



## Education and care plan for children's group

### **The motto of the education and care plan is "DISCOVERING THE WORLD AROUND US."**

The motto of the education and care plan expresses our primary goal of awakening the child's desire to look around and discover. We create a safe, stimulating environment for the active development of the child so that time spent in playgroup is a joyful and enjoyable experience for the child. We enable each child to reach a level of personal development and independence that is individually achievable for that child and will allow the child to enter the Nursery.

### **General characteristics of the education and care plan**

The education and care plan "Discovering the World Around Us" is based on the concept of education for children up to the age of 3, which coincides with the idea for children in kindergartens, taking into account the current abilities, skills, and possibilities of children aged 1-3 years. The objectives are oriented toward linking family and institutional action. We promote the child's satisfaction and well-being, help them understand the world around them, and teach them to live in the company of others. We respect each child as a person with individual interests and needs.

We provide:

- A stimulating environment for active development and learning.
- Creating a free space in the playroom for children's spontaneous physical activities.
- A safe space in the garden.

Due to the age specificities of children, the work with the education and care plan is based on the principle of educational offer, individual choice, and the child's active participation. Learning takes place primarily through experience and free play. The teachers provide a stimulating environment and activities that encourage the child's curiosity and involvement in the activities offered. Due to the age of the children, the child's spontaneous activities prevail over directed activities.

Cooperation with the family is essential for us, and we support the child's natural anchoring in the family. The children's groups build on and appropriately complement the child's care within the family. We work closely with the family, encouraging parental interest in what the child is doing, what they can do, and what they are struggling with. The teachers work with the child's development plan and regularly inform parents about progress, targets for further development, and any problems.

The education and care plan Discovering the World Around Us is based on an integrated approach; the content is not divided into individual educational components because preschool education always affects the whole personality of the child and offers an academic range in natural contexts with an emphasis on familiarizing with the elements of safety in everyday life. It includes physical, cognitive, musical, pre-math, environmental, polytechnic, artistic, and pro-social activities.

The education and care plan thematically follows the recurring nature cycle. It is divided into four integrated blocks of units - autumn, winter, spring, and summer. Each season has themes related to the season, changes in nature, and the following customs and traditions. We observe nature with the children, celebrate, and experience holidays together. Celebrating together offers social learning and knowledge opportunities, induces well-being, and helps create a positive atmosphere. Holidays and traditions then convey to children the fundamental values of our society.

## **Methods of education**

**Experiential learning** - we use the natural way a child discovers the world; direct experiences naturally develop a child's curiosity and need to find; we prefer a form of free play.

**Situational learning** - we draw on everyday situations that a child encounters in a playgroup to discover new things and reinforce appropriate behavior patterns.

**Social learning** - we use the principle of natural imitation, providing children with appropriate patterns of behavior and action in certain situations and resolving conflicts between children.

**Co-operative learning** - we encourage the development of cooperation between children, initially defining their boundaries, respecting other children's boundaries, and gradually moving towards joint play.

## **Educational principles**

**Respect for the child's personality** - we respect children's developmental and personal needs and help meet them.

**Individual approach** - we enable each child to reach a level of personal development and independence that is individually achievable for that child.

**Safety and security** - we create a safe environment, know the rules of safety when working with children, and follow them.

**Clear boundaries** - we set clear boundaries within which children can move safely.

**Regular routines** - regularity and clarity contribute to feelings of security and safety and help to develop essential habits

**Collaborative** - all staff work together with parents in the child's development.

## **Program evaluation system**

We see the Education and Care Plan as a living material that will be developed with educators. We will evaluate the program on an ongoing basis. The evaluation of the educational program will be focused on the assessment of the educational process itself, the methods and forms of work used, and the application of new knowledge and experience; the purpose of the evaluation is to name the strengths and weaknesses of the program and to propose procedures leading to higher quality.

## **Children with special needs**

Children with special educational needs are not admitted to the children's group because it is impossible to provide the necessary care for them regarding technical equipment, operational and staffing conditions.

