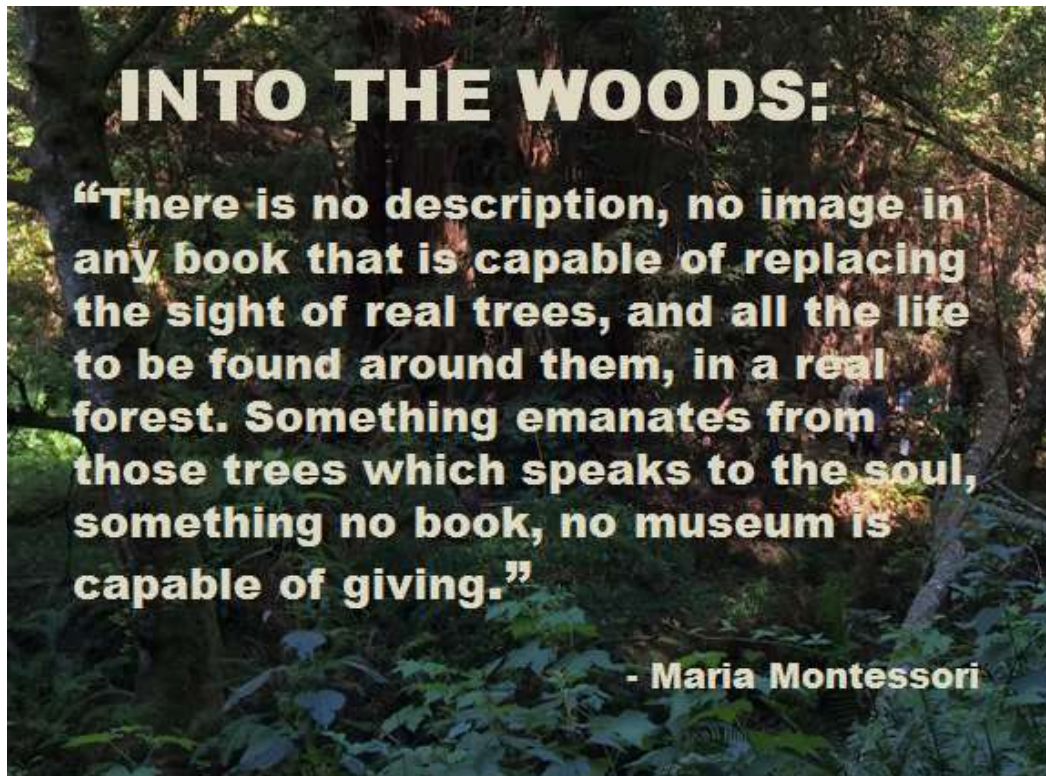
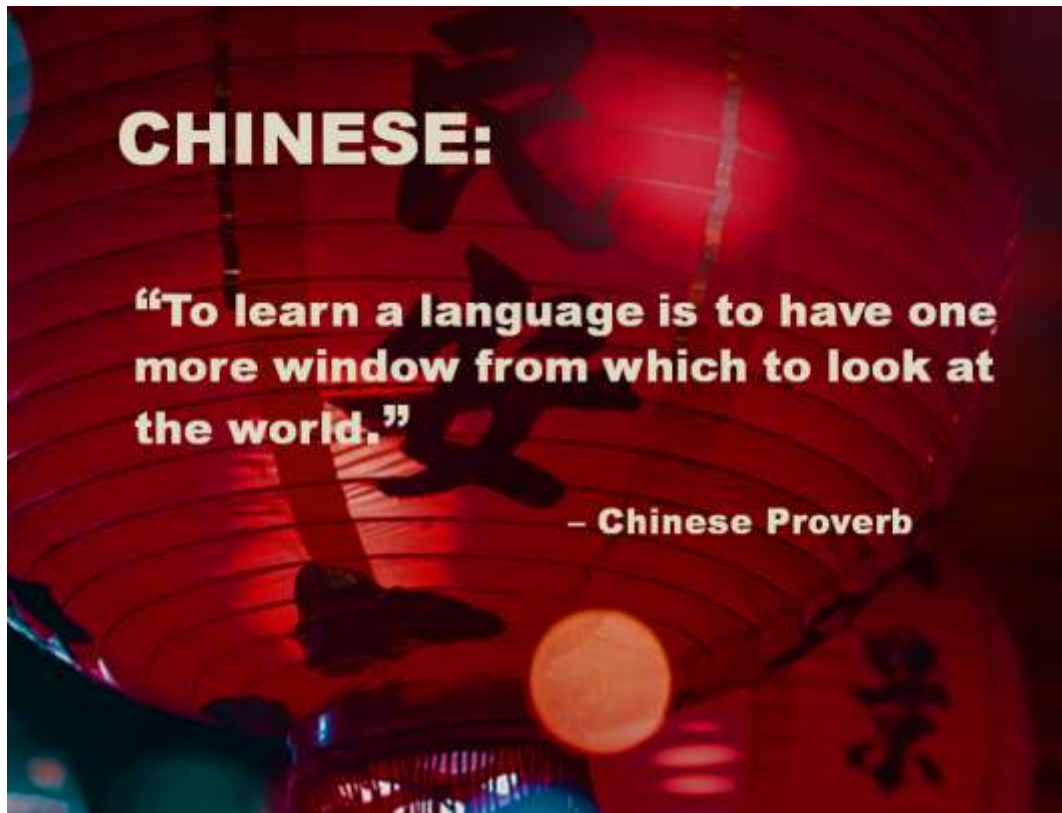


