

Pencader Family Centre monthly Activity Plan July 2022 healthy living



	Tuesday 5th July	Wednesday 6th July	Thursday 7th July
Morning	Outdoors(caring for our vegetables)arts and crafts eating well plates	Safeguarding training staff 11am-3pm	Walking trip to the local park, painting and prints, vegetables
Afternoon	Dancing, Tummy time/ stories/songs and rhymes	Staff paperwork/training	Lunch club Making a vegetable stall for the children to role play
	Tuesday 12th July	Wednesday 13th July	Thursday 14th July
Morning	Outdoor sessions messy play/indoor messy play	Planting cress heads, outdoor gardening, bikes and scooters	Cooking on a budget with families
Afternoon	Outdoor sessions messy play/ indoor messy play	Staff paperwork/training	Lunch club

	Tuesday 19th July	Wednesday July 20th	Thursday July 21st
Morning	School holidays start outdoor/indoor free play drop in	Art project 9-12 Polly	Art project all day with Polly
Afternoon	Outdoor/indoor free play drop in	Staff paperwork/training	Art project all day with Polly
	Tuesday 26th July	Wednesday 27th July	Thursday 28th July
Morning	Art project all day with Polly	Football and other games in the park	Trip to Manor Park
Afternoon	Art project all day with Polly	Staff paperwork/training	Trip to Manor Park