

# Programs

## THE CHARTWELL ADVANTAGE!!

In addition to offering our regular curriculum The Chartwell House has endeavored to expand our curriculum to include: theatre, music, language, dance, exercise and other arts in order to expose our children to a complete curriculum that engages the "whole child". As part of our regular curriculum we have included Yoga, Music & Movement, Gardening & Cooking, and Animal exploration. Our extra curricular program will rotate based on your feedback, the interests of our children, and the latest techniques from our ever changing world.

**YOGA KIDS.** The benefits of Yoga for children are endless. Yoga for children creates a loving, creative and responsive environment for children to play, discover, learn and grow. Introducing the fundamentals of Yoga at an early age enhances flexibility, strength, coordination and body awareness. Concentration and a sense of calmness and relaxation also improve. The Children will be engaged through storytelling, games, drama, music and knowledge of the human body. They will be encouraged to look to our natural world for inspiration. Imitating the animals and plants in their surroundings. Our yoga classes will be lead by a local teacher who specializes in creating a learning environment that teaches children the fundamentals of practicing yoga by balancing, quiet and active poses all demonstrated in a child friendly way.

**THE EDIBLE GARDEN.** The Chartwell House has a special location for a vegetable garden, which will be created and maintained by the children. The children will be able to explore what types of vegetables they would like to grow, are able to grow, and how to nurture and care for their selected garden. This allows the children to be involved in all aspects of healthy eating, promoting excitement and interest in local foods. The Children will also be involved in regular hands on cooking and or baking activities.

They will be participating in all areas such as; measuring, pouring, mixing, stirring, decorating and best of all EATING! **VISITS FROM LIVE ANIMALS.** The Chartwell House will receive a monthly visit from the friendly staff of Whimz. This specially designed program is geared towards young children, focused on giving the children the opportunity to hold and learn about live animals while teaching the importance of being gentle and respectful to all living creatures. Each class will introduce your child(ren) to the wonderful world of the Whimz Animals, plus movement, storytelling, crafts and songs. Children will meet 7 to 8 different Whimz Animals each month. Besides learning how to hold these animals, the participants will learn about them in their natural habitat and in captivity. The rest of the activities will grow from the animals being shown on that day. Your child(ren) will also participate in an activity each month, based on one of those animals

This is a very vibrant program that encourages gentleness and understanding of animals.