

# Kindergarten Programme Overview

## A Day with Harold (Nursery)

This 45-minute nursery programme helps children learn about the importance of daily hygiene and healthy lifestyle, as well as bring awareness to various body parts. The children follow our mascot, Harold the giraffe, as he carries out his daily routine to eat, exercise, bathe and rest. Below are the programme objectives:

### Physiology:

- Identify basic body parts

### Food & Nutrition:

- Understand the importance of breakfast

### Personal hygiene:

- Identify proper hygienic tools for the body
- Identify appropriate clothing for different occasions
- Identify scenarios requiring handwash
- Learn the proper way to brush teeth



## Kindergarten Programme Overview Harold's Picnic (Reception)

This 60-minute reception programme brings children on an amazing body journey to discover the internal body parts. They then meet our mascot, Harold the giraffe, at a special picnic to learn about the importance of eating a variety of foods. Below are the programme objectives:



### Physiology:

- Identify brain, heart and lungs
- Match external body parts to their functions
- Understand the importance of the brain

### Food & Nutrition

- Understand the importance of breakfast
- Realize the necessity of a balanced diet

### Skills:

- Identify skills developed since infancy



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call 2530 0018 for more information.