

Class 1: Sensory Play & Exploration

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

Activities:

- **Welcome & Introductions** (2 min)
- **Sensory Bins** – Water Play, Mystery Bin, and Dig Bin (10 min)
- **Tactile Play** – Painting with Nature (10 min)
- **Bubble Play** – Encourage reaching, grasping, and following bubbles (10 min)
- **Caregiver Reflection** (5 min)

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 (10-15min)**
Begin with a short read-aloud of a story about cooking or food to connect books to real-life experiences. Story: *When Grandma Gives You A Lemon Tree*
- **Recipe Exploration: Make a Simple Snack (15-20 min)**
Children and parents will work together to follow a picture-based recipe (fresh lemonade). This activity highlights literacy (reading recipe steps/pictures), math (measuring, counting, sequencing), and STEM (predicting, observing changes).
- **Lemonade Math Building (15-20 min)**
Children and parents will use **lemon picture cards and numeral cards** to count and match the correct number of lemons to each number. After matching, children will **trace the numerals** to practice number formation. This hands-on activity supports **early math skills, number recognition, counting, and fine motor development** while encouraging families to work together and talk about numbers in a fun, playful way.
- **Reflection (5 min)** Each Parent and Child will share what they enjoyed, and learned in this class.

Class 3: 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: *The Very Hungry Caterpillar*
- **Recipe Exploration: Make a Simple Snack (15-20 min)**
Children and parents will work together to follow a picture-based recipe (Lemonade). This activity highlights literacy (reading recipe steps/pictures), math (measuring, counting, sequencing), and STEM (predicting, observing changes).
- **Very Hungry Caterpillar Story Building (15-20 min)**
Children and parents receive a “Story Sequence Card” with picture pieces from *The Very Hungry Caterpillar*. Together, they use scissors to cut out the story parts and glue them onto the caterpillar in the correct order of the story. This

hands-on activity reinforces story sequencing, early literacy, comprehension, and fine motor skills while encouraging families to work together and talk about the events in the story.

- **Reflection (5 min)** Each Parent and Child will share what they enjoyed, and learned in this class.

Class 4: Music & Movement

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

Activities:

- **Welcome & Movement Warm-Up** (5 min)
- **Pass the Beat** – Families sit in a circle and take turns adding to the beat rhythm exploration (10 min)
- **Parachute Play** – Encourage visual tracking, motor skills and teamwork! (10 min)
- **Freeze Dance and Musical Chairs Time** – Move, groove, and giggle! These interactive movement games encourage active play, coordination, and social connection between caregivers and children. (10 min)
- **Meditation & Reflection-** End on a peaceful note with gentle meditation taking deep breaths, and a moment to reflect on the joy of making music together. (5 min)