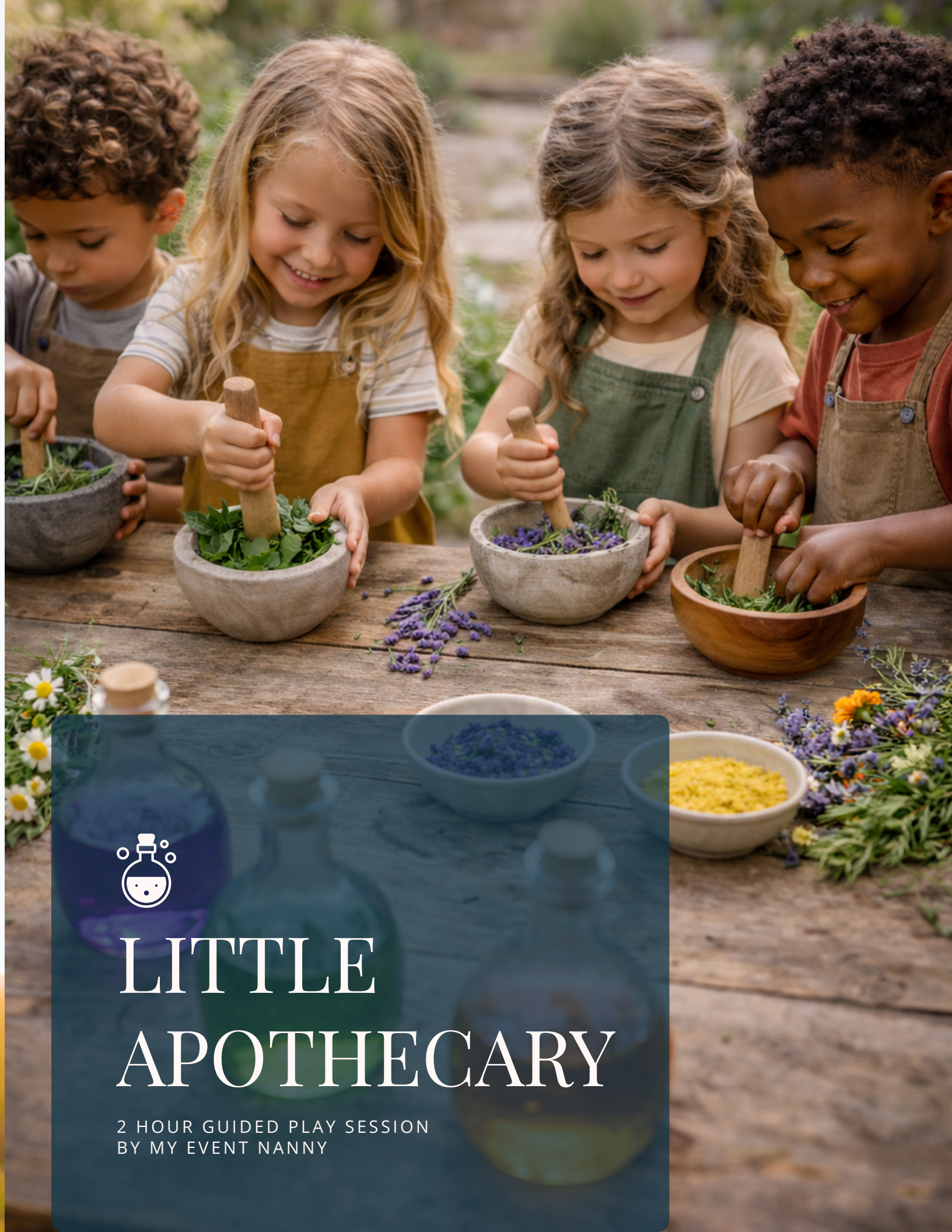




LITTLE APOTHECARY

2 HOUR GUIDED PLAY SESSION
BY MY EVENT NANNY



GUIDED PLAY SESSIONS BY MY EVENT NANNY

LITTLE APOTHECARY

WELCOME GATHERERS!

