

JUNE/JULY HOLIDAY PROGRAMME - INFORMATION

Nature at Heart's Holiday program is designed to allow working parents to keep their children safe and active during holidays. Our programs are educational and fun with many outdoor activities and nature games.

All our programs are hosted from 09h00 – 15h00, fully catered and include healthy snacks (Fruit in season e.g. apples and a muffin), a small lunch (e.g. Hotdog, vetkoek & mince, macaroni and cheese) and refreshments (1X Juice box, Oros/juices and water available throughout the day).

Our June/July holiday program is hosted at Tygerberg Nature Reserve. Totius street, Welgemoed (see map attached). A maximum of 30 learners will be booked on the program with a minimum of 2 facilitators (1 per 15 kids) per day.

The program is suitable for kids between the ages 6 – 12 years old. Daily program involve outdoor and indoor activities. During our winter programme we might move around activities and topics to accommodate bad weather. We encourage learning about nature through play and will always be active and outdoors when the weather permits us.

ACTIVITIES MAY INCLUDE:

Guided nature walks each day, Group work, animal/puppet shows, Dance workshops, bird watching, scavenger hunts, Capture the Flag, sling shot shooting, relay games, arts & crafts and many more. Some activities are weather dependent and may be moved around from day to day depending on the weather at specific time intervals. Our slow activities include educational movies and video clips and we also have a dedicated reading corner with many kids' books, board games, cards, puzzles and coloring pages.



PROGRAM OPTIONS & RATES PER LEARNER:

Programme options	Full Day 09h00 – 15h00	Half day 09h00 – 12h30
One Day option (any Day)	R250.00	R190.00
Three Day option (any three days of a week)	R675.00 (R75 discount)	R520.00 (R50 discount)
Five Days (Five consecutive days)	R1100.00 (R150 discount)	R850.00 (R100 discount)



BOOKING & CANCELLATION POLICY

Our holiday programme is open to any nature enthusiast interested to learn about nature. Bookings will be taken from the date it has been made available by email or telephone. Once the individual has completed the booking form a 50% deposit is required to confirm their booking place. No deposit, no place on the programme.


Our holiday programme requires a lot of preparations to prepare your child's holiday pack (stationary/food/equipment etc.) and ensures your child gets the best experience in nature he/she deserves; therefor bookings will close on 22 June 2018.

When an individual can no longer attend the programme or any day thereof, a 48 hour notice to nature@heart is requested to ensure that no cost is charged to the individual and to ensure full back payment of the deposit. When a cancellation is received on the day of the outing the individual will lose his/her full deposit, due to catering purposes.

For any further information about our holiday programme please feel free to contact us.

PROVISIONAL PLANNER

JUNE HOLIDAY PROGRAMME PLANNER

DATE	TOPIC	ACTIVITIES (Please note this is a provisional planner and that we are hosting during Winter. Some activities and topics are weather permitted and may be moved around from day to day to accommodate weather).
RHYTHMS OF NATURE: 27-29 JUNE 2018 Through movement, dance and music we learn about nature. Each day include 1 hour dance workshop. 		
Wednesday 27 June	The joy of movement.	Practice your dance moves and be like nature. We focus on how different animals move around, waddle, hop and crawl. We also have relay races to teach kids about animal movements.
Thursday 28 June	The sound of Nature	We learn the importance of sound and all about the different sounds and songs in nature. Using our 5 senses and listening to sounds of nature.
Friday 29 June	The Dancing animal	We learn about animals that dance for communication and try some of their dance moves.



JULY HOLIDAY PROGRAMME PLANNER

DATE	TOPIC	ACTIVITIES (Please note this is a provisional planner and that we are hosting during Winter. Some activities and topics are weather permitted and may be moved around from day to day to accommodate weather).
PROUDLY SOUTH AFRICAN: 2 – 6 JULY 2018		
During our proudly South African week we will have different South African meals on the menu, from boerewors rolls and mieliepap & shieba to Shisa nyama ("Burn the meat in zulu" a braai). Kids will get to make their own "stok brood". Our menu will be adapted according to the weather.		
Monday 2 July	National Flag	We start our week with making our Proudly South African flag and we design and make flags of our own. ARTS&CRAFTS day.
Tuesday 3 July	National Symbols	We look at our natural national Symbols the springbok, galjoen, yellow wood tree, protea and blue Crane.
Wednesday 4 July	Rhythms of Africa	Dancing and learning about some proudly South African dances, sounds and languages. Gum boots dance workshop included. NB bring along your gum boots!
Thursday 5 July	Live Smart in SA	We learn about local products in order to reduce our carbon/plastic footprints to conserve all our indigenous wildlife. REDUCE, RE-USE and RECYCLE!!
Friday 6 July	Wild@Heart	Our fun day out playing capture the flag and racing through our short amazing race.
NATURE CALLS: 9 – 13 JULY 2018		
All about nature, in nature!		
Monday 9 July	Chirping Birding	Bird sounds, bird watching, Bird Bingo and many more birding activities.
Tuesday 10 July	Bugs Galore	Flying, crawling and walking insects. We learn all about insects while we paint and move around like them. ARTS&CRAFTS. Bug Bingo!!!!
Wednesday 11 July	Animal Frenzy	An interactive animal show teaches the kids about different types of animals. Come and learn more about our wonderful biodiversity and why we need to protect nature.
Thursday 12 July	Reptile Trio	Tortoises, Terrapins and Turtles. We enjoy making ARTS&CRAFTS while we learn about these three types of reptiles. Sand art and more.
Friday 13 July	Wild@Heart	Our fun day out playing capture the flag and racing through our short amazing race.

