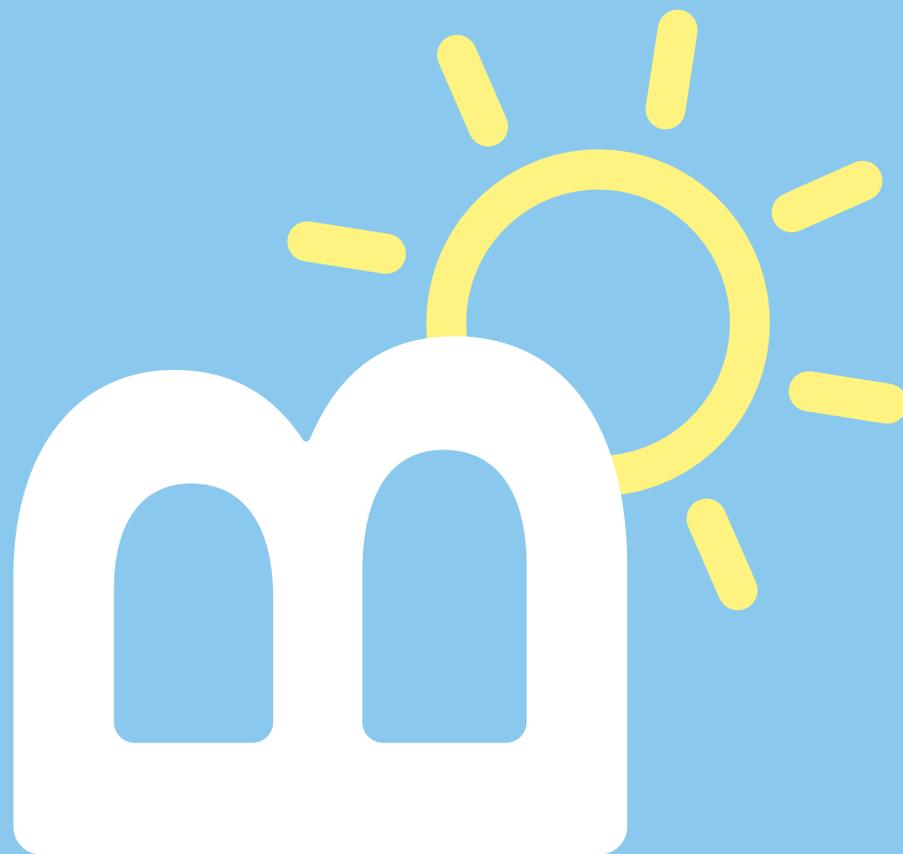


**Welcome to**  
Term 4



## Mini Scientist



### Experimenting

Make things that fizz, float and squish as we explore Science through play. The workshops will cover chemical reactions, things that can float all safe for our little ones.

#### Developmental Domains:

Sensory – touch, smell, sight, hearing

#### Teaching Points:

Develop knowledge and understanding of the relationship between cause and effect.  
Develop problem solving skills.

#### NUBO Core Values:

Belonging – I can connect with and contribute to the world around me.

#### Every Monday

##### \$Entry rate

10am – 10:30am | 11:30am – 12pm  
2pm – 2:30pm | 3pm – 3:30pm  
Recommended 2yrs +

## Parents & Bubs



### Sensory

In our Parents & Bubs workshops we want the NUBO minis to experience an incredible variety of sounds, smells, sights, music, movement and singing! The workshop aims to stimulate learning through a baby's senses.

#### Developmental Domains:

Stimulating senses, fine motor skills

#### Teaching Points:

Improve ability to manipulate and sort objects. Develop skills in hypothesizing, investigating and experimenting.

#### NUBO Core Values:

Exploring – I can try new things.

#### Every Monday

##### \$Entry rate

10:30am – 11am  
Under 18mths

## Mini Painter



### Painting

Painting is a wonderful learning experience for little ones. It allows them to explore the creative process and self-expression. Kiddies will have the opportunity to paint their own artwork while learning about shapes and compositions. This experience is designed to explore colour mixing, different textures and patterns.

#### Developmental Domains:

Fine motor skills

#### Teaching Points:

Develop knowledge and understanding of colour and improve ability to distinguish between different shades of colour.

#### NUBO Core Values:

Creating – I can develop an original idea.

#### Every Tuesday

##### \$Entry rate

10am – 10:30am | 11:30am – 12pm  
2pm – 2:30pm | 3pm – 3:30pm  
Recommended 2yrs +

## Baby Painter



### Baby Painting

Baby painter is an open-ended, process based experience. It provides an opportunity to explore painting safely and freely. Kiddies will enjoy using their fingers and brushes to make marks with paint in their own way.

#### Developmental Domains:

Hand-eye coordination, fine motor skills

#### Teaching Points:

Develop fine and gross motor skills and hand-eye coordination.

#### NUBO Core Values:

Exploring – I can try new things.

#### Every Tuesday and Friday

##### \$Entry rate

10:45am – 11:15am  
Under 18mths

## Mini Painter



### Ball Painting

Children will explore painting using a different medium. They will mix their own colours and roll a ball across paper to create an amazing art experience.

