



6th March 2026



Session Overview

Rainbows & Letters

In this session, we revisited our rainbow theme, reflecting on how calm can return after big feelings, and reconnecting with our Rainbow Sweepers and guided meditation. It was a lovely opportunity for the children to revisit a familiar tool and deepen their understanding of how movement and breath can support emotional regulation.

We then moved into a hands-on science exploration, experimenting with “rainbow milk.” Children were invited to observe, predict, and share their ideas as we added drops of colour into milk and introduced different types of dishwash.

Together, we made hypotheses, explored our senses (what we could see, smell, and feel), and noticed the different reactions – especially the vibrant swirling colours that appeared when standard dishwash was added. This was a highly engaging way to explore cause and effect, curiosity, and early scientific thinking.

Later in the session, we introduced Alphabet for Humanity, offering an alternative approach to exploring letters and words. Children engaged in creating and decorating their own alphabet cards, connecting letters with meaningful words such as gratitude, diversity, and abundance. Some children chose to participate fully, while others engaged in different ways, reflecting our flexible and responsive approach to learning.

Alongside this, children explored literacy and numeracy through play, using foam alphabet and number puzzles. This naturally evolved into a fun, child-led gross motor experience, where children began jumping between numbers and even measuring themselves using puzzle pieces – introducing early concepts of non-standard measurement in a playful and meaningful way.

As always, the session was layered with creativity, curiosity, and connection – with children engaging at their own pace and in their own way.



Balance & Bloom



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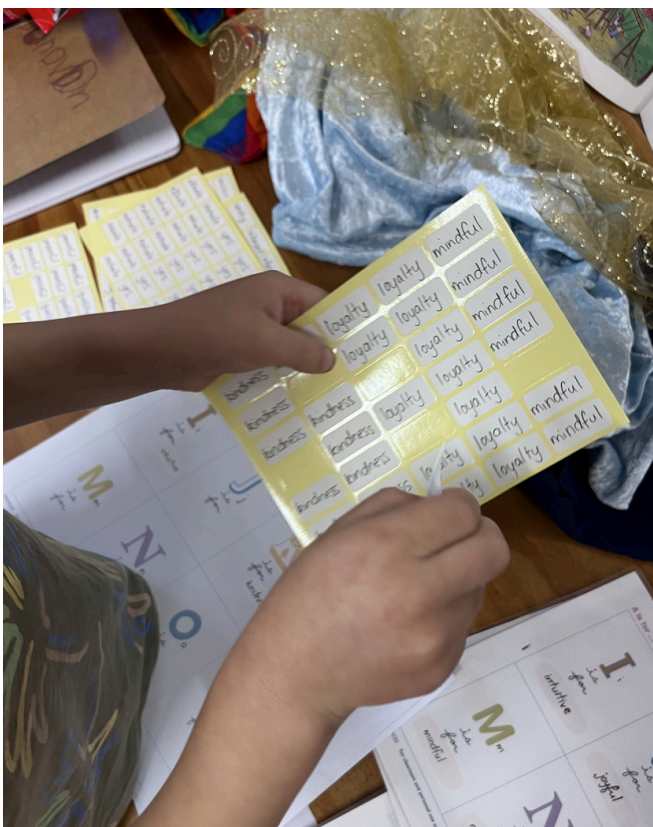
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Our craft activity was creating Alphabet for Humanity cards as a creative way to explore letters through meaningful words like joyful, mindful, and optimistic.

This layered experience supports early literacy development while also nurturing emotional awareness, vocabulary, and meaningful conversations that can continue at home – helping children build both language skills and a deeper understanding of themselves and the world around them.

We've attached the link to the *"A New Alphabet for Humanity"* read aloud story as well as the website where you can explore more resources from the author Leesa McGregor to enjoy at home and support tamariki in applying their learning. Check it out here: holistichumanitynz.com/balance-bloom-whanau-area and use the password: bloomtogether



Balance & Bloom





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Children engaged with the connected curriculum creative experience in their own way- some drawing, some placing words, some extending their thinking, and some simply enjoying the creation process (particularly the laminating!). This supports early literacy through creativity, choice, and personal expression.

These experiences are intentionally designed to be open-ended and accessible, allowing each child to engage in a way that feels right for them.

As children choose how they participate – whether through drawing, placing words, writing, observing, or exploring the process – we are gently noticing their interests, strengths, and preferences. This ongoing observation helps us build a deeper understanding of each child as a whole learner.

We use this insight to thoughtfully shape future sessions, ensuring our learning experiences continue to support their development – emotionally, socially, creatively, and academically – in ways that feel meaningful, responsive, and empowering.

Arohanui,

Becki, Sean & Donovan



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Holistic
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