

OUR YEAR PROGRAM

2025/2026

	Fall term: Brain explorers	Spring term: Big Feelings, Bright Futures	Summer term: Uniquely Me
Goal	To explore how the mind works by understanding the different parts of the brain and how they connect to our five senses, memory, hearing, learning, and more.	To foster emotional awareness, encourage healthy expression, and develop lasting emotional resilience.	To cultivate self-awareness through an understanding of personal strengths and areas for development, while valuing others as they are.
Evidence-based facts related to	• Neurons • Brain functions • Five senses • Memory • Language and communication and more	• Connection between emotions, feelings, sensations and behavior • Expression of feelings/emotions • Different types of feelings/emotions and more	• Diversity • Self- esteem • Social awareness • Respect for others and more
Content	Designed by combining the strengths and knowledge of 3 professionals Each of the term programs will include: • Fun interactive games • Crafts and creative expressions • Worksheets • Puzzles • Board games and more...		
Delivery	• Small group of 10 kids • 2 adults in the room (unless unexpected circumstances) • 2 hours with free fruits break		