

**UEL**  
University of  
East London  
[www.uel.ac.uk](http://www.uel.ac.uk)

# Children's Garden

## Early Years



# Our Approach

Children's Garden integrates the principles of Steiner education with the diverse cultures and traditions represented within our community. In the colourful, nurturing and healing environment of the kindergarten the children receive a wonderful educational foundation. They are given the freedom to play, discover, and develop naturally without stress or pressure.





# Parent Child Playgroup

Our parent child playgroup is for parents and children alike. Each group consists of children at a similar stage in their development. The children are encouraged to explore the surroundings, strengthen their motor skills, socially interact and be allowed to find solutions. The joy of learning new songs, playing games and having fun with rhymes is shared by parent and child together during our sessions and at home.

# Apple, Birch and Alder our kindergartens

Each one of our kindergartens is a place where children sing, dance, paint, play, listen to stories and watch puppet plays, a place that is a gentle introduction to school and to the wider world. Through songs and poems children learn to enjoy language. Creative playtime, where they for example, build houses out of wooden stands, colourful fabrics, and planks, provides them with the opportunity to learn how to play together. Our curriculum circles through the seasons of the year and the diverse festivals that fall in each one. Hence, the children live in an environment where rhythm, repetition, and ritual can be the foundation for healthy imitation and learning. The education is designed to provide children with experiential, holistic learning and all-round balanced development. Throughout the year music, handwork, sewing, woodwork, and beeswax modelling are all used to stimulate the mind and creativity of the child. The children enjoy baking and cooking and during gardening, nature walks and outdoor play a sense of wonder and love of nature is nurtured. Allowing children to become fully engaged in such activities is a wonderful gift and helps prepare them for life. It builds powers of concentration, interest, and a lifelong love of learning.





## Afternoon Care home from home

A whole day away from home can be long and at times overwhelming for a young child. Many working parents rely on someone else to care for their child and would look for assurance that their child is safe and well cared for. At Children's Garden, we strive to bring a sense of rhythm and comfort to the child's day and peace of mind to working parents by embracing a home from home feel to our afternoon care sessions. Children are free to choose activities, play indoors or outdoor in sessions that are designed to be less structured and more like home.

# A children's garden

Children's Garden for children age 3 to 6, is located at the University of East London, Docklands Campus enjoying fabulous waterfront views. It provides a beautiful and peaceful space where learning and exploration can be nurtured. The kindergartens are filled with natural toys and resources and are designed to offer a warm and caring environment for children. We also have a beautiful garden landscaped with small hills, apple, birch and alder trees, lavender bushes, shrubs and flowers carefully designed as a place for children to run and play. Our "growing" garden includes a green house and a vegetable patch filled with seasonal vegetables, herbs and berries.





We cook and bake our own snacks using what we harvest and provide hot vegetarian lunches. The children enjoy herbal tea with honey and fresh water with their meals. We have thoughtfully created a healthy and balanced diet, rich with dishes made with plenty of vegetables, grains and fruit. Our meals represent the cultures of our children celebrating the richness of our community.





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