

## Beams of Light Programme of Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>W/C 04/11/2024</b>  <b>Theme:</b>  <b>Fireworks</b>	Health and safety around fireworks  Learning about the history of fireworks – where did they originate and how?	Guy Fawkes and the gunpower plot story  Learning fun facts about fireworks	Source a mixture of leaves and twigs from outside and create a bonfire collage <b>(C)</b>	Making sparkler sticks with tissue paper  Making a firework display using toilet rolls and paint	Making fruit kebabs (firework shaped)  Making sparkly marshmallows <b>(C)</b>
Painting/drawing/arts and craft activities/playdough (EYFS)					
	Charades/Free play	Hot potato game/Free play	Bonfire circle game/Free play	Hangman Game/Free play	Darts/Free play
<b>W/C 11/11/2024</b>  <b>Theme:</b>  <b>Gratitude</b>	Circle time discussing what gratitude is and brainstorming examples	Design and writing appreciation cards	Please and thank you & importance of manners at school, in public etc	Creating a gratitude tree using recycled materials	I am thankful for memory game
Group discussions/role play/singing/foam printing (EYFS)					
	Simon says/Free play	Everybody is it/Free play	Stuck in the mud/Free play	Tennis/skipping/Free play	Parachute games/Free play

Every Child Matters Outcomes Key	Early Years Foundation Stage KEY
Being Healthy (BH) Enjoy & Achieve (EA) Achieve Economic Wellbeing (AEW)	Personal, Social and Emotional Development (PSE) Knowledge and Understanding of the World (KUW) Problem Solving, Reasoning and Numeracy (PSRN) Physical Development (PD)

This programme may change, an alternative will also be made available. Throughout the session, quiet games and general play will also be on offer. During group discussion, the children will be encouraged to contribute their ideas with the group. **C = Children's choice.**

On top of the structured activities, there are other equipment also available for the children to play such as chess, draughts, snooker table, football table, connect 4, puzzles and many more tabletop games.

We also have the 'small world corner' to enhance the imaginative skills of the children and the 'homework corner' where children can do their respective homework.

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<b>W/C 18/11/2024</b>  <b>Theme:</b>  <b>Self-care week</b>	Understanding the importance of self-care  Free drawing	Fun breathing exercises  Blowing bubbles	Mindful meditation exercises for kids	Hand painting <b>(C)</b>	Yoga workshop
	Learning about self-awareness/hand tracing/head, shoulders, knees and toes (EYFS)				
	Musical chairs/Free play	Hook the duck game/Free play	Board games/Free play	Making musical instruments/Free play	Sleeping lions game/free play
<b>W/C 25/11/2024</b>  <b>Theme:</b>  <b>Hygiene &amp; balanced lifestyle</b>	Discussion about personal care e.g. brushing teeth, hand washing and body odour	Create a hygiene poster competition	Learning the importance of a balanced diet and the impact of too much junk food	Brainstorming the importance of sleep	Creating good habits – setting goals activity
	Participation in group discussions/name and understand different parts of the body/rhymes and singing (EYFS)				
	Reading/colouring posters/Free play	Hygiene charades/Free play	Shopping trip game/Free play	<b>(C)</b> Sleeping lions' game/Free play	Dancing/yoga/Free play

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<b>W/C 02/12/2024</b>  <b>Theme:</b>  <b>Social Media &amp; Internet safety</b>	Discussing the pros and cons of social media	'BOL Dragons Den' - create and pitch your own app (C)	How to stay safe on the internet	The impact fake news can have and how it can spread.  Discussion about being kind online	Design an internet safety poster competition
Reading and forming letters/playdough/junk modelling/painting/cutting (EYFS)					
	Scavenger hunt/Free play	Risk, danger and hazard game/Free play	Board games/Free play	Reading/activity sheets/Free play	Ball games/Free play
<b>W/C 02/12/2024</b>  <b>Theme:</b>  <b>Winter</b>	Making and decorating paper snowflakes/snow lanterns	Making snow men using cotton balls and crafts	Hot chocolate and marshmallow decorating	Draw/design and create a perfect winter coat using arts and crafts	Beams of Light "Winter Wonderland" (C)
Taking part in activities above with support and adapted for relevant age range/playdough/story time/board games/flash cards (EYFS)					
	Musical chairs/Freeze game/Free play	Build a fort/charades/Free play	Traffic light game/hula hoops/parachute game /Free play	Floor is lava/snowball toss/Free play	Indoor obstacle course/Free play

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<b>W/C 16/12/2024</b>  <b>Theme:</b>  <b>Christmas &amp; New Year</b>	Design your own Christmas cards using arts and crafts  Setting new year resolutions for 2025	Beams of Light Christmas party (C)	Making your own Christmas bauble or tree decoration  Circle time – best moment/memory of the year	Making and decorating party hats  Making and decorating Christmas cookies	Write a letter to Santa
Designing fireworks/painting/printing/role play/music and dance/memory game (EYFS)					
	Balloon pop games/Capture the flag/Free play	Candy cane scavenger hunt/Christmas games/Singing/Dancing/Free play	Pin the nose on Rudolph/Free play	Christmas Bingo/Free play	Reindeer ring toss game/Free play

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