



WEEK 1: THE SUN

Two Happy Hours this week · Sessions 1A and 1B · Ages 2.5–4 · Max 10 children

Happy Hour 1A: Hello Sunshine!

"Children (and their grown-ups!) discover the language of light, warmth, and colour."

TIME	PHASE	WHAT TO DO
0–10 min	☐ ☐ WELCOME CIRCLE	<ol style="list-style-type: none"> 1. Greet each child and adult at the door: 'Hello! Come in! Welcome to our SUNSHINE room!' 2. Sit in a circle on the floor. Sing 'Hello Song' to the tune of Frère Jacques: 'Hello [Name], hello [Name], how are you? how are you? We are VERY HAPPY, we are VERY HAPPY, nice to meet you, nice to meet you!' Point to each child in turn. 3. Introduce today's colour: Hold up something YELLOW. 'What colour is this? YELLOW! Like the SUN!' Pass it around. Everyone says YELLOW.
10–20 min	☐ ☐ STORY & VOCABULARY	<ol style="list-style-type: none"> 1. Tell a 3-minute story using a yellow ball as the 'sun': 'One morning, the sun woke up... (lift ball slowly) ...and said GOOD MORNING to the world! It was HOT... WARM... BRIGHT!' Use dramatic voice and gestures throughout. 2. Introduce 5 words with big actions: SUN (arms in a circle overhead), HOT (fan yourself), WARM (hug yourself), BRIGHT (open eyes wide, spread fingers), YELLOW (point to something yellow). Children echo word + action. 3. Quick game: Teacher says a word — children do the action only (no words). 'HOT!' — everyone fans. 'BRIGHT!' — everyone dazzles.
20–42 min	☐ ☐ CRAFT — SUN CROWN	<ol style="list-style-type: none"> 1. Each child gets: 1 pre-cut crown strip (yellow card, 55cm × 6cm, ends to be joined), 6–8 pre-cut sun rays (orange/yellow triangles ~8cm), stickers, and crayons. 2. Parents help hold as children glue rays along the top edge of the crown strip. Then decorate freely with stickers and crayon drawings. 3. While crafting, teacher circulates and asks each child: 'What colour is your crown? Is it BIG or SMALL? Is your sun HAPPY?' Model and celebrate every attempt at an English word. 4. Teacher joins the crown ends with a staple per child. Everyone puts their crown on. MOMENT OF JOY — everyone is wearing sunshine!
42–54 min	☐ ☐ ACTIVE GAME — SUNRISE/SUNSET	<ol style="list-style-type: none"> 1. 'Now we are going to play a SUNSHINE game!' Demonstrate: SUNRISE = everyone slowly stands up, arms wide. SUNSET = everyone slowly crouches down. 2. Play together, then add BRIGHT = everyone spreads fingers and wiggles them, HOT = everyone fans themselves vigorously. Call the words in varying order and speed. 3. Optional parent version: parents and children can do it together. 'Mums and dads — you play too!'
54–60 min	☐ ☐ GOODBYE SONG & SEND-OFF	<ol style="list-style-type: none"> 1. Gather in a circle. Sing together: 'Goodbye, sunshine, goodbye sunshine, see you soon, see you soon! You are warm and bright, you are warm and bright, like the SUN, like the SUN!' 2. Each child receives a small sun sticker on their hand: 'This is YOUR sunshine. Take it home!' 3. Parents given a card: '★ Today your child learned: SUN, HOT, WARM, BRIGHT, YELLOW. Try the SUNRISE/SUNSET game at home tonight!'

☐ ☐ MATERIALS NEEDED FOR THIS HAPPY HOUR

- Yellow card strips pre-cut (55cm × 6cm) — 1 per child
- Pre-cut orange and yellow triangles (sun rays) — 8 per child
- Glue sticks — 1 per child or shared
- Sun/star stickers — assorted
- Yellow and orange crayons at every seat
- Stapler (teacher use only)
- 1 large yellow ball (the 'sun' prop for story)

- Sun stickers (small, for goodbye — 1 per child)
- Take-home parent cards (pre-printed or handwritten)

