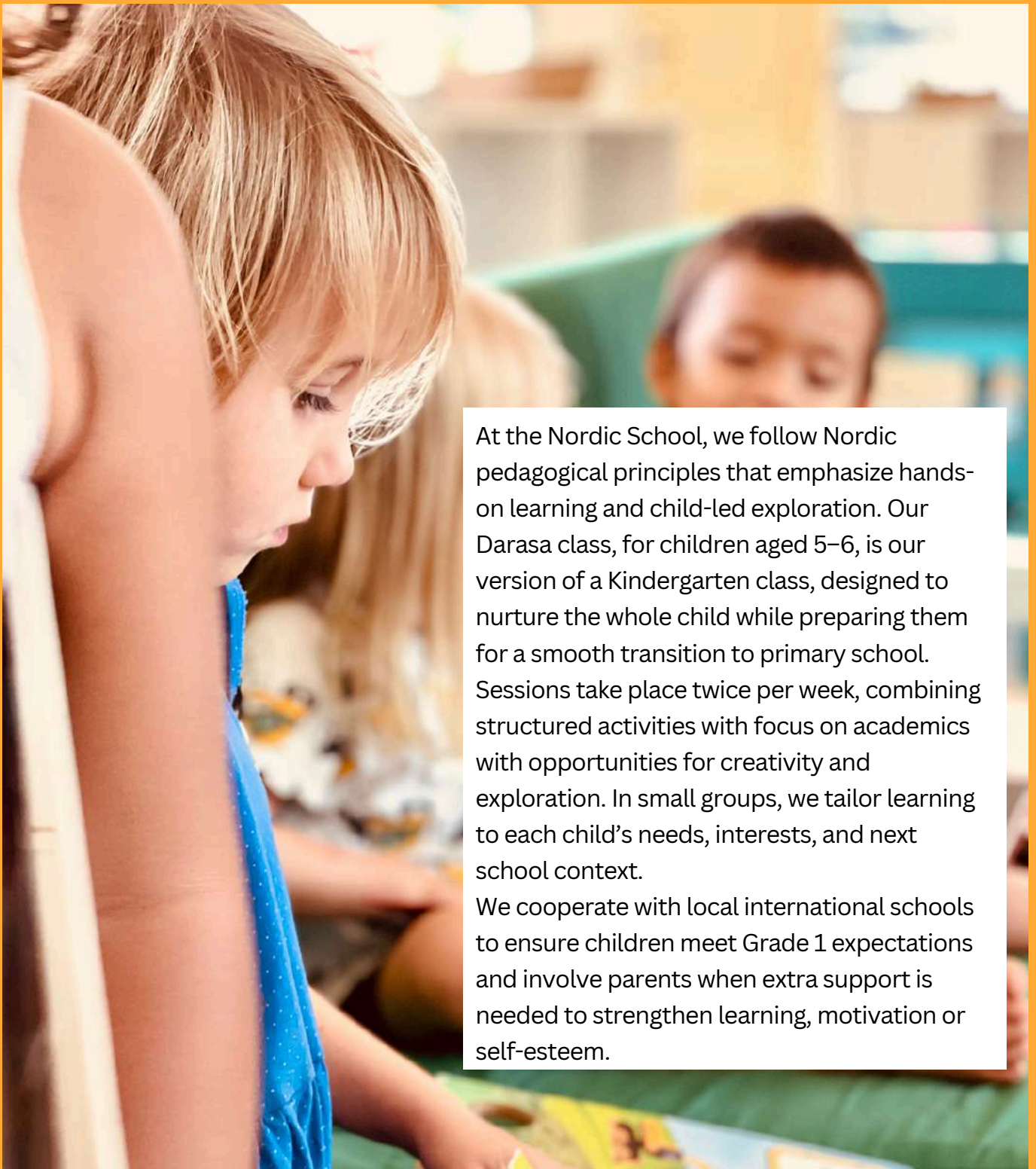


THE NORDIC SCHOOL



DARASA CURRICULUM



At the Nordic School, we follow Nordic pedagogical principles that emphasize hands-on learning and child-led exploration. Our Darasa class, for children aged 5–6, is our version of a Kindergarten class, designed to nurture the whole child while preparing them for a smooth transition to primary school. Sessions take place twice per week, combining structured activities with focus on academics with opportunities for creativity and exploration. In small groups, we tailor learning to each child's needs, interests, and next school context.