Enrichment & Beyond



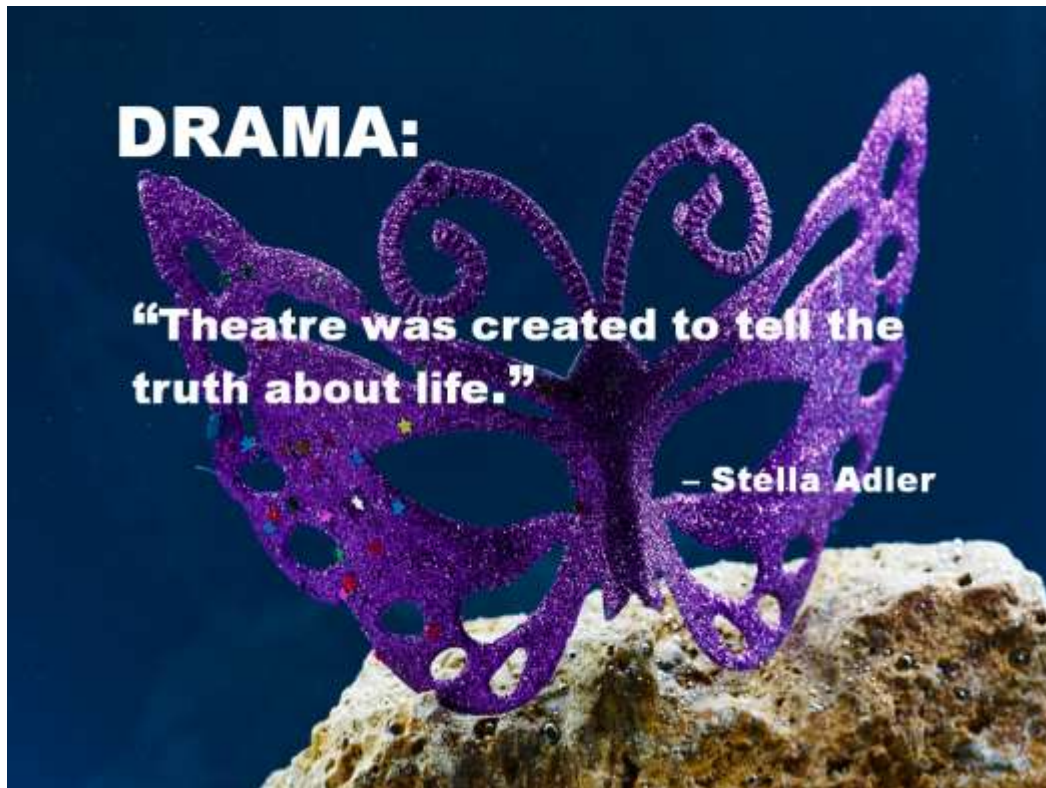
Into the Woods: Take a stroll in the woods; take a deep breath of dew covered grass; look at the changes of leaves each season; watch ants army moving twigs, uncover what is hiding beneath the stone; maybe chase a butterfly or read under the teepee..... these are the things kids will do.

