument Play (10 min)** – Shakers, drums, and bells for rhythm exploration
- **Create their own Instruments (10 min)** – Get creative! Using recycled materials, we'll craft unique instruments that encourage imaginative play and self-expression."
- **Parachute Play (10 min)**– Encourage visual tracking, motor skills and teamwork!
- **Freeze Dance and Musical Chairs Time (10 min)**– Move, groove, and giggle! These interactive movement games encourage active play, coordination, and social connection between caregivers and children.
- **Meditation & Reflection (5 min)**- End on a peaceful note with gentle meditation taking deep breaths, and a moment to reflect on the joy of making music together.

Class 2: Recipes, Reading, & Real-World Math

Objective: Explore how following a recipe builds early literacy, math, and STEM skills while encouraging family collaboration and problem-solving.

Activities:

- **Welcome & Storytime Connection (5 min)**- Begin with a short read-aloud of a story about cooking or food to connect books to real-life experiences. Story: *If You Give a Mouse a Cookie*
- **Recipe Exploration: Make a Simple Snack (15-20 min)**- Children and parents will work together to follow a picture-based recipe (fruit salad). This activity highlights literacy (reading recipe steps/pictures), math (measuring, counting, sequencing), and STEM (predicting, observing changes).
- **Recipe for Building (15-20 min)** - Children and parents receive a "recipe card" with step-by-step picture directions (e.g., 1 block + 2 cups + 3 craft sticks). Together, they follow the "recipe" to build a tower, bridge, or shape. This reinforces **sequencing, problem-solving, literacy, and math**—all without food!
- **Reflection (5 min)** -Each Parent and Child will share what they enjoyed and learned in this class.

Class 3: Sensory Play & Exploration

Objective: Engage the senses to promote cognitive development while encouraging caregiver-child bonding.

Activities:

- **Welcome & Introductions (5 min)**
- **Sensory Bins (10 min)** – Water Play, Mystery Bin, and Dinosaur Dig Bin
- **Tactile Play (10 min)**– Frozen Treasure Hunt and Painting with Nature
- **Bubble Play (10 min)**– Encourage reaching, grasping, and following bubbles
- **Closing Song & Caregiver Reflection (5 min)**

Class 4: Breathing Ball & Mindful Moments

Objective: Help families experience and understand deep breathing through playful, visual tools—and reinforce emotional regulation through story and shared activities.

Activities:

- **Welcome (5 min)**
- **Book Read-Aloud (8 min)** *Reading: Breathe Like a Bear by Kira Willey.*
- **Mirror Play – Making Faces and Naming Emotions (10 min)**- Using small mirrors, children and parents make different faces (happy, sad, surprised, silly) and name the emotions. Builds self-awareness, emotional vocabulary, and parent-child connection.
- **Breathing Ball Introduction (5-8 min)**
- **Sharing Soup Game (8–10 min)**- Each family receives pretend “ingredients” (plastic food, picture cards, or paper cutouts). Children share them one at a time into a big soup pot (basket or box), saying: “*I’m sharing ____ for our soup!*” The group stirs, pretends to taste, and celebrates the soup they created.
- **Closing Calm (3–5 min)**- End with one last round of “ball breathing,” followed by a quiet gratitude circle—each child shares one thing that made them smile today.