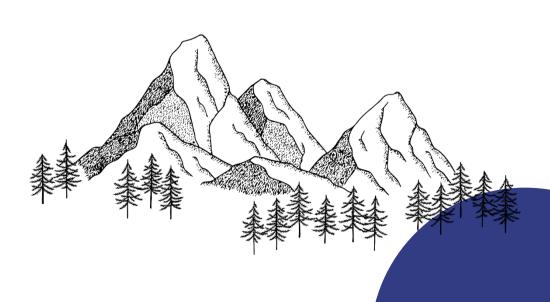


1st week

(7.7. - 11.7.2025)

LET'S CLIMB TO THE TOP

This week, we will embark on a climbing expedition that will take us into the world of high mountains, mysterious rocks, and overcoming our own limits. Each day, a new challenge awaits, where we will try out the basics of climbing, orientation in nature, teamwork, and, of course, lots of fun. Get ready for lots of movement, games, and creative activities that will help us become true climbers. By the end of this adventurous week, we will not only have new skills but also many valuable experiences and memories that will certainly come in handy in life.





MONDAY

We will start with the basics of climbing — learning about safety, equipment, and basic techniques. We will try obstacle courses to improve our stability and coordination. The children will learn how to prepare climbing equipment correctly and understand the importance of preparation for every climb.

Activities: We will set up an obstacle course that children will navigate independently and later in pairs or groups, holding hands.

A teamwork climbing game, where everyone will need to combine their minds and strengths.

Throughout the week, we will sing, learn, accompany, and rhythmically perform these three songs — Hory (O5 a Radeček), Prachovské skály (Ivan Mládek), I Love the Mountains song.

Links to the songs:

O5 a Radeček - HORY (Oficiální Video)

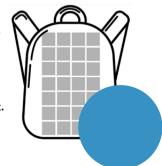
Ivan Mladek - Prachovske skaly (9.6.1977)

I Love The Mountains | Super Simple Songs | Kids Music

Morning Craft:

Color and cut out pictures of climbing equipment and arrange them correctly:

In the morning, we will color our own climbing gear, including helmets and carabiners, and try to pack it all into a backpack.





On Tuesday, we will see how real climbers live! We will learn about expeditions and learn how to tie climbing knots. We will build our own "base camp" and prepare for more challenging tasks ahead.

We will mime not only various sports and activities but also how we feel in different situations. Movement games with a climbing theme are a given.

Morning Craft:

Learn knots and build a tent city: Teachers will teach the children basic knots based on pictures. Then, we will build tents and shelters for our base camp using blankets, fabrics, tables, and whatever is available.





WEDNESDAY

Trip:

On Wednesday, we will have an exciting trip to the Smíchov Climbing Center. Here, we will try climbing on the wall to overcome our fears and test our abilities. We will see what it's like to climb higher and gain hands-on experience.

THURSDAY

Thursday will focus on orientation in nature. We will learn how to find a path on a map, how to navigate in the terrain, and practice teamwork with various games indoors and outdoors. Preparation for a real climb will be important.

Morning Activities:

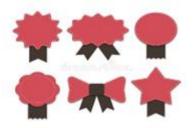
Games for groups and individuals that will help us with the final ascent of the mountain. It's not about winning but about collaborating, trying, and learning!

The children will then try to plot a route on a map and figure out which way they should go to reach the selected destination.

Afternoon Task:

In the afternoon, we will try an orienteering game. Teachers will prepare one route with arrows and another with flags. The children will go in groups and must reach the destination, where there will be a reward.





FRIDAY

We will conclude the week with a final ascent to Mount Wonder, where we will celebrate our successes. All the skills we have learned will come together in one big climb. Together, we will encourage each other and overcome our final challenge of the week.

Morning Activities:

We will make a climbing badge to remind us of everything we achieved and how we improved.

Obstacle Course: A long and "challenging" obstacle course that the children will have to overcome in groups to meet at the summit of Mount Wonder. There, we will sing and dance to all the songs we learned.

In the afternoon we will review all our adventure and practice our climbing skills at the school's playground.

This week full of teamwork and adventure will be a great preparation for all the challenges that lie ahead in the future!



2nd week

(14.-18.7. 2025)

ENCHANTED FOREST

This week, we will step into the magical world of the Enchanted Forest, where every tree holds a secret and every path leads to adventure.



MONDAY

Activities:

The Foggy Forest — We will begin our journey by exploring the mysteries of the Foggy Forest. What creatures might be hiding in the mist? We'll listen to the story of *The Foggy Forest* and find our own glowing crystals to help us find our way through the magical forest. In the afternoon we'll do a fun science experiment where we'll create our own magical gem designs using markers. Then put them in water to watch our art slowly grow.





