



### **To book a place**

- please contact: Sairah Khan <[Mannasark@hotmail.com](mailto:Mannasark@hotmail.com)
- Or our telephone number is 07791064180
- You can also find Manna's Ark on any social media platform to book

### **Activities:**

- Enjoying exploring nature including worksheets and fact sheets
- Interacting with our animals grooming goats and donkeys feeding the bunnies and Guinea pigs and goats
- Children's yoga and mindfulness
- Fun, exciting, informative and sensory arts and crafts including drawing and painting, Christmas decoration making, clay moulding and to be given a time to relax in a supportive and safe environment

### **what to wear or bring:-**

- Remember its December so wrap up extra warm, coats, hat, scarfs, gloves, wellies ( even if it is not raining) jumper or hoodie rain mac or warm winter coat.
- Please no umbrellas
- Food lunches will be hot food and afters provided by a caterer.