

## Bond & Bloom: 40-Week Activity Plan

### Weeks 1-4: Getting Comfortable & Making Friends

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
1	Fruit Salad	Parachute Play	Name Game & Drawing
2	Homemade Playdough	Bubble Play	Musical Statues & Playdough Shapes
3	Veggie Sticks & Hummus	Nature Walk	Guess the Sound & Matching Game
4	Mini Sandwich Making	Water Play	Puzzle Fun

### Weeks 5-8: Exploring Emotions & Teamwork

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
5	Decorating Rice Cakes	Obstacle Course	Feelings Charades
6	Fruit Yogurt Cups	Balloon Races	Puppet Storytime
7	DIY Veggie Wraps	Gelli Baff Play	Sensory Bin & Follow the Leader
8	Chickpea Salad	Relay Races	Dough Cutting & Stamping

### Weeks 9-12: Confidence & Social Skills

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
9	Rice Paper Rolls	Chalk Art	Indoor Treasure Hunt
10	Fruit Skewers	Free Play	Freeze Dance & Sensory Play
11	Potato Salad	Park Picnic	Sorting Game (Colors & Shapes)
12	DIY Mini Wraps	Group Games	Clay Rolling & Cutting Shapes

### Weeks 13-16: Learning Through Play

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
13	Nachos	Treasure Hunt	Shopping Role-Play
14	Veggie Sushi Rolls	Playground Fun	Pretend Play & Dress-Up
15	Fruit Kabobs	Jump & Run Games	Playdough Animal Stamps
16	Potato Salad	Group Games	Emotion Flashcard Game

### Weeks 17-20: Fun & Movement

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Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
17	Trail Mix	Tug-of-War	Yoga & Deep Breathing
18	Snack Platter (Cheese/Fruit)	Relay Races	Musical Chairs & Sensory Play
19	Fruit Salad (repeat)	Obstacle Course	Teamwork Tower (Blocks)
20	Chickpea Salad	Park Games	Clay Animal Molds

### Weeks 21-24: Everyday Skills

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
21	Cucumber & Carrot Wraps	Follow-the-Leader	Hygiene Matching Game
22	Cheese & Veggie Wraps	Chalk Drawing	Counting & Sorting
23	Cloud Dough	Running Games	Helping Hands Game
24	Yogurt Cups with Fruit	Free Play	Storytelling & Drawing

### Weeks 25-28: Sensory & Social Play

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
25	Veggie Sushi Rolls	Adventure Walk	Puppet Show Creations
26	Rice & Veggie Cups	Social Games	Guess the Object (Touch & Feel)
27	Fruit Kabobs (repeat)	Scavenger Hunt	Playdough Animal Stamps
28	Yogurt & Muesli Cups	Balloon Races	Acting Out a Story

### Weeks 29-32: Preparing for the Future

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
29	DIY Wraps	Free Play	Simple Board Games
30	Chickpea Salad (repeat)	Nature Art	Clay Mosaics
31	Snack Platter (Fruit & Crackers)	Park Games	Storytelling Dice Game
32	Fruit Tasting Plate	Relay Races	Cloud Dough Maze

### Weeks 33-36: Gaining Independence

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
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33	DIY Veggie Wraps	Free Play	Board Games
34	Yogurt Cups with Berries	Social Games	Emotion Sorting Game
35	Nachos (repeat)	Treasure Hunt	Planning a Mini Party
36	Veggie Sushi Rolls	Group Challenges	Musical Freeze Game

### Weeks 37-40: Celebration & Reflection

Week	Cooking/Sensory Activity	Outdoor Activity	Indoor Activity
37	Decorate Banana Muffins	Water Play	Graduation Art & Craft
38	Fresh Lemonade & Fruit Cups	Park Games	Reflection Game
39	Party Snacks (Wraps/Fruit)	Picnic & Games	Celebration Planning
40	Cake Decorating	Group Celebration	Graduation Party