#### Developmental Domains:

Fine motor skills, hand-eye coordination

#### Teaching Points:

Improve shape recognition and develop understanding of cause and effect.

#### NUBO Core Values:

Creating – I can create something beautiful.

#### Every Thursday

##### \$Entry rate

10am – 10:30am | 11:30am – 12pm  
2pm – 2:30pm | 3pm – 3:30pm  
Recommended 2yrs +

## Mini Performer



### Performing

Our favourite books will inspire us to craft Gruffalos, bears and little monkeys. Be prepared to become your favourite story time character!

#### Developmental Domains:

Gross motor skills, social emotional skills

#### Teaching Points:

Improve contextual understanding of given scenarios. Aid the development of language acquisition.

#### NUBO Core Values:

Exploring - I can try new things.

#### Every Friday

##### \$Entry rate

10am - 10:30am | 11:30am - 12pm  
2pm - 2:30pm | 3pm - 3:30pm  
Recommended 2yrs +

## Mini Artist



### Collage

This workshop explores colours and shapes. Kids will be able to paint, cut and paste shapes based on objects from nature.

#### Developmental Domains:

Fine Motor skills, social emotional

#### Teaching points:

Improve colour and shape recognition. Develop problem solving skills through categorisation of objects by colour, shape and size.

#### NUBO Core Values:

Communicating - I can express how I am feeling.

#### Every Saturday

##### \$Entry rate

10am - 10:30am | 11:30am - 12pm  
2pm - 2:30pm | 3pm - 3:30pm  
Recommended 2yrs +

## Mini Crafter



### Sewing

Learn some simple sewing that is good for fine motor skills! Make your own cute ornaments out of paper, cardboard, strings and thread!

#### Developmental Domains:

Fine Motor skills, hand-eye coordination

#### Teaching points:

Improve dexterity

#### NUBO Core Values:

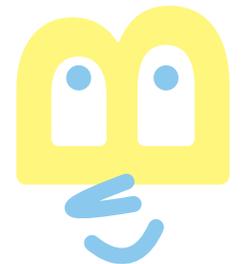
Exploring - I can try new things.

#### Every Sunday

##### \$Entry rate

10am - 10:30am | 11:30am - 12pm  
2pm - 2:30pm | 3pm - 3:30pm  
Recommended 2yrs +

[Book here!](#)



# Self-care

At NUBO, we understand the need to provide the tools for our dear little ones on how to cope with the demands of modern society. Stress, anxiety and the fast-paced world we live in can easily overwhelm us to feel drained. We understand the importance of taking the time to slow down and catch our breath. With this in mind, we have carefully crafted the Term 4 program to include Self-Care themed workshops to help our little and big customers feel calmer, happier, and more well-balanced.

As a parent, you naturally prioritise the needs of your family first and in doing so, can run out of precious me-time; time to relax, have a cup of coffee/tea, and simply do something for yourself. We are happy to introduce Parent Time, a new 30 mins session designed for adults to stimulate your senses. In Chatswood, there will be a mentally engaging talk about guiding children's behaviour and the importance of play. In Alexandria, there will be a mindful adult beginner painting class. We've arranged activities that will run concurrently so your kiddies will be entertained. Now you have no excuse to join us ;p

**Alexandria Term 4** Theme Workshops 15<sup>th</sup> Oct - 18<sup>th</sup> Nov

## Edible Face Masks

### Cooking

Satisfy your tummies and treat your skin at the same time by making an edible face mask. Our young beauticians will learn how to whip up a mask that is not only good for your skin but tastes good too!

### Developmental Domains:

Fine motor skills, sensory

### Teaching Points:

Develop a sense of self, necessary for high self-efficacy.

### NUBO Core Values:

Exploring - I can try new things.

### Every Wednesday

**\$Entry rate + \$10**

10:30am - 11am

Recommended 2yrs+

## Shape Yourself

### Clay Making

Come and explore the sense of touch in a 3-D format with some clay fun! Kiddies will learn how to mould and shape their own features onto the clay. The process itself is a therapeutic exercise.

### Developmental Domains:

Fine motor skills, sensory

### Teaching Points:

Develop fine motor skills and improve ability to manipulate a variety of materials.

### NUBO Core Values:

Exploring - I can try new things.

### Every Thursday

**\$Entry rate**

10:30am - 11am | 12pm - 12:30pm

Recommended 3yrs +

I ♥ Art

Parent  
Time

### Creating

This experience is art therapy inspired with the focus on the process rather than the outcome. We will be looking at emotions and how colours make us feel. The workshop is open ended and will allow kids to exercise their own imagination while exploring various medias and techniques (e.g. suminagashi, the Japanese water & ink marbling technique).

#### Developmental Domains:

Fine motor skills, social emotional skills

#### Teaching Points:

Develop skills in non-verbal self-expression through art.

#### NUBO Core Values:

Communicating – I can express how I am feeling.

