



ENRICHMENT ACTIVITIES

We offer a variety of enrichment activities at the Children Today's EcoHouse. We do this so that we can engage children in the natural world that surrounds them, so that we can foster their creative self-expression, and so that we can channel their abundant energy into wellness activities and physical fitness. These program enrichments not only help children meet important milestones in areas like self-regulation, social and emotional development, language and literacy, cognitive development and physical development, they're also a lot of fun!

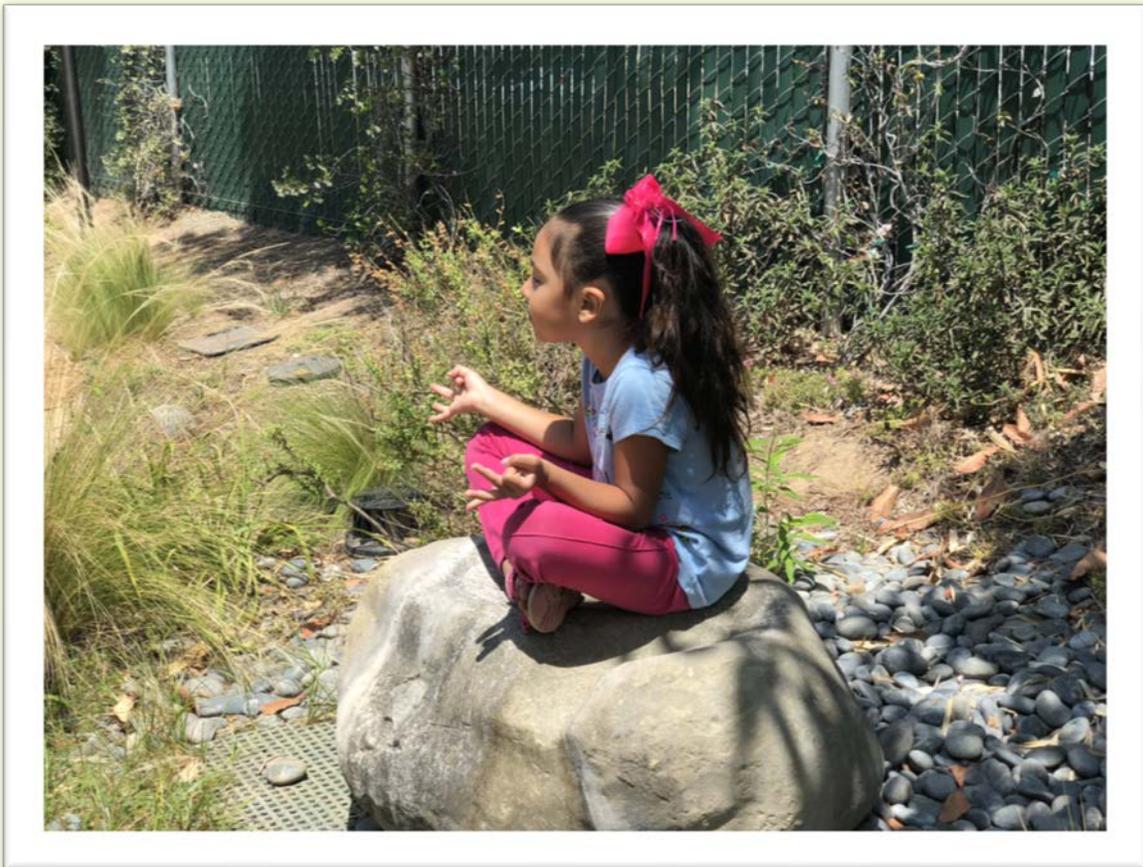
Gardening

Every week, our children join content expert Madeline on a horticultural adventure. They plant and harvest a variety of fruits and vegetables in our five built-in garden beds. They cultivate flowers that attract caterpillars and then watch their metamorphosis into butterflies. They conduct scientific experiments and taste tests. They have a blast!



Yoga

Jessy from program partner, **Wandering Wellness**, leads our little ones through weekly therapeutic yoga and meditation sessions. With Jessy's guidance, our preschoolers are cultivating the practices they need to help them self-regulate (the ability to control behaviors and emotions in response to a particular situation).



Music & Movement

Calia from **Music Moves in Me** provides a rich and dynamic music and movement class every week. Using a variety of instruments and props, Calia helps children discover many genres of music while exploring rhythm. Classes are developmentally appropriate and geared towards helping children enhance their musical vocabulary, team-building, and imaginative play.