Step into the enchanting world of **Little Apothecary**, where young potion-makers explore color, scent, and magical ingredients! Children will begin their adventure at our welcome tables, creating tiny apothecary jars, experimenting with color mixing, and exploring an herbal observation station, discovering textures, colors, and aromas through calm, hands-on play. We'll gather on the turf for introductions, WWYR, and a themed story, followed by a joyful wiggle break. Next, children will experiment with color-changing lemonade. After washing up and enjoying a quick snack, we'll explore the grounds to harvest herbs and natural pigments for our potion lab. Back at the tables, children will combine touch- and taste-safe materials into imaginative creations, blending color, scent, and texture into their own magical potions. The session concludes with a reflection circle before release to free exploration.

TIMELINE IN A NUTSHELL:

- Welcome Tables: DIY Apothecary Jars, Color Mixing, Herbal Observation Station
- Turf Time: Introductions, WWYR, Story, Wiggle Break
- Grounding Activity: Color Changing Lemonade
- Wash Up and Snack Time
- Squirrel Activity: Ingredient Harvest & Potion Lab
- Closing Circle & Release to Free Play with Dress Up Station

SUGGESTED AGE: 3-8 Years

TICKET PRICE: \$40 (Class Size Limited to 12, Parental Supervision Required)

A GENTLE BEGINNING | 15 MIN

INDEPENDENT PLAY

This opening block gives children a self-directed way to ease into the classroom before joining group activities. Starting gently supports emotional regulation, builds confidence, and allows learners to warm up socially and cognitively.

DIY APOTHECARY JARS:

Children begin their journey into the world of magic and color by creating their very own apothecary jars. They decorate small jars with stickers, ribbons, and labels, then fill them with layers of colorful sand, experimenting with patterns and color combinations. This inviting activity encourages creativity, fine motor skills, and curiosity about the magical materials in front of them.

COLOR MIXING LAB:

At the color mixing lab, children explore the magic of colors in clear bottles, creating their own custom blends. The table begins with three primary colors—red, yellow, and blue—and children use pipettes to experiment with different combinations. This inviting activity encourages curiosity about color theory.

OBSERVATION STATION:

At the herb sorting tray, children explore a variety of dried herbs, leaves, and petals, arranging them by color, texture, or scent. They can compare the shapes, feel the different surfaces, and notice the subtle aromas of each plant. This hands-on activity invites careful observation and playful experimentation with natural materials.



GUIDED PLAY SESSIONS BY MY EVENT NANNY

CARPET TIME | 15 MIN

TURF TALKS

In this block, children practice speaking up, voicing their opinions, and actively listening to others. Through a “Would You Rather” vote and circle introductions, they build confidence in sharing ideas, then explore imagination and curiosity during storytime. A quick wiggle break helps transition back to table activities.

INTRODUCTIONS & WWYR:

If you could invent a potion that gives someone a superpower, what would it do? Children take a moment to think and quietly share their choice with an adult. Then, in a circle, each child says their name and places a token to cast their vote. At the end, we count the votes and reflect on the results, encouraging reasoning, turn-taking, and community participation.

STORYTIME:

Today we’ll read “A Recipe for Magic Potion” by Jack Henseleit. At first glance this story could be seen as a set of instructions on how to brew a magic potion, the ingredients of which are familiar – mud, a leaf, some sand. But as the story unfolds, the two children at the heart of this story let their imaginations run wild as they take the reader on a glorious, lyrical journey outside.

WIGGLE BREAK:

Before transitioning back to the tables for our first guided activity, we’ll dance with colorful ribbons to “Mixing Colors” by Super Simple Songs.