Activities:

The Secret of the Wishing Tree – Deep in the Enchanted Forest stands the legendary Wishing Tree. We'll hear the story of *The Secret of the Wishing Tree* and think about what we would wish for if we found it. Then, we will create our own magical wishing leaves. In the afternoon we'll create a giant wishing tree together.



WEDNESDAY

Field Trip to the Enchanted Grove (Kunratice Forest)

Today, we will visit a real forest park to discover nature's magic. We will look for unusual plants, hidden doors in trees, and signs that fairies or woodland creatures might be nearby! In the afternoon we will color and decorate folders to take home all of our art at the end of the week.





Activities:

The Door in the Hollow Tree — Have you ever seen a tiny door in a tree? What if it led to an underground world? We'll listen to The Door in the Hollow Tree and then build our own miniature fairy or goblin doors. In the afternoon we'll create chalk fairies.



FRIDAY

Activities:

The Night of a Thousand Lanterns — We will end our magical journey with The Night of a Thousand Lanterns, a story about a special festival in the forest. We'll create our own beautiful lanterns to celebrate the end of our enchanted adventure! In the afternoon we'll create wonderful celestial art.





3rd week

(21.7. - 25.7.2025)



SUPERHEROES IN ACTION

This week, we will transform into real superheroes! We'll develop strength, courage, speed, cooperation, and kindness. Each day will bring new superhero missions, creative tasks, fun games, and physical activities. Children will learn that being a hero is not just about flying or having powers — it's also about helping others, being a good friend, and showing perseverance. We'll end the week with a big team adventure in a fantasy world!



Song of the week:
YouTube inspiration:
https://youtu.be/-00-defem5am?feature=shared

MONDAY

Activities:

SUPER STRENGTH: We'll kick off the week with a power training! Jumping, running, carrying 'heavy boulders' and superhero push-ups. Superhero training course will be awaiting children.

In the morning we'll talk about what makes someone a hero – not only muscles but also a big heart. Kids will make their own superhero masks and badges.



Activities:

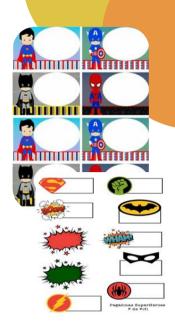
SUPER MIND: Today we will train our brains! Get your neurons ready. We'll tackle riddles, coded messages, and logic games.

Children will create their superhero identity

– invent a superhero name, superpower,
and costume color.

Art project:

We will make our own superhero name tags.



WEDNESDAY

HERO MISSION

Trip day!

We're off on an adventure to the Májaland amusement park! There, we'll complete hero missions, move through challenges and enjoy a fun outdoor day together.

Don't forget: Backpack, water bottle, hat! Superheroes are always ready for every occasion ©





Activities:

SUPER KINDNESS

Today we will build a Hero City. Children will use boxes to create houses, schools, hospitals, and playgrounds. We'll talk about how heroes also help build a better world for everyone.

Art project:

While building a "super" city from boxes we will add special details to houses in our newly emerging town. Every little superhero will add their personal touch to the city and surely we will have many "super" architects creating our town.

Afternoon craft:

Children will create their personal superhero that will live in our newly created town. Children will work with variety of new and recycled craft materials using their secret superpower "imagination" while creating their idols.

FRIDAY

Activities:

<u>SUPER TEAM</u>: Let's celebrate our hero week! In the morning children are welcome to come dressed up as their favourite superhero or superheroine. We'll dance the superhero dance and have a costume parade.

Art project:

On Monday we already made masks and now it is time to make a shield and cuffs for our superheroes who will save the day.

At the end of the day, each child will receive a Hero of the Week diploma.



4th week

(28.7. - 1.8. 2025)



POLICE AND FIRE ACADEMY

Have you ever dreamed of being a hero and helping others? This week, we'll be stepping into the exciting world of our very own Police and Firefighter Academy! Children will have the chance to become junior officers, and firefighters, as they learn all about safety, teamwork, and helping their community. We'll explore police and firefighter roles through hands-on activities, fun games, and creative crafts. Midweek, we'll take a special trip to a road safety course where children can ride bikes through a miniature town and practice real-life traffic safety. Get ready for a week full of action, learning, and heroic adventures!



MONDAY

Activities:

We will be visiting the "Police Academy" to meet our new mentors — Officer Friendly and Deputy Dot. We'll learn about what police officers do and explore their uniforms and tools. We'll play the game "Red Light, Green Light" to practice listening and "Simon Says" to help us learn about directions (left, right, forward).

