



Child and Family Centre

Twinkle Toes

2 - 6 years

Movement is one of the most basic and natural ways that children explore their surroundings. In this program, we will introduce a balance of unstructured and carefully structured movement to stimulate children's engagement in active, imaginative play which supports their ongoing physical, intellectual, emotional and creative growth.

We will encourage large and fine motor skills, learn how different parts of bodies move, and begin to understand concepts such as speed, energy and space. In addition, there will be opportunities to practise social skills such as listening, following directions, learning body control and participating in group activities.

Ultimately, the goal is to enjoy the movement, feel energized and have fun developing a lifelong love of learning!

