

Edík's News

Vinohrady

Libuš

Hloubětín



The importance of exercise in preschool age

Movement is much more than just fun for preschoolers. It is during this period that gross and fine motor skills, coordination, balance, spatial orientation and the ability to concentrate develop intensively. Experts point out that sufficient natural movement significantly affects not only a child's physical development, but also their readiness for school. Children who have the opportunity to regularly, freely move or manipulate various objects more easily acquire the skills needed for drawing, writing, working at a desk and learning.

Children are born with a natural need to move. Running, climbing, jumping, swinging or balancing are not just games, but important "work" for a child's brain. These activities create connections that support movement coordination, spatial orientation, attention and the development of fine motor skills. If children spend too much time sitting or in front of screens, they miss out on valuable experiences that cannot be replaced by any application.

Summer offers countless opportunities to support this natural development. Take your children to the forest and let them climb over fallen logs, jump over roots or look for natural treasures. Try walking on the curb, throwing cones at a target, building with stones and sticks or tackling climbing frames together. Riding a scooter or balance bike is also a great activity, which supports coordination, balance and spatial orientation.

Sometimes we tend to look for complicated ways to develop children. However, one of the most valuable things we can give them is enough time outdoors, freedom of movement and the opportunity to experience the world with all our senses. It is in moments like these that the foundations are created on which children will build for many years to come.

Edík's Summer Adventures

Prague 2

Project Day - Dinosaurs	21.7.
Summer Fun in Grébovka	23.7.
Back in Prehistory - Educational Program in Riegrovy Sady	29.7.
Ancient Buildings - Grébovka - Educational Program	5.8.
Movement on the Playground U Vodárny	12.8.
Gutovka (Water) / Playground U Štiky (Train)	19.8.



Prague 4



Trip to the National Museum	22.7.
Project Day: Water Play	29.7.
Pirate Ship Trip	5.8.
Visit to the Ropes Course	12.8.
Sports Day on the Playground	19.8.

Prague 9

Blue class

Theatre "Úsměv" - O koblížkovi	22.7.
Angels in Fur	20.8.

Yellow class

Theatre "Úsměv" - O koblížkovi	22.7.
Angels in Fur	19.8.

Red Class

Theatre "Úsměv" - O koblížkovi	22.7.
Angels in Fur	19.8.

Orange and Green Class

Theatre "Úsměv" - O koblížkovi	22.7.
Angels in Fur	20.8.

In the summer, we will have picnics, extended stays outdoors and adventure trails. They will be specified in the weekly plans.

Edík's Around-the-World Adventure

Summer regime for a child: how much free time is just right?

Summer brings more freedom and a less rigid routine. Children need to enjoy their holidays, and it is ideal to maintain regular sleep and an appropriate daily rhythm. Stability in the summer is also important in terms of September's adaptation to the kindergarten regime, when children return to a structured program after the holidays. Give children space for free play, where they can develop their imagination and independence. It is in this that they learn to solve situations and discover the world at their own pace. The ideal environment is nature, which offers an abundance of stimuli. Holidays do not have to be about constantly coming up with a varied program and trips to amusement parks. Sometimes less is more - space for boredom, slowing down and immersing yourself in your own games and ideas. Even in our kindergartens during the summer, we try to slow down, stop and spend as much time outdoors as possible, where we can draw energy from sunny days.



Garden festival in Prague 9

Our garden party this year was a beautiful and moving end to the school year. Together we said a ceremonial farewell to more than 30 preschoolers who will be moving on to a new stage of life after the holidays. This year, we enriched the program with a raffle and an auction of children's drawings. The generosity of the parents exceeded all expectations and, thanks to their support, we managed to raise an amazing 42,500 CZK. We are donating the proceeds to the Helpes and HAIMA organizations. We thank everyone who got involved and helped a good cause. We are happy that we can help together where it is needed.



Employee care at EduArt

At EduArt, we pay great attention not only to the children, but also to how our team works. Teachers work in tandems, plan together and regularly share experiences across branches. Thanks to this, they are not alone in their daily challenges and can inspire and support each other. We support further education and professional growth. Many colleagues have completed their qualifications, taken on greater responsibility or moved to new positions during their time at EduArt. We believe that when our people grow, the quality of children's education also grows. We strive for long-term stability of the team. We value colleagues who have been with us for many years, and we strive to create an environment based on trust, respect and fair appreciation of work. Part of the support is also a school psychologist who helps teachers work with children, leads intervision meetings and promotes a good climate in classrooms and in the team.



A Year of Tasty News: How We Transformed Snacks in EduArt Kindergartens Together

The 2025/2026 school year was marked by gradual and meaningful changes in children's nutrition in EduArt kindergartens. At all three branches, we implemented a project focused on improving and diversifying snacks, the aim of which was to support healthier eating habits and expand children's taste experiences. The project started in October 2025 with a snack audit, which was prepared for us by nutritional therapist Alena Boukalová. Based on it, we gradually introduced recommended changes. We included legume and fish spreads, fruit smoothies and nut butters in the menu and increased the proportion of fresh and whole-grain pastries.



A team of housekeepers played a major role, for whom a practical workshop led by a chef and a nutritional therapist was prepared. During it, they were able to try out new recipes in practice and gain confidence in their daily preparation. It was the joint work and openness to change that enabled the new procedures to successfully enter into regular operation.



Children gradually got used to the changes. The greatest success was recorded by the fruit smoothie, which quickly became a popular part of snacks. The legume spreads required more time and repeated offers, but thanks to the playful form of serving, children gradually found their way to them. At the Prague 9 branch, the fairy-tale names of the spreads proved to be effective, significantly supporting children's willingness to taste new tastes. The May re-audit confirmed that the changes have a real impact. The share of fresh and whole-grain pastries has increased, the range of nuts and nut butters has expanded, and legume and fish spreads are appearing more frequently. Improvements have also been made in the area of serving, which more supports children's independence.

The project also included educational activities. The Prague 2 branch hosted a workshop called "The Journey to a Happy Tummy" for children and parents. Due to great interest, we plan to continue it at the Prague 4 and 9 branches. In the future, we want to further expand the range of fish spreads, include homemade granola, healthy desserts with fruit and popular porridges. At the same time, we will continue to support children in tasting new foods and building a positive relationship with food. A big thank you goes to all housekeepers, teachers, children and parents for their cooperation and openness, thanks to which we managed to turn the audit recommendations into everyday practice.