GUIDED PLAY SESSIONS BY MY EVENT NANNY

CALM SENSORY ACTIVITY | 15 MIN

GROUNDING ACTIVITY

Children experience the magic of chemistry firsthand as they create their own color-changing lemonade. Using a mortar and pestle, they muddle frozen blueberries to release natural pigments, then use a citrus juicer to extract fresh lemonade. When combined, the drink transforms before their eyes into a vibrant, magically refreshing beverage.

COLOR CHANGING LEMONADE:

In this hands-on experiment, children discover how pH changes cause natural color shifts. The blueberries contain anthocyanins, pigments that change color depending on acidity. When the slightly acidic lemon juice mixes with the blueberry juice, the solution shifts from deep purple to bright pink or red, demonstrating a safe and edible chemical reaction. Children enjoy the sensory experience of crushing, squeezing, and watching the color transform, then tasting their creation as a reward for their efforts. This activity blends science, magic, and sensory exploration, helping children understand cause-and-effect while engaging their curiosity.

TAKE HOME ITEMS:

Children can continue the magic at home with their Color-Changing Lemonade Kit, featuring a small mason jar, a whole lemon, and butterfly pea flower tea packets. They can steep the tea and add fresh lemon juice to watch the liquid transform from deep blue to vibrant purple or pink.



GUIDED PLAY SESSIONS BY MY EVENT NANNY

TENDING TO OUR BODIES | 15 MIN

TRANSITION TIME

Attending to bodily needs helps children maintain focus, regulate energy, and reduces the likelihood of accidents or distractions during activities. In summer months, it is especially important to hydrate before outdoor play.

BATHROOM BREAK & HIGH-SPEED HANDWASHING:

Before diving into our final hands-on activity, we take a moment to reset and tend to our bodies. Children have the opportunity to use the bathroom and wash their hands. Staff guide children through quick, effective handwashing methods.

SNACK & BEVERAGES:

Children enjoy a healthy selection of snacks and fresh produce, along with water or other beverages to stay hydrated. Suggested snack: fruit and herb pairings (like strawberry and mint, or cherry tomato and basil. Parents can relax with a complimentary coffee or cold drink while their little explorers refuel.

MINDFUL TRANSITIONS:

With bodies and minds refreshed, staff guide a short instructional moment, introducing navigation tools and demonstrating how a compass works. Children receive a kid-friendly explanation and watch a demonstration before being introduced to a real map of the school grounds, setting them up for success as they prepare for the next stage of exploration.



GUIDED PLAY SESSIONS BY MY EVENT NANNY

LEARNING ON THE MOVE | 30 MIN

KINETIC ACTIVITY

In this immersive activity, children explore their surroundings to gather ingredients and then return to the tables to mix them into their own whimsical creations. Through hands-on discovery and experimentation, children connect with natural materials and see how combinations of edible elements can transform into imaginative potions.

INGREDIENT HARVEST:

Children embark on a guided scavenger hunt through the play area, collecting a variety of fresh and dried herbs, edible flowers, teas, and vibrant pigments such as beet, turmeric, and butterfly pea flower. As they search, children engage their senses by observing colors, textures, and aromas, developing curiosity, attention to detail, and an early understanding of natural materials. This playful exploration builds anticipation for the magical creations to come.

POTION LAB:

Back at the tables, children combine ingredients to create colorful, touch- and taste-safe potions. They can mix pigments to discover new colors, blend herbs and teas for scent and flavor, and experiment with layering and textures. This hands-on activity encourages creativity and experimentation as children make magical concoctions.

CLOSING CIRCLE:

We conclude the day's lesson by sharing our favorite parts of the day's journey before children enjoy free play on our natural playground.



GUIDED PLAY SESSIONS BY MY EVENT NANNY

FREE PLAY | 30 MIN

NATURAL PLAYGROUND

The natural playground blends play, exploration, and connection to the outdoors, using materials and layouts inspired by nature. Natural playgrounds are designed to engage multiple senses, foster curiosity, encourage creative problem-solving, and support physical, social, and cognitive development while connecting children to the environment. Key features of our playground include:

LOOSE PARTS & NATURAL MATERIALS

Logs, stumps, rocks, sticks, sand, and water allow children to build, balance, and invent their own games.