We cooperate with local international schools to ensure children meet Grade 1 expectations and involve parents when extra support is needed to strengthen learning, motivation or self-esteem.

DARASA

The Darasa class is designed to support each child's academic and overall development while preparing them for primary school. Children develop essential skills including letters, numbers, task-solving, concentration, cooperation, creativity, fine motor skills, and a love for learning, while also fostering self-esteem, confidence, independence, persistence and curiosity.

Our small groups allow us to tailor learning to each child's pace, interests, personality and needs. We can adapt the learning to focus on the academic and social-emotional goals most important and relevant to each child, while also considering the expectations of the school the child will later transition to. By combining individualized attention with a holistic approach characteristic of Nordic education, we ensure that all children are supported academically, socially, emotionally, and physically, ready to meet challenges and continue to thrive in Grade 1.

NUMERACY

Introduction to:

- Counting items and objects
- ·Counting, recognizing, and writing numbers 1–20
- ·Understanding numbers before, after, and between
- ·Matching numbers with quantities
- ·Identifying missing numbers in sequences
- ·Simple addition and subtraction
- ·Counting forward and backward using number lines
- ·Recognising shapes and sizes
- ·Identifying shapes in everyday objects
- ·Basic measurement and introduction to using a ruler
- ·Sorting and classifying objects based on attributes (size, color, shape)
- ·Introduction to the concept of time

Early numeracy experiences give children a way to explore and make sense of the world through numbers, patterns, and relationships. By counting, measuring, sorting, and working with shapes, children develop logical thinking, problem-solving skills, and a sense of order, while also strengthening memory, concentration, and curiosity. These playful, hands-on experiences provide a strong foundation for later mathematics, science, and everyday problem-solving, helping children engage confidently with new concepts and challenges.

LITERACY

Introduction to:

- ·Developing listening skills through storytelling sessions
- ·Exploring songs, rhymes, poems, and rhythms to develop oral language and phonological awareness
- ·Vocabulary expansion and comprehension
- ·Creating stories using pictures and drama
- ·Recognizing, naming, and writing the letters of the alphabet
- ·Learning the phonetic sounds associated with each letter
- ·Differentiating between vowels and consonants
- ·Naming objects in the environment that begin with specific letters
- ·Exploring alliteration (repeating sounds at the start of words) through playful games and activities
- ·Practicing writing uppercase and lowercase letters
- ·Breaking words into syllables
- ·Filling in missing words in sentences to strengthen comprehension
- ·Introducing early reading skills of 2–3 letter words

Understanding letters and their sounds, and how to build words, is an essential step toward reading—a skill that opens up a whole new world of stories, knowledge, and creative exploration. Through storytelling, phonetic play, and rhythm-based activities, children develop memory, attention, and the ability to notice patterns in language. These experiences lay the foundation for a lifelong love of reading, helping children explore, imagine, and discover in joyful and meaningful ways.



CREATIVE EXPRESSION

Introduction to:

- Themed creative arts and crafts activities and projects that allow children to explore their imagination
- Developing fine motor skills, including proper pencil grip, cutting, gluing, and using various materials
- Expressing themselves creatively through different techniques, such as painting, drawing, collage, and craft projects

Arts and crafts provide children with opportunities to explore, experiment, and express themselves creatively. Through these activities, children strengthen fine motor control, develop focus and coordination, and gain confidence in using a variety of materials and techniques to bring their ideas to life.

