

CHILD & PARENT

- OCTOBER EVENT -

3 - 8 years old

Thursday 30th October

10AM - 2:30PM

Join Us for Fun and Relaxing
Child & Parent Activities!



Child and Parent Djembe Rhythmic Drumming Sessions:

Join a supportive space where you and your child can connect through Djembe drumming. These sessions use playful beats and movement to support sensory needs, build emotional connection, and encourage self-regulation. Rhythmic drumming is a great way to calm the brain and get your sensory system working together.

Other activities Include:

- Build and paint a bird box
- Paint a bird feeder and make some bird cakes
- Make a shaker
- Various art and craft projects

Details:

- Please bring your own lunch to the event
- Refreshments and biscuits will be provided

CLICK HERE!



EXPRESS YOUR
INTEREST HERE



For more information, please email:

adoptionevents@adoptioneastmidlands.nottscg.gov.uk

**This poster was designed by the Voice of Adoption Youth Group*