CLIMBING STRUCTURES

Hills, boulders, rope ladders, or wooden climbing frames encourage gross motor development, balance, and spatial awareness.

WATER & SENSORY ELEMENTS

Streams, ponds, mud kitchens, or sand-and-water tables invite sensory learning, problem-solving, and scientific observation.

PLANTINGS & GARDENS

Native plants, flowers, and trees support environmental learning, observation of wildlife, and tactile exploration.

KEY LEARNING OUTCOMES

DIY APOTHECARY JARS

Children demonstrate fine motor skills and spatial reasoning by layering materials and making design choices, while exploring early concepts of measurement.

COLOR MIXING LAB

Children investigate color theory by blending primary colors to create new shades.

OBSERVATION STATION

Develops careful observation, classification, and fine motor coordination while exploring textures, patterns, and details in natural items.

INTRODUCTIONS & WOULD-YOU-RATHER

Builds oral communication, active listening, and social-emotional skills by practicing turn-taking, expressing opinions, and engaging in group discussion.

STORYTIME: "A RECIPE FOR MAGIC POTION"

Fosters language development, comprehension, and imagination by listening to narrative, recalling details, and connecting ideas to personal experience.

WIGGLE BREAK: "MIXING COLORS"

Supports gross motor skills, body awareness, and self-regulation while transitioning between seated and active learning.

COLOR CHANGING LEMONADE

Children explore cause-and-effect in a safe, edible context by observing how acidity from lemon juice alters the color of natural pigments in blueberries.

HIGH-SPEED HANDWASHING

Teaches personal hygiene, health awareness, and fine motor control while establishing habits that prevent the spread of germs.

SNACK & BEVERAGES

Reinforces healthy nutrition while supporting sustained energy and focus for learning.

MINDFUL TRANSITIONS

Develops attention, executive function, and listening skills by guiding children smoothly from one activity to the next while introducing new concepts.

INGREDIENT HARVEST

Children practice observation and sensory exploration as they identify, select, and collect herbs, flowers, and natural pigments from their environment.

POTION LAB

Children experiment with ingredients to create imaginative, colorful, and sensory-rich potions, fostering creativity and self-expression.

NATURAL PLAYGROUND

Supports imaginative play, sensory exploration, and physical development while fostering environmental awareness and curiosity about natural landscapes.



LITTLE BOTANIST

CHILDREN STUDY PLANTS AND GROWTH CYCLES THROUGH HANDS-ON EXPLORATION OF THE LIVING LANDSCAPE.



LITTLE EXPLORER

CHILDREN EXPLORE THROUGH MAPPING AND OBSERVATION AS THEY NAVIGATE THEIR SURROUNDINGS.



LITTLE ENGINEER

CHILDREN DESIGN AND TEST STRUCTURES TO UNDERSTAND BALANCE, FORCES, AND FUNCTION.



LITTLE BIOLOGIST

CHILDREN EXAMINE ANIMALS AND HABITATS, BUILDING AWARENESS OF HOW LIVING SYSTEMS CONNECT.



LITTLE STARGAZER

CHILDREN INVESTIGATE STARS, PLANETS, AND WEATHER PHENOMENA THROUGH INTERACTIVE ACTIVITIES.



LITTLE LUMINARY

CHILDREN STUDY REFLECTION, REFRACTION, AND COLOR USING HANDS-ON ACTIVITIES WITH LIGHT AND PRISMS.



LITTLE SCRIBE

CHILDREN DEVELOP STORYTELLING SKILLS THROUGH DRAWING, WRITING, AND COLLABORATION.



LITTLE WEAVER

CHILDREN EXPLORE PATTERNS, TEXTURES, AND COLORS THROUGH WEAVING AND TEXTILE ACTIVITIES.