The program is designed to get children develop a deep connection with nature; let them be aware of the environment they are living in; teach them to appreciate the beauty and the life of all things surround.



Foreign Language: Now is the perfect time to introduce the second language. Researchers have agreed that the earlier a child starts to acquire the 2nd language the easier for him to sound like native speaker. The language acquisition ability peaks at the age of 5-6 while some say it extends to puberty.

The focus is on basic conversational skills. Children are immersed daily in the language environment. Children learn songs, nursery rhymes, folk tales, vocabulary, numbers, phrases. Cultural traditions, holiday celebrations and simple Chinese characters will be introduced.



Drama: Each winter/spring we will have children to choose a book and develop a drama show. That using of props and clothing are fun ways to engage children with reading and facilitate their language development.

The pretend play encourages children for creativity and imagination. It helps with social skills, collaboration, not to mention building their confidence and much more.....

MUSIC:



Music and Movement:

Move with the music: (for Infant and toddler program)

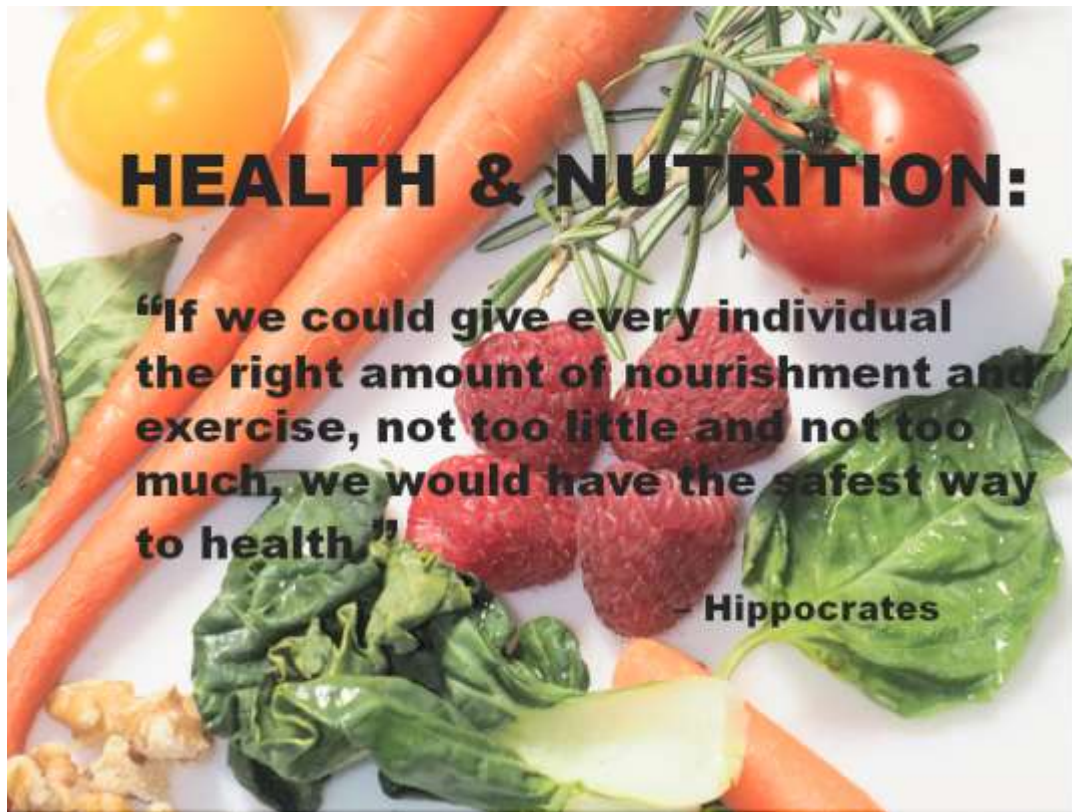
Move with rhythm and sound. This program enhances the development of small motor skills, large motor skills; improves balance and coordination. Children get to know their body parts and learn to pay attention in group activity.