Art project:

In the morning, we will create our own police badges to wear during training. In the afternoon, we will decorate police cars using paper shapes, stickers, and markers.

TUESDAY



Activities:

Today we will be training at the Firefighter Academy! We'll learn how firefighters help keep us safe and what to do in an emergency. We'll practice "Stop, Drop, and Roll" and pretend to put out fires using spray bottles. We'll also play "Firefighter Obstacle Course" to rescue stuffed animals in danger! We will again practice our directions with Simon says by using colored bracelets to help distinguish right from left.

Art project:

In the morning, we will craft our own firefighter helmets using red paper and paper plates. In the afternoon, we will make paper mosaic Dalmatians so our firehouse can have a mascot!







WEDNESDAY

Trip:

We will be going on a trip to the Police museum road safety course, where we will learn all about traffic signs, bike safety, and crosswalk rules. Children will be able to ride bikes or scooters around a miniature roadway, taking turns as drivers and pedestrians. We'll role-play real-life scenarios while practicing safe travel!

Art project:

In the afternoon, we will create traffic signs using craft sticks, construction paper, and markers.



THURSDAY

Activities:

Emergency calls

Today we'll review everything we've learned and take part in emergency response simulations! We'll pretend to respond to calls 112 and work together to keep everyone safe. We'll also practice dialing emergency numbers on a toy phone and playing a matching game about community helpers.

Art project:

In the morning, we will make and decorate our own "driver's licenses. In the afternoon, we will color and assemble safety posters to display in our classroom or take home.





FRIDAY

Activities:

Graduation day

It's Graduation Day at the Police and Firefighter Academy! We will wear our uniforms, receive certificates, and show off everything we've learned in a fun "Safety Skills Showcase." We'll also celebrate with a special Academy Parade around the playground or classroom.

Art project:

In the morning, we will decorate our own certificates and make medals for being Safety Superstars.

In the afternoon, we will create memory books filled with drawings, photos, and stories from the week.





5th week

(4.8 - 8.8, 2025)

TRAVEL AROUND THE WORLD

Have you ever travelled around the world? Of course, everyone from our preschool would like to explore different countries. Throughout this week, the children will learn about different countries, cultures, famous places, languages and traditions from around the globe. Through fun activities, music, stories and projects, we aim to teach them more about the world. We hope to make them curious about other cultures and encourage them to appreciate and respect them.



Activities:

In the garden, a magical flying balloon lands, and we will travel the whole world in it. Everyone contributes to the creation of our travel vehicle, and without hesitation, we climb aboard and, while singing together, we embark on our journey.

On our way through Europe, we get acquainted with different languages and learn basic greetings and expressions of gratitude. We will learn about various flags, visit the most famous European landmarks, and taste well-known European specialties that we will prepare together to have enough energy for the next part of our journey.

Art project:

Who doesn't know the iconic Eiffel Tower? We won't be able to bring the original, but we will create our own using straws. Younger children will make their own paper pizza.

In the afternoon, all the children will become chefs, and we will prepare Italian pizza and traditional German pretzels.





Activities:

We are arriving in East Africa. Here we admire nature, go on safari, and learn something new about the local culture. We will visit Masai Mara, where we will see animals from the "Big Five" and taste typical African food such as ugali (a type of porridge) and roasted bananas. We will try to carry things on our heads and backs like the locals and will experience traditional African dances. To make our African experience complete, we will learn how to say "hello" and "thank you" in Swahili.

Art project:

For the African dances, we will create African masks out of paper and cardboard, string beads, and in the afternoon, we will build traditional African houses called "manyatta."

WEDNESDAY

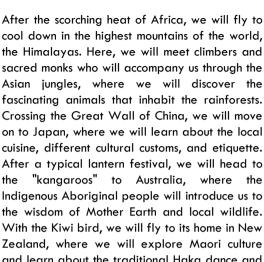
Trip:

We will take a trip to the Milíčovský Dvůr mini zoo, where we will meet animals from our region as well as from various corners of the world. After the visit, there will be a mini quiz and light riddles during which the children will learn more interesting facts about the animals we had the chance to see, and many others.





Activities:



the and learn about the traditional Haka dance and Maori symbolism.

Art project:

Together, we will make traditional lanterns, paper hats with classic symbols, and prepare our own vegetable sushi for a snack.





FRIDAY

Activities:

This is our last day of traveling, which we will dedicate to exploring North and South America. We will see examples of American culture, the traditions of Native Americans, and the natural beauty of the region. We will taste cornbread and other dishes from this part of the world, witness performances of South American dances such as samba, and dance to South American music.