#### Every Friday

##### \$Entry rate

12pm – 12:30pm | 2:30pm – 3pm  
Recommended 3yrs +

### Adult Beginner Painting

This workshop is a beautiful opportunity to learn and have fun while painting. All levels are welcome, no experience is required! Our artists will take you step by step through the process of creating your own masterpiece. Paints, brushes, aprons and canvas' will be waiting for you. Enjoy this session while the kiddies are entertained with music time!

#### Teaching points:

Practise creative thinking and develop mindfulness skills.

#### NUBO Core Values:

Exploring – I can try new things.

#### Every Wednesday

##### \$Entry rate

11:30am – 12pm  
For adults

Book here!



Young Yoga

## Mini Yogi



Children have an innate ability to live in the moment and not worry about what has just happened or what is about to happen. Alysse from Young Yoga aims to encourage this mindful practice for children of all ages. Yoga is the experience that positively encourages children to keep that natural ability into their teenage years and adulthood, regardless of life's social, financial, or circumstantial challenges.

Young Yoga Instructor Alysse inspires young children to feel their calm, improve their sleep and increase their focus in an imaginative and memorable journey. Namaste.

Wk 1: Yoga Story Time  
Wk 2: Yoga Obstacle Course  
Wk 3: Yoga Mandala Making  
Wk 4: Mindfulness Sensory  
Wk 5: Yoga Groove

**Developmental Domains:**  
Gross Motor Skills

**Teaching Points:**  
Develop skills for improving impulse control and self-regulation.

**NUBO Core Values:**  
Body - I can try new things.

**Every Wednesday**  
**\$15**  
2:30pm - 3pm  
Recommended 2yrs+



Su-en created the Little Bumblebees Learning Program so that children could experience the wonder and curiosity of technology through games and activity. She holds a doctorate in computer science where she crafted computers to turn the tables on hackers (called a Honeypot) and this led to a decade working in federal government cyber security. Su-en now spends her days exploring different ways to capture the hearts and minds of children to embrace Science Technology Engineering and Maths (STEM).

## Mini Engineer



Join our Little Bumblebees STEM Learning Program. Create amazing arts & crafts that showcase electronics, technology and maths in a fun way that is also educational.

**Developmental Domains:**  
Fine motor skills, cognitive

**Teaching Points:**  
Develop skills in experimenting, problem solving and hypothesizing.

**NUBO Core Values:**  
Problem Solving - I can solve a problem.

**Every Wednesday**  
**\$15**  
10:30am - 11am  
Recommended 2yrs+

[Book here!](#)



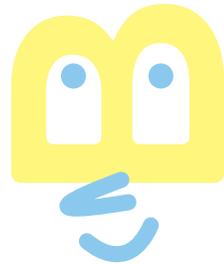
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Room	create	imagine	create	imagine	cafe	create	create	imagine	imagine	create	create	imagine	create	imagine
10am	Mini Scientist		Mini Painter		Edible Face Masks (cook)		Mini Painter		Mini Performer		Story Time (library)		Story Time (library)	
10:30	Story Time (library)	Parents & Bubs	Story Time (library)		Story Time (library)	Mini Engineer (stem)	Story Time (library)	Shape Yourself (clay)	Story Time (library)		Mini Artist		Mini Crafter	
11am	Surprise Fun			Baby Painter	Surprise Fun		Surprise Fun			Baby Painter				
11:30			Surprise Fun						Surprise Fun		Surprise Fun		Surprise Fun	
12pm	Mini Scientist		Mini Painter		Music Time (ball pit)	Parent Time	Mini Painter		Mini Performer					Mini Crafter
12:30								Shape Yourself (clay)		I ♥ Art (create)	Mini Artist			
1pm	Story Time (library)		Story Time (library)		Story Time (library)		Story Time (library)		Story Time (library)				Story Time (library)	Story Time (library)
1:30											Mini Artist			Mini Crafter
2pm	Mini Scientist		Mini Painter				Mini Painter		Mini Performer					Mini Crafter
2:30						Mini Yogi				I ♥ Art (create)	Story Time (library)		Story Time (library)	
3pm	Mini Scientist		Mini Painter				Mini Painter		Mini Performer					
3:30											Mini Artist		Mini Crafter	
4pm											Surprise Fun		Surprise Fun	

# Ready to book one of our awesome workshops?

**Please note:** Bookings are essential. Each workshop has **10 available spaces only**.

We recommend you to book in advance to secure your spot to avoid disappointment.

Book here  
now!



## Terms and Conditions

1. Children must be supervised by an adult. Adults must attend the workshops with their child. Each package includes one adult entry.
2. Shoes must be taken off prior to entry into the play areas. Non-slip socks must be worn at all times (bring your own or purchasable at the counter). These rules apply to both adults/ carers and children.
3. All workshops are included in the family membership.
4. Prepayment is necessary. Bookings can be made on the day if the workshop has space.
5. No refunds or credits are given under any circumstances unless the activity is cancelled due to insufficient registrations.
6. For any enquiries please contact [info@nubo.com.au](mailto:info@nubo.com.au)
7. NUBO centres Terms and Conditions are to be followed.

## Term 4 Bookings