

Montag

# Abenteuerland



Willkommen im Abenteuerland!

Die Theater-AG *Abenteuerland* startet ganz neu – und ich freue mich sehr, sie leiten zu dürfen! Mein Name ist Sandra Kyaw, ich bin Sozialarbeiterin/ Sozialpädagogin und mit viel Freude und Fantasie begleite ich die Kinder auf ihre Reise ins Abenteuerland.

Gemeinsam erfinden, erleben und spielen wir kleine Geschichten, inspiriert von bekannten Theaterstücken und Musicals – mit Kostümen, Musik, Bewegung und jeder Menge Spaß! Im Vordergrund stehen Freude am Spiel, Kreativität und das gemeinsame Erleben. Alle Kinder dürfen mitmachen, ganz egal ob laut oder leise, schüchtern oder mutig: **Im Abenteuerland findet jeder seinen Platz auf der Bühne!**

# Dienstag



## Cooking AG

My name is Punitha Harrumuhum. Teaching cooking and baking lesson. We know that children like to imitate most of what the adults do. Cooking not only offers a special treat for children, it also instills a positive life habit. You want them to grow up physically strong and healthy.

What's a better way to show them how, through self-food preparations.

I want to introduce: Asia Food, Western Food, Snack, Cookies, etc: healthy and unhealthy food. It takes initiative and enthusiasm to involve children in the preparation of a home cooked meal. However, if you think about the benefits your child will gain and most of all the fun from the experience, it becomes well worth the effort.

Here are some points that your child will be learning in the AG and it would be nice that you may want to explain and/or to discuss with your child at home.

- Types of kitchen utensils
- Different types of food
- Look, smell and taste of various types of food
- Measurements and types of ingredients used
- Reasons of food to be kept in refrigerator or freezer
- How heat changes food
- Reasons of variety of food being served during each meal
- Appealing food presentation to make them look appetizing and yummy

# Mittwoch



Hi,

I'm Cynthia,

a certified 200-hour yoga teacher with additional training in kids' yoga.

I believe that yoga is more than just stretching—it's a wonderful way for little ones to develop strength, flexibility, coordination, balance, and essential motor skills. Beyond the physical benefits, yoga nurtures the mind and breath, fostering a sense of calm, focus, and emotional well-being in a fun, non-competitive environment.

In this class, children will explore playful yoga poses, breathing exercises, and mindful movements, helping them build confidence and body awareness. Through interactive storytelling, music, imaginative games, and creative activities, they'll learn to express themselves, work together as a team, and engage their senses. This class is all about movement, mindfulness, and most importantly—having fun while learning skills that will support them as they grow!



Donnerstag

# Sewing

Creative work with textile, wool, needle and yarn  
with Punitha



## HOW TO TEACH KIDS TO SEW



This Teaching Kids to Sew post is written from my experience with my kids. They are now (a girl and a boy) and I have to say, they are getting rather good at sewing. When I say “good”, I mean that they are able to make neat little stitches on a simple “two fabric piece” sewing project. And I would say, generally speaking are better at sewing than their peers. When my kids sew, they tend to do the running stitch – which is the most straight forward and I am now looking to teach them more new stitches – like the back stitch and an over or hemming stitch. So if you are looking for ways for Teaching Kids to Sew, take a look at how we did it... and see if this is a way that would work for you.

This post applies to teaching boys and girls to sew too! I have one of each gender and both my kids like sewing –We have lots of [easy sewing projects for kids](#) to help you on your way too!

Freitag



# CAPOEIRA

BY  
**INSTRUTORA CHRISTINE**  
aka Instrutora Feiticeira  
for ages 4 to 6

Capoeira is an exhilarating art from Brazil. It incorporates elements of martial arts, dance, acrobatics and music. Capoeira will improve coordination, strength, flexibility and agility.

Children naturally LOVE to MOVE... whether it's running, jumping or somersaulting.  
And THAT is what Capoeira is about and more!



Instrutora Christine Feiticeira has been practising Capoeira since 2008 under Professor Rafael of Movimento Simples de Capoeira. Christine has been working with kids since 2010 at the academy, local homes, as well as international schools around the Klang Valley. MSC has successfully raised the level of Capoeira in Malaysia to new heights and inspired hundreds of students throughout the country. Movimento Simples de Capoeira is the most well known group in Malaysia and our affiliate groups can be found in Bangkok, Kuching, Kota Kinabalu, Shanghai and Tokyo.

[www.movimento.my](http://www.movimento.my)

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