# Connect & Grow Timetable



Belconnen Community Service



#### **12** March - How to look after our body Encouraging children's self-care and hygiene practices through play and everyday moments.

### **19 March - Always and sometimes foods: the impact of nutrition on our body**

Opportunities to explore children's understandings about nutrition and the impact it has on our bodies.

#### 26 March - Do I run fast? Climb or jump high?

Promoting children's self-awareness of their body and its abilities through play.

#### 2 April - Who am I?

Providing positive play opportunities for children to develop an understanding of their sense of identity and their individuality.

#### 9 April - How do I feel when...

Supporting children to manage their emotions in a positive way.

#### **16 April - Self-protection...Am I safe?** Encouraging self-protection principles to build on children's own awareness and ability to keep themselves safe.

## 23 April - Multiple languages: exploring children's ideas and expressions through arts

A range of experiences for children to express their ideas and thoughts through the use of music, drama and the arts.

#### 30 April - Ready for big school?

Discussions and play that promotes the learning, development and skills needed to support children's preparation and transition to school.

#### 7 May - Importance of Movement and Play

Talking about play and movement as an important part of children's lives as competent learners.

#### 14 May - Playing together

Opportunities to use collaborative play as a tool to learn, solve problems and extend their skills.

For more information, call Lauren Kapper on 6251 2893 or 0434 051 042 or email lauren.kapper@bcsact.com.au



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