

HOLIDAY PROGRAM - INFORMATION

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

The program is suitable for kids between the ages 6 – 12 years old. Daily program involves outdoor and indoor activities. We encourage learning about nature through play and will always be active and outdoors when the weather permits us.

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 Spring holiday program is hosted at Tygerberg Nature Reserves on selected days. See provisional planner below. A maximum of 27 learners will be booked on the program with a minimum of 2 facilitators (1 per 14 kids) per day.

DAILY PROGRAM EXAMPLE:

09h00	Ice breaker Games	13h00	Nature Discovery Hike
10h00	Snack Time	14h00	Snack Time
10h30	Outdoor/Indoor topic related activity	14h30	Teambuilding games
12h00	Lunch Time	15h00	END
12h30	Free Time - Half day END		

ACTIVITIES MAY INCLUDE:

Guided nature walks, animal/puppet shows, bird watching, scavenger hunts, Capture the flag, sling shot shooting, relay games, arts & crafts, egg-a-thons and many more. Our slow activities include educational movies and video clips on bad weather days. Due to COVID our dedicated board games/Super-Sized Jenga and book corner will not be available.

PROGRAM OPTIONS & RATES PER LEARNER:

Holiday Programme options	Full Day 09h00 – 15h00	Half day 09h00 – 12h30
One Day option (any Day)	R300.00	R225.00
Three Day option (3 consecutive days only)	R850.00	R625.00
Five Day option (5 consecutive days only)	R1400.00	R1025.00



PROVISIONAL PLANNER

Please note this is a provisional planner. Some activities are weather dependent and may be moved around from day to day depending on the weather at specific time intervals.

DATE	TOPIC	ACTIVITIES
DURBANVILLE NATURE RESERVE – 14 & 15 DECEMBER 2020		
Ranger @ Heart		
Monday 14 Dec	Nature Survival	We learn all about how to survive in nature. Making water filters, knot tying, basic first aid techniques and other basic survival tricks.
Tuesday 15 Dec	Wild @ Heart	We have fun nature style: capture the flag, sling shooting, amazing race and more fun outdoor games.
TYGERBERG NATURE RESERVE – 17 & 18 DECEMBER 2020		
Ranger @ Heart		
Thursday 17 Dec	Nature Survival	We learn all about how to survive in nature. Making water filters, knot tying, basic first aid techniques and other basic survival tricks.
Friday 18 Dec	Wild @ Heart	We have fun nature style: capture the flag, sling shooting, amazing race and more fun outdoor games.
TYGERBERG NATURE RESERVE – 11 – 15 JANUARY 2021		
Nature Calls		
Monday 11 Jan	Biodiversity for Life	An introduction to Nature. We learn all about living things and how to explore nature by using our senses. Musical chairs, Scavenger hunts, memory games & Bingo
Tuesday 12 Jan	Chirping Birding	We learn all about birds. An early morning bird watching walk will start our day. We will listen to bird sounds and play the much love egg-a-thons. Egg drop, build a nest and lots of fun birding activities.
Wednesday 13 Jan	Scaly Reptiles	There are many reptiles amongst us. We learn all about these cold-blooded creatures, how to classify them. Making Snakes out of recyclable material during our arts & craft session.
Thursday 14 Jan	Ecology for beginners	Ecology principles made easy by playing fun interactive games. We learn about the food web, water cycle and many more.
Friday 15 Jan	Wild @ Heart	We have fun nature style: capture the flag, sling shooting, amazing race and more fun outdoor games.

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. 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

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outing the individual will lose his/her full deposit, due to catering purposes.

Due to Covid we are restricted with numbers so bookings are essential in advance to secure your child's spot on the programme.

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COVID PROTOCOLS

The following COVID protocols apply while we operate under alert Level 1:

- If your child has any of the following symptoms, please stay at home (coughing, sore throat, fever, shortness of breath).
- All attendees must wear a face mask at all times (unless drinking or eating) and must maintain social distancing. We have structured our programme that we are mainly outdoors in fresh air therefore Buffs will also be allowed.
- Screening (Temperature check with questionnaire) & Hand Sanitising will be done on arrival.
- Hourly hand sanitising/hand washing routine have been implemented with regular sanitising of equipment and surfaces.

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