

■ Lively Sprout Activity Guide

Website: www.livelysprout.com

Lively Sprout provides affordable, inclusive extracurricular and holiday clubs that help children grow through creativity, play, and practical learning. Our programmes nurture confidence, teamwork, and independence, offering a safe space for every child to explore new skills, make friends, and have fun.

All facilitators are experienced and trained in their field, enhanced DBS checked, and hold or are currently undertaking First Aid training.

Below is an outline of the **current offerings** available through Lively Sprout, grouped by theme. We are always developing and expanding our activities to bring new and exciting experiences for children and families. Each activity helps children grow in confidence, creativity, and life skills while having fun in a safe and inclusive environment.

■ Music & Performance

Build confidence, rhythm, and self-expression through sound and movement.

Drumming / Guitar / Keyboard

Children explore rhythm, melody, and teamwork through hands-on music sessions. They'll learn the basics of drumming, guitar, or keyboard, gaining coordination, listening skills, and musical confidence while playing as part of a group.

Drama

Drama sessions encourage imagination, teamwork, and confidence through acting, role play, and storytelling. Children learn voice projection, expression, and collaboration while exploring scenes, improvisation, and performance games that build communication skills.

Commercial Dance

High-energy dance sessions where children develop coordination, rhythm, and self-expression. Combining popular styles like street, hip-hop, and modern commercial routines, these classes build fitness, confidence, and creativity through performance and teamwork.

■ Creative & Imaginative Arts

Encouraging creativity, curiosity, and problem-solving through art and design.

Art & Design Hub (Digital Art & Illustration or Painting & Animation)

A creative space where imagination comes to life! Children can choose to focus on Digital Art & Illustration or Painting & Animation. Each path encourages creativity and curiosity — from designing on screens to painting and bringing stories to life through movement and colour. They'll develop creative thinking, problem-solving, and self-expression while experimenting with art, design, and technology.

Fun with French

A playful introduction to the French language using games, songs, and interactive storytelling. Children learn basic vocabulary, pronunciation, and cultural awareness in a relaxed and engaging way that builds communication skills and curiosity for other cultures.

Chess

Strategic thinking made fun! Children learn the rules, moves, and tactics of chess through games and challenges. It helps build patience, focus, and logical thinking while encouraging friendly competition and problem-solving.

■ Sports & Wellbeing

Promoting physical fitness, focus, and inner balance through movement and play.

Taekwondo

A fun and disciplined martial arts club that teaches focus, respect, and self-confidence. Through kicks, blocks, and teamwork, children develop coordination, balance, and resilience while learning about perseverance and respect.

Yoga

Mindful movement classes promoting calm, balance, and body awareness. Children practice yoga poses, breathing techniques, and relaxation exercises that support concentration, flexibility, and emotional wellbeing.

Gymnastics

Active and engaging sessions focusing on strength, flexibility, and coordination. From basic balances and rolls to fun floor routines, children build confidence, perseverance, and an understanding of body control in a safe environment.

■ Life Skills & Development

Empowering young people to grow in independence, leadership, and teamwork.

Sprout Skills Hub

The Sprout Skills Hub is one of Lively Sprout's key offerings — a hands-on, life-skills and scout-style learning programme. Activities focus on teamwork, leadership, creativity, and independence, helping children develop confidence, problem-solving, and a sense of community through real-world challenges and outdoor-inspired learning.

Cooking & Baking

Cooking & Baking sessions teach practical life skills while encouraging creativity and teamwork. Children learn to follow recipes, measure ingredients, and explore flavours in a safe, fun environment. Each session builds confidence, independence, and healthy eating habits.

Stay Connected

Lively Sprout is always growing! We regularly develop and add new activities, clubs, and creative experiences for children and families. Check our website or follow us on social media for updates — or get in touch if you'd like to suggest a new club or skill for our programme.