



Connecting children with their (own) nature

GARDENING throughout the year!

# ACHACHAK! #1 (2018-2019) – 1 to 7 Y/O

## NATURE MEDIATORS



Tuesdays - 15:40

CLAIRE

"I love to see kids growing more self-confident, daring to take risks and feeling at home in nature."

Wednesdays - 13:30



CLAUDIA

"I want to make children feel how magical a connection to nature can be."

## \*EXPERTS

**With my Hands Experts:**  
**SASKIA WATTS**, Dance scientist  
**ATHINA LIAKOPOULOU**, Child Psychologist at Memotion



All sessions are led in English.  
Our team speaks several languages.

### 1 THE EXPLORATION TRIBE

Become part of a wildlife **exploration tribe**  
Design your own **naturalist diary**

### 2 TRAVEL TO SPIDERLAND

- Get to know **spiders' super powers**
- Take up the **web challenge !**

### 3 ELF & GOBLIN KINGDOMS

- Enter **elf and goblin kingdoms**
- Cooperate and design a **peace treaty**
- Build a **palace**

### 4 ECO-SQUAD'S MISSIONS

- **Investigate** : how do birds survive winter ? How could we help them ?

### 5 WILD RHYTHMS\*

- Move to **rhythms of nature**.
- Get **to know yourself and the others** through movement!

*\*Expert session*

### 6 OUR FRIENDS THE TREES

**Discover the trees** with new eyes.  
**Move your trunk** in and among the trees

### 7 THE SHRUNKEN KIDS

- Make yourself **super tiny**...
- And get into the shoes of your **totem insect**

**SAVE THE DATE !**  
**Wake up Nature Celebration**  
**Apr. 13th**

**ENROLL HERE**



# NAYA NATURE

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Naya Nature Academy students will learn to **communicate their emotions** and **respect** others' while becoming one with Nature. They will be actively encouraged to explore real nature - bugs, snails, plants, mud, birds, etc. - which will **develop their personal awareness of being part of a whole**. Eyes on the meadow, feet on the ground, they **will investigate, discuss their findings, and learn how to create objects out of the natural things they collect**. Your child will become a wise Achachak. Will you recognise them after this immersion in the wilderness?

*All sessions are led in English by our Nature Mediators. Experts will lead one full term of the programme.*

### Educational Objectives

**Balance ENERGY**  
-body-agility & use of senses

**Develop EMPATHY**  
-emotions-feelings, respect & cooperation

**Preserve CREATIVITY**  
-mind-autonomy, imagination & problem solving

**Understand SYNERGY**  
-living-proactiveness, citizenship & sense of wonder

### Areas of Learning

