

Earth & Yoga Class

August 11, 2021

Learn new vocabulary and build on your French speaking skills with grade one French Immersion teacher Mme Trout!

Supplies

OPTION ONE:

- A few paper towel rolls cut in 1/2
- Soil
- Small bin to the place rolls in snug
- Herb seeds of choice
- Spoon
- Scissors
- Tape
- Popsicle sticks

OPTION TWO:

- Pot
- Soil
- Herb seeds of choice
- Spoon
- Popsicle sticks

*A light scarf (optional), stuffed animal, comfy clothes, water bottle and safe space to do yoga.

PLANTING FUN!



Activity

Ever wanted to grow your own basil and add it as a topping onto your pizza? Join Mme Trout from Little Chewz as we plant our own favorite herbs! Watch them grow & when ready add them to your favorites dishes. We will finish class by going on a nature themed yoga journey with our stuffies! This class is perfect for our Little Chewz Entertainer & Ranger archetypes.

Want to know your archetype? Visit Little Chewz for our free quiz!

Join the Family!

www.littlechewz.ca

