

19th June 2026

Session Overview

Winter Warmth & Nurturing Connections

This week at Balance & Bloom, we explored the theme of winter wellbeing, nurturing ourselves and others, and creating cosy spaces where we feel safe, connected, and cared for.

We began our session together with our familiar opening songs before moving into a gentle introduction to **Laban Movement concepts**. Through playful exploration, children experimented with the movement qualities of wring, press, flick, and glide, using scarves and fabrics to move their bodies in different ways and express ideas through movement.



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Throughout the morning, children engaged in a variety of open-ended provocations and creative experiences. A campfire-inspired dramatic play area became a hub for imagination, collaboration, and storytelling, with children creating cosy spaces, caring for one another, sharing food, and setting up beds for rest and comfort.

Our creative arts experiences included soft pastel drawing inspired by the warmth and wonder of campfires, as well as 3D construction using playdough and toothpicks to investigate shape, design, and problem-solving.

One of the highlights of the session was our magic potion exploration. Using baking soda, vinegar, and a range of loose parts, children experimented with cause and effect while developing imaginative narratives around their creations. Questions such as “What does your potion help with?” and “What magical powers does it have?” encouraged creativity, language development, and storytelling.



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As a group, we also brainstormed what helps us feel safe, cosy, nurtured, and connected during the colder months. Together we shared ideas about comfort, family, warmth, rest, and caring for ourselves and others.

It was a beautiful session filled with creativity, imagination, collaboration, movement, and meaningful conversations.

The children demonstrated kindness, curiosity, and a wonderful ability to work together as they explored the many ways we can create warmth and connection during winter.



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Holistic
Humanity