



All Saints

Nursery

How we

Support our

Children

The Willow Room

Messy Monday

Messy Monday allows the children to explore materials and express themselves creatively.

It is also a sensory experience to help our children to understand how things feel, smell and taste.

Messy play encourages the children to interact with their peers and practice social skills such as sharing and turn taking.

It also allows our children to express emotions, reduce anxiety and promote self-regulation.



Tasting Tuesday

Tasting Tuesday allows our children to use all their senses (touch, taste, smell, hear and sight) to explore food and their own preferences.

Tasting Tuesday has 2 golden rules:

1- No one has to try

2- No one has to like

These rules allow the children to explore different foods without any expectations or pressure.

The benefits of tasting Tuesday include increasing the child's self-confidence, aiding their Speech and language development and increasing their range of fresh foods.



Water Play Wednesday

Water play Wednesday allows the children the freedom to play and explore without rules and objectives.

Water play promotes:

Social and emotional development – Water play can be enjoyed alone or with their peers. Water can also be quite soothing.

Problem solving – Water play encourages our children to develop both problem solving and engineering skills.

Physical development – Water play develops our children's hand eye coordination and fine motor skills.

Creativity and imagination – Playing with water is a great way to allow our children to have fun imaginative play. They can bring their favorite toys to the water and make games as they go.



Touch and Feel Thursday

Touch and feel Thursday helps to stimulate the children's senses, the more our children use their senses the more they develop them and the ability to learn using them.

Sensory play helps our children to build their language and promote social interaction. By providing opportunities for our children to explore we are helping to identify what they like or dislike, what calms them and what excites them.



Fitness Friday

Fitness Friday has a range of benefits to help our children:

- **Builds strength and flexibility**
- **Support brain development**
- **Encourage interaction with their peers**
- **Encourage creative expression**

Physical activities are stimulating for all children and provides them to experience fun activities with their peers.



Daily Timetable

In addition to our daily focus, the children engage in the following on a daily basis:

- Bucket therapy
- Continuous provision
- Intensive interaction
- Sensory circuits
- Songs and Rhymes
 - Story time
 - Snack time
- One to one target time

