

Family Mental Fitness North East Programme Overview

Phonics, Story & Rhyme Circle



EYFS	KS1	KS2	KS3	FAMILIES
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This gentle, play-based group programme introduces 2–5-year-olds and their parent or carer to early literacy through stories, songs, rhymes, and movement. Sessions blend the magic of fairy tales with phonics-rich activities, giving young children the building blocks of language in a warm, engaging setting.

Repetition of familiar nursery rhymes, introduction to simple sounds and CVC (consonant-vowel-consonant) words, and plenty of playful interaction make this a joyful first step into pre-reading and communication.

Purpose

To foster a love of language, rhythm, and sound while building early phonological awareness. The sessions support speech and language development, memory, listening, and social interaction through shared storytelling and rhyme.

Parents and carers are gently guided to better understand the early building blocks of reading and how to support them at home.

Impact

- Builds confidence with early speech sounds and vocabulary
- Strengthens attention, listening, and turn-taking skills
- Encourages imagination, sequencing, and narrative play
- Reinforces early phonics foundations in a developmentally appropriate way
- Increases parent confidence in supporting early literacy at home

Outcomes

- Greater confidence in joining in with rhymes and sound play
- Early blending and segmenting skills through games and repetition
- Improved communication and memory through rhythm and song
- Stronger home support for early reading and sound awareness
- Positive parent-child interaction around stories and early learning

Example Session Structure

Each 30-minute session includes:

- Welcome rhyme and movement warm-up
- Themed phonics songs and nursery rhymes (e.g. “Old MacDonald,” “Five Little Ducks”)
- Storytelling using fairy tales, props, and visual prompts
- Goodbye rhyme and weekly take-home story

Group Size

- Small group: Up to 6 children (with one parent/carer each)

Cost Per Session

Schools and Public Bodies: £10

Subsidised for families: £21

For Funders

Fully funded cost per 12-week programme: £1656

(£23 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

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