

Jabadao at Nära Nurseries

At Nära Nurseries, we are passionate about promoting physical, mental, and emotional wellbeing in our children. One of the exciting Enrichment activities we offer is Jabadao, a unique approach to physical development that taps into the natural joy of movement and play. Jabadao focuses on encouraging children to move freely and explore their bodies in a way that supports their overall development.

What is Jabadao?

Jabadao is a physical development and wellbeing programme designed specifically for early years. It promotes free-flow Movement Play, allowing children to express themselves physically, explore their capabilities, and develop coordination and strength through joyful, spontaneous movement. At the heart of Jabadao is the belief that children thrive when they can live as fully in their bodies as they do in their minds.



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The Benefits of Jabadao for Your Child

1. Supports Physical Development

Through a variety of movements, Jabadao encourages children to use their bodies in ways that build physical strength, coordination, and balance. Whether they're jumping, twirling, or stretching, these movements support muscle growth, fine and gross motor skills, and overall physical health.

2. Promotes Wellbeing

Physical activity is a natural way for children to manage energy and emotions. Jabadao's free-flow approach helps children release tension, express joy, and develop emotional resilience. This kind of body work is not only good for health but also for happiness and learning, helping children feel connected to their own bodies.

3. Fosters Creativity and Independence

By giving children the freedom to move in their own way, Jabadao nurtures creativity and encourages independent thinking. Children learn to trust their instincts and explore new ways of moving without the pressure of structured outcomes, which fosters self-expression and problem-solving skills.

4. Supports Cognitive Growth

Movement and learning are deeply interconnected. Jabadao's playful approach supports brain development by enhancing coordination between the body and mind. This can improve focus, memory, and cognitive flexibility, providing a strong foundation for future learning. It also incorporates lots of 'midline-crossing' movements which offer a myriad benefits for children's development.

5. Reaches Beyond Traditional Movement Programmes

Unlike more structured movement activities, Jabadao embraces a broader, more holistic approach to physical development. It taps into the natural joy children feel when they move freely, allowing them to explore their bodies without limitations. This free-form play reaches areas of development that more traditional programmes may not.

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Specialist Jabadao Equipment

To fully support and enhance your child's experience with Jabadao, we invest in a wide range of specialist Jabadao equipment. This includes soft mats, balance beams, and sensory objects that allow children to explore different ways of moving, balancing, and interacting with their environment. This equipment ensures that each child can safely and effectively engage in free-flow movement, gaining the maximum benefit from the activity.

Why Jabadao?

When we were looking for an exceptional physical activity Enrichment, we researched a number of options and found Jabadao to be the best. We believe that when children are encouraged to move and play freely, they grow in ways that extend beyond physical health. Jabadao is a powerful, joyous practice that supports not only physical strength but also emotional wellbeing, creativity, and academic growth. It's a programme that helps children thrive both in body and mind, setting the stage for a healthy, balanced, and happy childhood.