Art project:

Today is filled with music, so we will create our own musical instrument, maracas. We will prepare a traditional dish, empanadas, and while we wait, we will make our own passport with stamps representing all the parts of the world we have traveled to.

In the afternoon, we will create headbands typical of the Indigenous peoples of America using paper and feathers, and we will receive a Super Traveller certificate for participating in our adventurous journey.







6th week

(11.8 - 15.8, 2025)



EGYPT

Journey to Ancient Egypt: An adventure full of mystery!

We're about to embark on a great journey through time! This week your children will become brave travelers, archaeologists and pharaohs themselves as they discover the secrets of ancient Egypt. There will be a lot of games, creativity, movement and an unforgettable trip to the National Museum!

MONDAY

Activities:

On Monday, we're going on a trip to Egypt! Each little adventurer will get his/her ticket and passport, we will get on the "plane" and moments later we will land at the famous pyramids. Children will discover the secrets of the Sphinx, build their own pyramids and decipher the first mysterious hieroglyphics. There's also an obstacle course full of adventure on their journey through the desert!









Activities:

On Tuesday, we will turn into archaeologists and go to the forgotten tombs! Using brushes and shovels, we will search for hidden treasures in the sand and piece together broken ancient artifacts. We'll find out how mummification was performed and try it out on stuffed animals or each other - using only toilet paper, of course! Who can escape the pyramid of traps?



WEDNESDAY

Trip!

We have a big adventure outside of the preschool on Wednesday! We will go on a trip to the National Museum where the children will see real Egyptian treasures, mummies and mysterious scrolls with their own eyes. What has been just part of the game so far will be turned into reality!





On Thursday, we will become pharaohs and queens. Everyone will make a crown, a pharaoh's staff and beautiful jewelry and try out the royal parade. We'll learn about Egypt's most famous rulers - Tutankhamun, Ramses and Cleopatra - and take a cruise on the Nile, where we must watch out for dangerous crocodiles!



FRIDAY

Activities:

On Friday, we will delve into the world of Egyptian art and mysterious writings. We will learn to write hieroglyphics, create our own "papyrus" scrolls and paint ancient frescoes. We'll also model a Sphinx statue and play a movement game called "Statues Come Alive", where we'll transform into still Egyptian art on command!

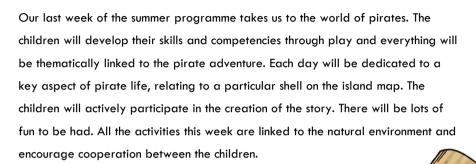


7th week

(18.8.-22.8.2025)

PIRATES

"Treasure Hunt on the Island of Five Shells"



MONDAY

Activities:

Children will create their own pirate nicknames and learn about the story of the Isle of Five Shells. Through games and creative activities (painting flags, building a ship, searching for treasure in the sand) they will get the first part of the map with the first shell.

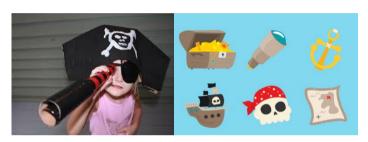




Activities:

Children will learn about pirate words. Yes, even pirates have their own language. Together they will create rhymes and symbols inspired by the pirate life. There will be activities to encourage the development of language skills through games (e.g. pirate memory game) and creative activities (painting a pirate headdress, building an island). For completing Tuesday's tasks, children will receive a second part of the map.





WEDNESDAY

We will go on a picnic together to the Dendrological Garden. The picnic will be just a cover so the common landlubbers not to see through our real plans. It will be time to steal a real pirate vessel, and we hear they have one hidden in the middle of the greenery right there, and it should hide the third part of the map. We'll pack our provisions into our backpacks and head out on an adventurous quest.





Activities:

Pirate Math will be on the agenda today. Children will practice pre-math skills through movement and manipulative games. We will be number jumping, sorting coins in a pirate deck and building a harbor. We will learn the art of navigation and direction finding. And also how to count the steps to the treasure. At the end we'll be rewarded with the fourth part of the map.





FRIDAY

Activities:

We already have a pirate ship and the last day of our adventure together is upon us. The culmination of the week in the form of an outdoor expedition where the children will search for treasure according to a map they have pieced together. They will complete the last pirate tasks and receive rewards and diplomas after finding the treasure chest.

In the afternoon there will be a pirate ship race in the garden for the winning pirates. Of course, each pirate will have to make his or her own racing boat first.