## Educational content

Integrated thematic block AUTUMN

Educational objectives:

- acquisition of relative emotional independence
- development of self-control
- familiarisation with the rules of behavior about others
- acquiring age-appropriate practical skills

September	Subtopics	Educational offer
	<b>We're getting used to it in the "baby group"</b>	<ul style="list-style-type: none"><li>• getting to know the environment</li><li>• we get to know the nannies and the children</li></ul>
		<ul style="list-style-type: none"><li>• learning the rules</li><li>• free play</li></ul>
	<b>Me</b>	<ul style="list-style-type: none"><li>• my name, age, favorite toy</li></ul>
	<b>Nature in autumn</b>	<ul style="list-style-type: none"><li>• observing nature and weather changes</li><li>• dress appropriately for the weather</li></ul>

Educational objectives:

- development and use of all senses
- strengthening of natural cognitive feelings
- development of knowledge, abilities, and skills enabling feelings, impressions, and experiences to be expressed
- improving gross and fine motor skills

October	Subtopics	Educational offer
	<b>Apple</b>	<ul style="list-style-type: none"><li>• cut and taste the apples</li><li>• to see what will grow from the seed</li></ul>
		<ul style="list-style-type: none"><li>• painting, printing, making out the apple from paper</li></ul>
	<b>Kites</b>	<ul style="list-style-type: none"><li>• Singing - Czech autumn songs</li><li>• making and flying kites</li></ul>
	<b>Autumn Festival</b>	<ul style="list-style-type: none"><li>• We're carving and painting pumpkins</li><li>• celebrate with masks and scarecrows</li><li>• playing rhythmic musical instruments</li></ul>

Educational goals:

- Strengthening natural cognitive feelings (curiosity, interest, joy of discovery)
- familiarising with the natural environment in which the child lives and creating a positive relationship with it
- development of speech and language skills
- development of memory and attention

November	Subtopics	Educational offer
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	<b>Leaves and berries</b>	<ul style="list-style-type: none"> <li>• we recognize the colours of leaves</li> </ul>
		<ul style="list-style-type: none"> <li>• compare large and small leaves</li> </ul>
		<ul style="list-style-type: none"> <li>• kites - stringing leaves on strings</li> </ul>
		<ul style="list-style-type: none"> <li>• printing and painting leaves</li> </ul>
		<ul style="list-style-type: none"> <li>• making animals and puzzles out of fruits</li> </ul>
		<ul style="list-style-type: none"> <li>• singing - November, November</li> </ul>
	<b>Animals in the forest</b>	<ul style="list-style-type: none"> <li>• - hedgehog, squirrel, bunny, fox</li> </ul>
		<ul style="list-style-type: none"> <li>• - we make a hedgehog from modeling clay and toothpicks</li> </ul>
		<ul style="list-style-type: none"> <li>• - singing Czech autumn songs</li> </ul>

## Integrated thematic block WINTER

Educational objectives:

- strengthening prosocial behavior in relation to other people
- development of speech and language skills, both receptive (perception, listening, understanding) and productive (pronunciation, concept formation, speech, expression)
- development of memory and attention
- learning about cultural heritage

December	Subtopics	Educational offer
	<b>Advent</b>	<ul style="list-style-type: none"> <li>• carols and poems</li> <li>• bake gingerbread cookies from dough or modeling clay</li> </ul>
		<ul style="list-style-type: none"> <li>• making presents</li> </ul>
	<b>St. Nicholas</b>	<ul style="list-style-type: none"> <li>• learning about the characters of St. Nicholas, angels, and the devil</li> </ul>
		<ul style="list-style-type: none"> <li>• St. Nicholas' gift</li> </ul>
	<b>Christmas</b>	<ul style="list-style-type: none"> <li>• decorating the tree</li> </ul>
		<ul style="list-style-type: none"> <li>• Christmas pageant with presents</li> </ul>

Educational objectives:

- to acquire the elementary knowledge, skills, and abilities necessary for establishing and developing the child's relationships with other people
- familiarising with the world of people, acquiring basic knowledge of the environment in which the child lives
- development of receptive language skills (perception, listening, understanding) and productive language skills (pronunciation, concept formation, speech, expression)
- acquiring knowledge and skills necessary for promoting a healthy and safe environment

