

**SPECIAL ACTIVITIES  
2018-2019**

The *Special Activities* are included as part of the preschool day. Instructors spend 30-minutes with each class. Chabad teachers remain with the children during this time.

<b>Monday</b>	YOGA: Corey Esannason brings a sense of fun and relaxation to children by introducing them to basic Yoga poses. It is an opportunity for children to connect with their breath, build strength and flexibility, and develop a better understanding of their bodies. *During fall and spring: Art instead of Yoga
<b>Tuesday</b>	MUSIC: Shifra Garber creates a fun and lively musical experience that keeps children moving to the music during her multi-sensory classes. Children learn about different instruments and musical concepts, such as tonality, beat, melody, and harmony.
<b>Wednesday</b>	STAMFORD MUSEUM AND NATURE CENTER: Instructors from the Nature Center bring new animals every week for the children to touch and learn about. A wide variety of scientific concepts related to animals and nature are incorporated.
<b>Thursday</b>	SPORTS: Anatoli Vartuso teaches the children basic physical skills using a variety of drills and games. Activities enhance gross motor ability, keep everyone active, and introduce children to group sports including soccer, baseball, and hockey. *During the winter: Art instead of Sports
<b>Friday</b>	SHABBAT PARTY: Shabbat party activities alternate between Puppet Shows that reinforce positive social skills with Morah Maryashie and Music and Movement to celebrate the joy of Shabbat through song and dance with Bobby Doowah.
* Winter: Thursday Fall/Spring: Monday	ART: Morah Yael leads children in creative and unique art experiences. Through exploring a broad variety of mediums and techniques, children are encouraged to discover new forms of expression. Children will engage in drawing, painting, collage, printmaking, sculpture and more.