



MONTESORI
SEEDS OF KNOWLEDGE



3 - 6 ans

Responsable : Anila Hussain

Balance & Bounce

VENDREDI

13H à 16H

PROGRAMME

Children will explore the exciting world of emotions while discovering the power of their bodies. Through playful games, team challenges, and movement-based activities, they will learn to recognize, express, and balance their feelings.

Using sports-inspired storytelling, role play, and rhythm exercises, they will connect physical activity with emotional awareness, building resilience and self-confidence.

Each session includes cooperative games, sports-inspired art, and relaxation techniques, so children leave feeling energized, joyful, and emotionally grounded.

Départ possible à 15h

Tarif par atelier : 60CHF
goûter inclus



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