






Precious Little Souls Activity Framework

Theme: “From Caterpillars to Butterflies” – Growing with Purpose and Joy





 **Monday:** Mindful Mornings


Focus: Self Awareness & Emotional Literacy

-  Mirror Me: Children explore facial expressions and emotions using hand mirrors
-  Feelings Colour Wheel: Match colours to emotions and talk about what makes us feel that way
-  Storytime: “The Colour Monster” or similar, followed by group discussion
-  Mini Yoga: Gentle poses with affirmations like “I am calm” and “I am strong”





 **Tuesday:** Curiosity Club

Focus: Understanding the World & Exploration

-  Nature Detectives: Bug hunt or leaf matching in the garden
-  Mini Science: Mixing colours with pipettes or exploring ice melting
-  Culture Corner: Explore a country through music, food, or dress
-  Loose Parts Play: Open-ended materials for building and imagining





 **Wednesday:** Social Butterflies

Focus: Communication & Social Skills

-  Role Play Zones: Home corner, shop, doctor’s office
-  Talking Sticks: Circle time with a soft toy or stick to take turns speaking
-  Sing & Sign: Songs with Makaton or simple gestures
-  Kindness Jar: Add pom-poms when someone shows empathy or helps a friend





Thursday: Resilience Adventures

Focus: Physical Development & Problem Solving

-  Obstacle Course: Climbing, crawling, balancing
-  Puzzle Time: Age-appropriate jigsaws and shape sorters
-  Try Again Tasks: Activities with gentle challenge (e.g. threading beads)
-  Fix-It Station: Broken toys or objects to “repair” with adult support

Friday: Creative Confidence

Focus: Expressive Arts & Personal Growth

-  Self Portraits: Using mirrors and pastels
-  Show & Tell: Bring something from home and share its story
-  Music & Movement: Dance with scarves or instruments
-  Textile Play: Weaving, gluing, and fabric collage

Everyday Routines That Reinforce Your Pillars

- Independence: Self-registration, pouring drinks, choosing activities
- Confidence: Praise boards, “I did it!” stickers, helper roles
- Empathy: Caring for plants, pets, and peers
- Curiosity: Provocation trays with themed objects
- Resilience: Visual prompts like “We keep trying!”
- Social Skills: Buddy systems and small group play
- Self Awareness: Quiet corners and emotion check-ins