January	Subtopics	Educational offer
	<b>Transformations of nature</b>	<ul style="list-style-type: none"> <li>• getting acquainted with ice and snow</li> <li>• distinguish between hot and cold</li> </ul>
		<ul style="list-style-type: none"> <li>• build, model, glue a snowman</li> </ul>
	<b>Birds at the feeder</b>	<ul style="list-style-type: none"> <li>• watching birds at the bird feeder</li> </ul>
		<ul style="list-style-type: none"> <li>• Sprinkle grain in the bird feeder</li> </ul>
		<ul style="list-style-type: none"> <li>• learn about blackbirds</li> </ul>
		<ul style="list-style-type: none"> <li>• paint and glue a bird feeder</li> </ul>
		<ul style="list-style-type: none"> <li>• practice being birds</li> </ul>

	<b>Winter fun</b>	<ul style="list-style-type: none"> <li>roll paper balls</li> </ul>
		<ul style="list-style-type: none"> <li>print and trace footprints in the snow</li> </ul>
		<ul style="list-style-type: none"> <li>learning about winter sports</li> </ul>

Educational goals:

- strengthening prosocial behavior about other people
- learning about cultural heritage
- development of aesthetic perception
- development and use of all the senses

February	Subtopics	Educational offer
	<b>Rules of etiquette</b>	<ul style="list-style-type: none"> <li>we say hello and thank you, we can say please</li> </ul>
		<ul style="list-style-type: none"> <li>we practice good manners at the table, in the shop, and the theatre</li> </ul>
	<b>Musical instruments</b>	<ul style="list-style-type: none"> <li>learning about musical instruments and their sounds</li> </ul>
		<ul style="list-style-type: none"> <li>song - Drummer beats</li> </ul>
		<ul style="list-style-type: none"> <li>playing rhythm instruments</li> </ul>
	<b>Mardi Gras</b>	<ul style="list-style-type: none"> <li>making and painting masks</li> </ul>
		<ul style="list-style-type: none"> <li>celebrating Shrovetide with songs and playing rhythm instruments</li> </ul>

## Integrated thematic block **SPRING**

Educational objectives:

- learning about cultural heritage
- development of aesthetic perception
- familiarising with the natural environment in which the child lives and creating a positive relationship with it
- developing respect for life in all its forms

Note - the thematic blocks Welcoming Spring and The Human Body should be interchanged according to the date of Easter in a given year.

March	Subtopics	Educational offer
	<b>Welcoming spring</b>	<ul style="list-style-type: none"> <li>learning spring poems and carols</li> </ul>
		<ul style="list-style-type: none"> <li>decorate paper Easter eggs</li> </ul>
		<ul style="list-style-type: none"> <li>making a sheep - tearing, squishing, gluing</li> </ul>
		<ul style="list-style-type: none"> <li>We look at the first flowers, smell them</li> </ul>
	<b>The awakening of nature</b>	<ul style="list-style-type: none"> <li>Watching the bugs in the grass</li> </ul>
		<ul style="list-style-type: none"> <li>painting a ladybug</li> </ul>
		<ul style="list-style-type: none"> <li>learning poems and songs about ladybugs</li> </ul>
		<ul style="list-style-type: none"> <li>planting seeds and watching the plant grow</li> </ul>
		<ul style="list-style-type: none"> <li>watching the weather change</li> </ul>
		<ul style="list-style-type: none"> <li>singing - Czech spring song</li> </ul>

Educational goals:

- self-knowledge, development of positive feelings about oneself (awareness of one's own identity)

- control of the musculoskeletal system and bodily functions
- development of the ability to create, develop and fully experience emotional relationships
- developing healthy habits and attitudes as the basis for a healthy lifestyle

