

# Colourful Fundraising & Well-being Weeks 2025



Monday 27th January—Friday 7th February

Throughout these two weeks, we'll learn how to take care of our mental and physical health and wellbeing.

We'll have activities that focus on identifying, and regulating our emotions; including yoga, sensory play, mindfulness colouring, dance, painting and listening to classical music. We'll also focus on how to look after our physical health and wellbeing, including dental health, eye health, diet, exercise and water.

**Monday 27th—Friday 31st January:**

In the first week, we'll be **collecting items for food banks and tombola prizes**. We'll also have a **swap shop** where parents can bring in children's clothes and toys that they would like to donate or swap with other parents. We'll also encourage staff, children and parents to **wear as many colours as you can!**

**Monday 3rd—Friday 7th February:**

In the second week, we'll have a **tombola** to raise money for our staff wellbeing fund. We'll also have a **casual dress code**, with **loungewear or pyjamas** recommended.

We'll also have collection pots available for donations for our charity: Hythe Bay Children's Centre CIO ('Hythe Bay Nursery & Out of School Clubs') - Registered Charity Number 1175752

