



SPECIALS 2021-2022

Specials are included as part of the school day. Instructors spend 20-30 minutes with each class. Classroom teachers remain with the children during this time. This year, our *Specials* will take place outdoors whenever possible.

Monday	YOGA: Corey Esannason brings a sense of fun and relaxation to children by introducing them to basic Yoga poses. It is an opportunity for children to connect with their breath, build strength and flexibility, and develop a better understanding of their bodies.
Tuesday	SPORTS: Anatoli Vartuso teaches the children basic physical skills using a variety of drills and games. Activities enhance gross motor ability, keep everyone active, and introduce children to group sports.
Wednesday Toddlers & 2s	GARDENING: Morah Nicole introduces the children to the many rewards of gardening through hands on activities in our own school garden. School gardens are shown to provide many benefits including: Increased consumption of fruits and vegetables, improvement in attitudes towards fruits and vegetables, improvement in social skills and behaviors, improvement in environmental attitudes, and instillation of respect for nature
Wednesday 3s, Pre K, Kindergarten	TENNIS: Stefanie Davidoff introduces the children to the game of tennis. Tennis is a sport which helps develop speed, agility, balance, endurance, decision making, team work and, of course, hand eye co-ordination! Stefanie will teach these skills and engage the children to help them develop physically, socially and emotionally.
Thursday	SOCCKER SUPERSTARS: Instructors teach the fundamentals of soccer and other sports in a fun, non-competitive and age appropriate manner. Instructors use positive reinforcement to ensure each child feels supported and confident in his or her own abilities.
Friday	MUSIC and SHABBAT CELEBRATION: Elana Stelzer engages with the children through music each week, enhancing the joy-filled Shabbat celebrations through song and stories. The Shabbat celebration continues in the classroom with a Shabbat party.