# Information for Parents on The Tatty Bumpkin Rainbow Adventure Pathway and Fun at Home

Tatty Bumpkin aims to support your child to be the best that they can be, in their own individual way.

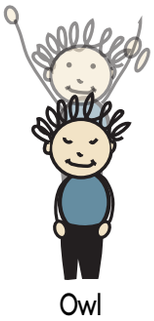
## How do we do this?

The 'Tatty Bumpkin Rainbow Adventure Pathway' is a planned, flexible programme aligned to the National curriulum. The programme focuses on the prime areas of your child's development

Physical development
Communication and language
Personal, social, and emotional development

bringing in other aspects of learning such as Literacy, Mathematics , Understanding the world, Expressive arts and design . The overriding aim of the programme is to enable your child to reach their full potential.

This term we are on the ORANGE pathway of the Rainbow, during the sessions your child will be encouraged to:


Owl


Butterfly

- Grow in confidence – so they feel happy to 'have a go' at a wide range of Yoga activities.
- Listen attentively to their friends – to forge relationships.
- Strengthen their core muscles i.e. shoulder, spine, tummy and hip muscles.


Mouse


Cat


Boat


Monkey

## Goals for the Orange Pathway

### Personal, social and emotional development skills

- To be confident to try new (Yoga) activities by themselves.
- To start to talk about feelings and how we all show them.

### Communication and Language Skills

- To hold their attention for a short time - so they can listen to others whilst they are talking.
- To use expression and rhythm when talking – so they can make their meaning clear to others.

### Physical Development Skills

- To develop their body's 'core stability' as a foundation for self-care and sporting skills
  e.g. to be able to balance in the 1/2 kneel position
- To increase their shoulder activity to support good hand skills
  e.g. to be able to lift an arm and leg off the floorwhilst in crawl position.
- To refine their co-ordination skills to progress dressing and basic writing skills
  e.g. to be able to smoothly take either hand across the middle of their body.

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