April	Subtopics	Educational offer
	<b>Human body</b>	<ul style="list-style-type: none"> <li>• naming body parts and their functions - eyes to look, ears to listen, etc.</li> </ul>
		<ul style="list-style-type: none"> <li>• touching - stroking, tapping, squeezing</li> </ul>
		<ul style="list-style-type: none"> <li>• we complete poems about the body with movement</li> </ul>
	<b>Hygiene habits</b>	<ul style="list-style-type: none"> <li>• reinforce hygiene habits</li> </ul>
		<ul style="list-style-type: none"> <li>• practice brushing teeth properly</li> </ul>
		<ul style="list-style-type: none"> <li>• recognizing a healthy and a sore tooth</li> </ul>
	<b>Dietary habits</b>	<ul style="list-style-type: none"> <li>• observe the rules of dining</li> </ul>
		<ul style="list-style-type: none"> <li>• prepare a feast for the dolls</li> </ul>
	<b>Witch</b>	<ul style="list-style-type: none"> <li>• painting and gluing witches</li> </ul>
		<ul style="list-style-type: none"> <li>• carnival - we compete, practice with brooms</li> </ul>

Educational goals:

- familiarising with the natural environment in which the child lives and creating a positive relationship with it
- developing memory and imagination
- development of speech and language skills
- improving fine and gross motor skills

May	Subtopics	Educational offer
	<b>Pets</b>	<ul style="list-style-type: none"> <li>• we get to know animals and their babies</li> </ul>
		<ul style="list-style-type: none"> <li>• we sing - The dog was jumping and the cat was climbing through the hole, and the ducklings were toddling</li> </ul>
		<ul style="list-style-type: none"> <li>• imitate animals with movement and sound</li> </ul>
		<ul style="list-style-type: none"> <li>• We learn what animals eat</li> </ul>
	<b>Mother's Day</b>	<ul style="list-style-type: none"> <li>• We learn nursery rhymes</li> </ul>
		<ul style="list-style-type: none"> <li>• making presents for mum</li> </ul>

Integrated thematic block **SUMMER**

Educational objectives:

- development of cooperative skills
- development, refinement, and cultivation of sensory perception, development of memory, and attention
- familiarisation with the world of people, acquisition of basic knowledge of the environment in which the child lives
- acquiring knowledge and skills necessary for promoting the health and safety of the environment

June	Subtopics	Educational offer
	<b>Children's Day</b>	<ul style="list-style-type: none"> <li>• we play puppet theatre</li> </ul>
		<ul style="list-style-type: none"> <li>• playing sports in the garden</li> </ul>
	<b>Rainbow</b>	<ul style="list-style-type: none"> <li>• repeating colors</li> </ul>
		<ul style="list-style-type: none"> <li>• building chimneys with colored blocks</li> </ul>
		<ul style="list-style-type: none"> <li>• looking for things in a given color</li> </ul>

	<b>Means of transport</b>	<ul style="list-style-type: none"> <li>recognizing means of transport</li> </ul>
		<ul style="list-style-type: none"> <li>playing travel - going to the sea</li> </ul>
		<ul style="list-style-type: none"> <li>painting wheels - circles</li> </ul>
		<ul style="list-style-type: none"> <li>making traffic lights, practicing red stops</li> </ul>

Educational goals:

- improving gross and fine motor skills
- control of the musculoskeletal system and bodily functions
- strengthening natural cognitive feelings (curiosity, interest, joy of discovery)
- development of creativity (creative thinking, creative self-expression)

July, August	Subtopics	Educational offer
	<b>Summer games</b>	<ul style="list-style-type: none"> <li>playing with water</li> </ul>
		<ul style="list-style-type: none"> <li>build sand castles</li> </ul>
		<ul style="list-style-type: none"> <li>Playing with the ball</li> </ul>
		<ul style="list-style-type: none"> <li>ride the bouncers</li> </ul>
		<ul style="list-style-type: none"> <li>paint in the sand and chalk</li> </ul>
		<ul style="list-style-type: none"> <li>experimenting with colors</li> </ul>
		<ul style="list-style-type: none"> <li>bake sand cakes and cobbles</li> </ul>
		<ul style="list-style-type: none"> <li>climbing paths made of different surfaces and obstacles</li> </ul>