

8th May 2026

Session Overview

Nature's Magnificence

In this Balance & Bloom session, we explored the calming, creative magic of Nature Playdough – a rich sensory experience supporting emotional wellbeing, purposeful play, creativity, and hands-on learning.

Our workshop began with a little curiosity and wonder as the children explored some beautiful pink playdough Becki had pre-made. Together, we made predictions about how it may have been coloured, guessing which fruit or vegetable might have created the vibrant hue.

This invited scientific thinking, observation, and playful inquiry.

We also explored the gentle “plant magic” of essential oils, with children choosing fragrances to add to their own playdough, **supporting sensory exploration and helping create a personalised, meaningful experience.**

One of the highlights of our session was our sensory maze breathwork challenge. Children rolled long “playdough noodles” to design pathways and mazes, then used their breath through a straw to carefully guide a pom-pom along the track and into a cup. We extended this experience with a dice challenge – rolling to see how many breaths they could use to complete the challenge – **supporting playful self-regulation, focus, coordination, perseverance, and body awareness.**

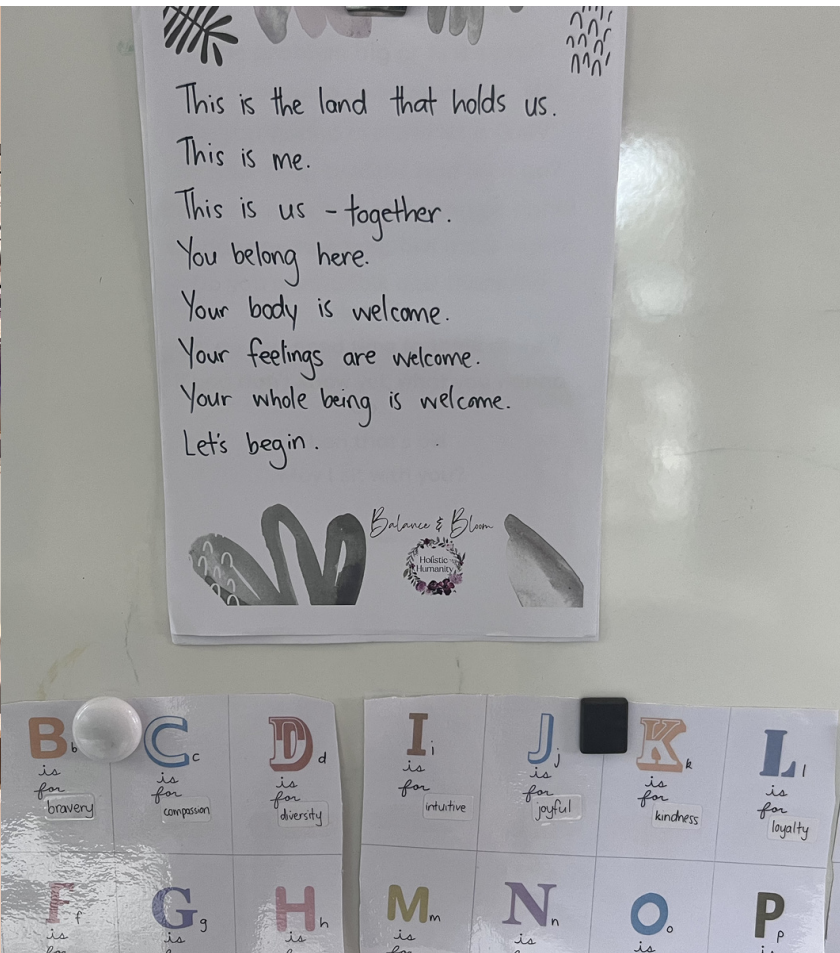


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We also explored the fascinating process of making playdough from natural ingredients, watching a demonstration using a red cabbage infusion and discussing how natural colour can be created from plants. Children then experimented with the additions method, transforming plain playdough using various natural powders to create their own colours and unique creations.

The level of engagement throughout this workshop was truly beautiful – children stayed deeply immersed, focused, and creatively engaged for 2 hours (!) following their curiosity and experimenting with confidence.



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Alongside our main workshop, we continued our familiar Balance & Bloom rhythm together through music, movement, and playful learning.

Sean led our welcome songs on guitar, and we revisited movement favourites including “The Happy Song” by Imogen Heap and “First You Make Your Fingers Click”, supporting joyful connection, coordination, and brain-body integration through rhythm and movement.

At our nature inquiry table, we explored the changing colours of autumn leaves through the beautiful book *Slow Down*, sparking conversations about seasons, nature, and the rhythms of the world around us.

It was a session full of curiosity, sensory delight, calm focus, creativity, and joyful engagement. Watching the children become so immersed in the process of creating, experimenting, and connecting was truly special.

We can't wait to continue blooming together!

Arohanui,

Becki, Sean & Donovan

Balance & Bloom