Sing & Dance with the music: (Toddler, Preschool program)

Children engage in uninhibited dance movement. This program enhances the development of small motor skills, large motor skills; improves balance and coordination; releases their extra energy. Children learn to pay attention and follow directions. They gain social skills in group activity.

Instruments and little musicians (Preschool program)

Program prepares the children for instruments playing later in life. Children learn basic music concepts: variety styles of genres, classical composers, music notes etc.. Learn about the composer's life and work.



Health and Nutrition: Childhood obesity is a serious problem in the United States. Data from 2015-2016 collected by the Center for Disease Control and Prevention have shown that nearly 1 in 5 school age children and adolescents (6-19 years) have childhood obesity, a health condition exposing children to higher risk of developing other chronic health conditions and diseases, i.g. asthma, sleep apnea, bone and joint problems, type 2 diabetes and heart disease. Children with obesity are more likely to be obese when they grow up. Prevention is the key to fight the condition.

Nutrition is one important aspect of healthy children. Healthy habit starts from babies. Through food and nutrition themes activities, children learn to make good food choices.

For Infant:

- Fruit and veggie songs and rhymes
- Name your fruits and vegetables: Pictures and visiting school’s vegetable garden
- Book reading
- Fruit and vegetable counting

For toddlers and preschool

Language:

- Fruit and veggie songs and rhymes
- Name fruits and vegetables: pictures and visiting school's vegetable garden
- What's on your plate?
- Book reading

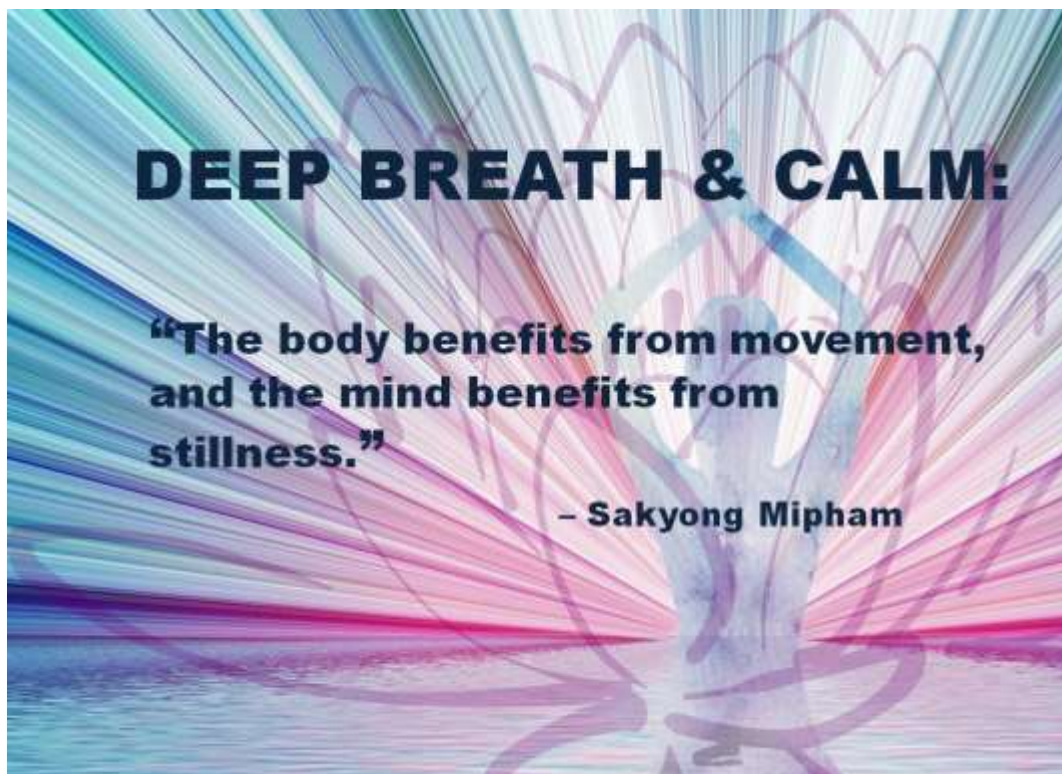
Math: Fruit and vegetable counting, sorting,

