



Tatty Bumpkin children's adventure, movement and yoga sessions

I am writing to let you know that Next Steps are going to run a new children's session called Tatty Bumpkin on Tuesday mornings starting in September. At the moment Next Steps is the only pre-school/nursery in the area to have this unique movement and adventure session inspired by yoga for children aged 18 months to 7 years.

Tatty Bumpkin sessions are good for children on many levels as well as great fun. They start with a warm up song, 'Bendy, Giggly, Clever and Strong' (music developed by educational musicians). We then go on a magical adventure through the Giggle Tree, meeting jungle animals, farm animals, helicopters, sausage rolls and more! We use yoga poses, props, puppets and games throughout the adventure (making the sessions multi-sensory) then do a relaxation to a beautiful song which helps the children assimilate all that they have done. We finish by giving out specially designed stickers which the children love and can stick on the certificates which we also provide.

Tatty Bumpkin has been devised by Yoga teachers and Paediatric Physiotherapists to be safe and educational with proven therapeutic benefits. Yoga has been recognised as being ideal for young children who are still flexible and helps to combat the loss of flexibility which occurs around school age. The stories have a strong (but subtle!) theme which often deal with issues pertinent to children in a fun way. Tatty, the bendy yoga doll (declared the 'no. 1 eco-toy' by *The Independent* - made from organic cotton by a fair-trade co-op in Sri Lanka) helps the children with the poses.

Why Tatty Bumpkin is different:

- games help them to learn; including breathing using props like feathers, physiotherapy balls, bubbles, sharing turns on props etc aid social development.
- as the sessions are inspired by yoga rather than actually a yoga session they can include singing and games as well as bringing in things of interest to add to the story (e.g. vegetables at harvest time to weave into a farmyard story) which helps the educational content. There is scope within the session for free play and creativity.
- Educational; there is room to explore themes, do counting games, incorporate facts about e.g. animals (the sessions fit all the government's Foundation Stage targets, a separate document is available).
- multi sensory – the classes are designed to use movement, music, language &

story as well as using visual props to help learning across a wide range of ages (with mixed ages working well within a session).

- the emphasis on story helps language development and can incorporate pertinent themes.
- ideally suited for children with learning disabilities or special needs.
- educational music has been developed to aid learning & we incorporate dancing.
- We teach life skills which will help the children cope with the modern world, such as the ability to relax and recharge, also breathing to cope with stress.
- Last but not least, the sessions are great fun, the kids will often be found around the nursery in the lion pose or singing the Creepy Crawly song! The children love the sessions, grow really fond of Tatty and get exercise without realising it!

I currently teach in Clutton pre-school and have found that the children, parents and teachers love Tatty Bumpkin, and the parents often comment on how relaxed everyone seems afterwards when they come to collect them. Yet the classes are also very physical, so the children finish well-exercised yet chilled, an ideal recipe for a good nights sleep!

If, as a parent, you would like to experience Tatty Bumpkin with your child I also run parent and child sessions. They can be a wonderfully bonding experience and parents can gain as much as their child from participating. Currently I have one class in Wells on a Wednesday afternoon, at 4 pm and there will soon be an earlier class at the same venue. I am also starting a class in Cheddar on a Monday afternoon from September. You are most welcome to come to a one-off class as a taster.

I am sure that you will find your children benefit enormously from Tatty Bumpkin and I am very much looking forward to the privilege of teaching them.

Kind Regards

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Tatty Bumpkin is CACHE accredited and is a member of the Pre-School Learning Alliance. We also won a bronze award in the Best National Children's Activity Age 2-5