

## JUNGLE TOTS SCHEDULE

All sessions run from 10:00 – 11:00am  
Children 0-5 years old are welcome to all  
sessions.



### Monday Babies & Bumps

**Bumps & Babies** is run by a UK qualified midwife and is an informal session for expectant parents and parents with children up to 18 months. We offer advice on pregnancy and early childhood, simple antenatal checks, baby checks and baby weighing. There are also occasional structured sessions on baby massage, first aid and antenatal education. *Hosted by Nikki Jackson*

### Monday Jungle Sensory (outside)

An outdoor session with water, art and sensory play! Suitable for all ages but close supervision is required due to loose part play and water. Bring swimmers and spare clothes. *Hosted by Ruchi Mehta*

### Tuesday Jungle Tumble

This session encourages and extends physical motor skills through climbing, jumping, rolling, balancing and throwing. There is also a separate quieter play and baby area. *Hosted by Stefanie David*

### Wednesday (fortnightly) Jungle School

A unique opportunity to attend a session set up by a Panaga School Teacher and mum of 4, giving the children an opportunity to experience some activities from the classroom and an opportunity for parents to discuss the transition into the school environment for those children reaching pre-nursery age. *Hosted by Ms Rachel McKay from Mendaram - Panaga School*

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### Wednesday (fortnightly) Jungle Play

This session is an indoor play session, using the let's pretend toys, the trains, building blocks, puzzles, books, dolls.. it changes weekly! *Hosted by Simon Hawkins*

### Thursday Jungle Yoga

This session introduces the children to yoga and body movement through music, storytelling and the use of props. *Hosted by Hanim Ghaffur*

### Friday Jungle Jingles

An interactive song session suitable for babies and toddlers. Parents and children get together to sing nursery classics and fun action songs with plenty of familiarity and repetition to help young ones learn. Musical instruments, bubbles, stories and the fun parachute are also used. *Hosted by Katharine Dayem*

### Saturday (fortnightly) Jungle Yoga

Yoga sessions for children in Pre-nursery (10.00-10.30) Nursery (10.30-11.00) and P1 (11.00-11.30). A fun introduction to yoga and body movement. *Hosted by Hanim Ghaffur*

If you are interested in attending any of the Jungle Tots sessions please complete a sign up form in the Panaga Club office and send an email to [jungletotspanaga@gmail.com](mailto:jungletotspanaga@gmail.com)