Art: Fruit and vegetable coloring, painting, collage, playdough

Pretend play: Grocery shopping, cooking, plant a vegetable garden, harvest

Practical Life: Make salad, cooking

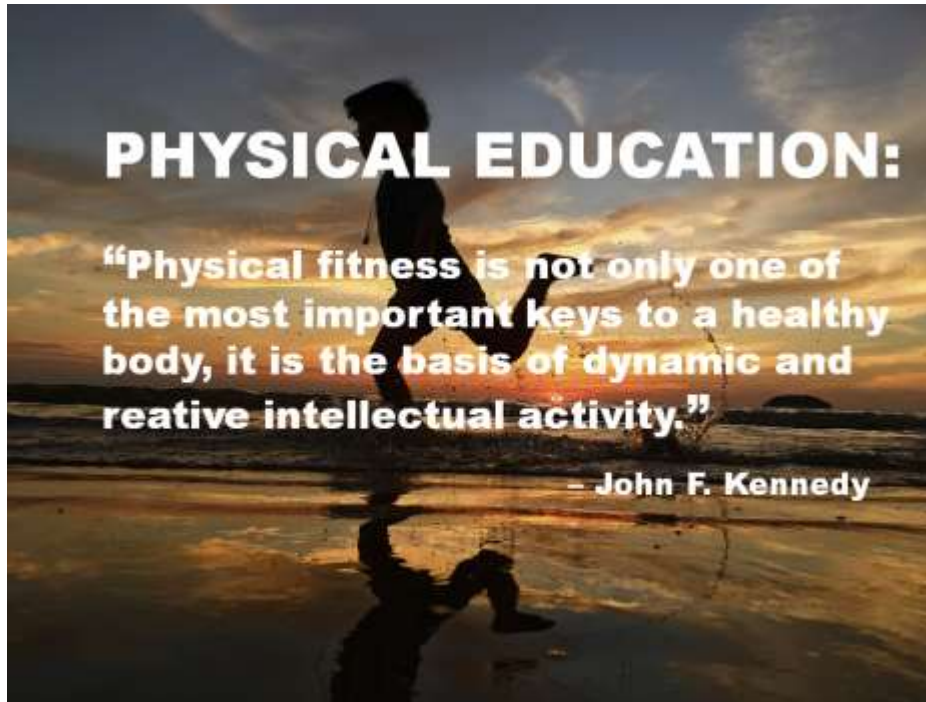
Science: Grow vegetable garden, grow sprouts



Deep Breath and Calm: Children learn to recognize their emotions, express their feelings appropriately, and those who are able to regulate their temper are happier and more successful in life.

Breath exercise:

- Deep Breath exercise
- Learn to be mindfulness
- Learn to get calm



Physical Education: Regular physical activities promote growth and development in children, especially for early childhood. Age appropriate exercises build motor skills, strengthen muscle and bone; increase neuron connectivities, reduce anxiety, improve psychosocial outcomes such as self-awareness, social skills, self-confidence, goal orientation and perseverance.

Indoor Gym Fun

Part of our Physical Education program, Indoor Gym Fun gives children additional way of get moving. It aims to facilitate children’s development through a variety of controlled and purposeful gross-motor activities. Children learn stretching, jumping, hopping, tumbling, climbing and balancing etc. Body movement developed specifically for younger children.

Outdoor Fun

Organized daily running and unstructured free play in our newly renovated playground, the out door playtimes benefit children’s growth on many levels.

- Our spacious playground increase children’s activity levels, and greater freedom



to run, jump, and climb.

- Outdoor plays give children greater exposure to bright sunlight ensuring kids obtain enough vitamin D which give many health benefits, i.e. building strong bones, good for muscle function.
- Play even on a cloudy day exposes children with more sunlight than indoors, which reduces stress levels, give them better moods, improve their concentration, and more naturally-attuned sleep rhythms.
- Play on the structure give children opportunities for hands-on learning about physical forces and concepts; facilitate them to develop gross motor skills as well as social skills (wait for the turn, care for others); overcome fears.
- Play in the sandbox. Children learn practical skills and social skills. They dig into the imagined world.
- Playing outside, kids get to enjoy the fresh air, the smell of the grass, leaves and the flowers, the sound of birds, the expanse of trees, all of which give a stimulating feast to the brain, allow children to develop a deeper lifelong connection with nature.