SCIENTIFIC THINKING

Introduction to:

- Simple hands-on experiments exploring concepts such as gravity, buoyancy, and magnetism
- Observing natural phenomena, including weather, plants, and animals
- Sensory exploration of textures, smells, and sounds
- Simple kitchen experiments, observing how different liquids interact or separate

Inquiry-based science learning nurtures children's curiosity and encourages active exploration of the world around them. Through observation, experimentation, and discovery, children develop critical thinking, problem-solving skills, and a deeper understanding of cause and effect, helping them make sense of scientific concepts in a playful and meaningful way.



CULTURAL AWARENESS

Introduction to:

- Exploring different countries, cities, and continents through maps and books
- Learning about unique cultural traditions, customs, and ways of life, with a particular focus on Tanzania
- Developing awareness and appreciation of the diverse world around them

Cultural awareness and exploration helps children develop curiosity, empathy, and respect for others. By learning about both their local context and other cultures, children gain a broader perspective, a sense of belonging, and the social awareness needed to thrive in a diverse and interconnected world.



PROMOTING SOCIAL-EMOTIONAL AND EXECUTIVE SKILLS

The Nordic School aims to support children in developing social-emotional, cognitive, and self-regulation skills that help them engage confidently in learning, navigate social situations, and thrive in group settings. These skills complement academic learning and are key for a smooth transition to primary school.

Key areas of development:

Self-esteem and curiosity

- Encouraging children to believe in themselves, take on challenges, and explore new ideas
- Encouraging children to embrace mistakes as a helpful and essential part of learning
- Fostering a love of learning, experimentation, imagination, and creative expression

Self-reliance and responsibility

- Supporting children in completing tasks independently and asking for help when needed
- Encouraging care for personal belongings and shared materials
- Building confidence in planning, problem-solving, and following multi-step instructions

Emotional regulation and conflict resolution

- Helping children recognize, understand, and manage their emotions
- Teaching strategies for resolving conflicts, negotiating, and cooperating with peers
- Supporting positive participation in group and teacher-led activities

Collaboration and communication

- Developing listening skills, taking turns, and sharing ideas
- Working effectively with peers toward common goals
- Learning to express thoughts and feelings constructively

Executive functions

- Strengthening concentration, focus, and memory
- Promoting reflection and metacognitive thinking (“thinking about thinking”)
- Encouraging planning, problem-solving, and persistence through engaging tasks

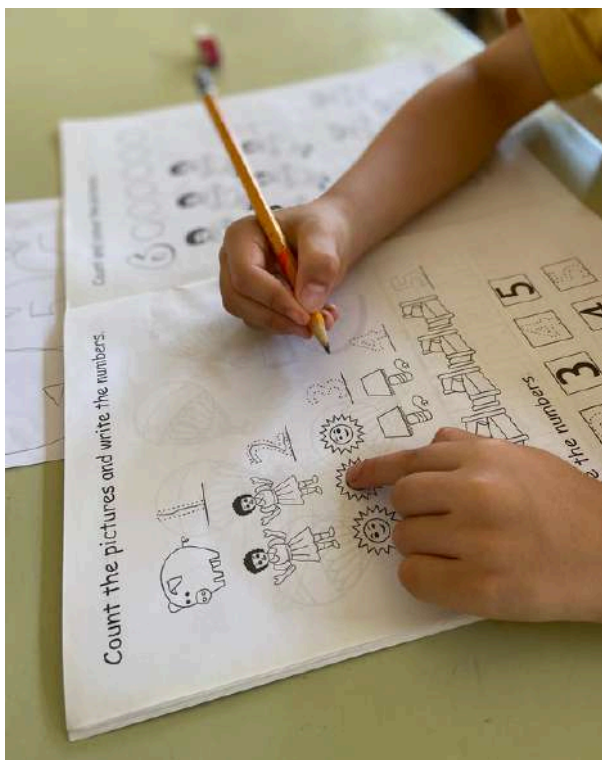
By fostering these social-emotional and executive skills, children develop confidence, resilience, and a growth mindset. They learn that mistakes are opportunities to grow, that their ideas and efforts matter, and that learning is a joyful process of exploration and discovery—forming a strong foundation for school readiness and lifelong learning.



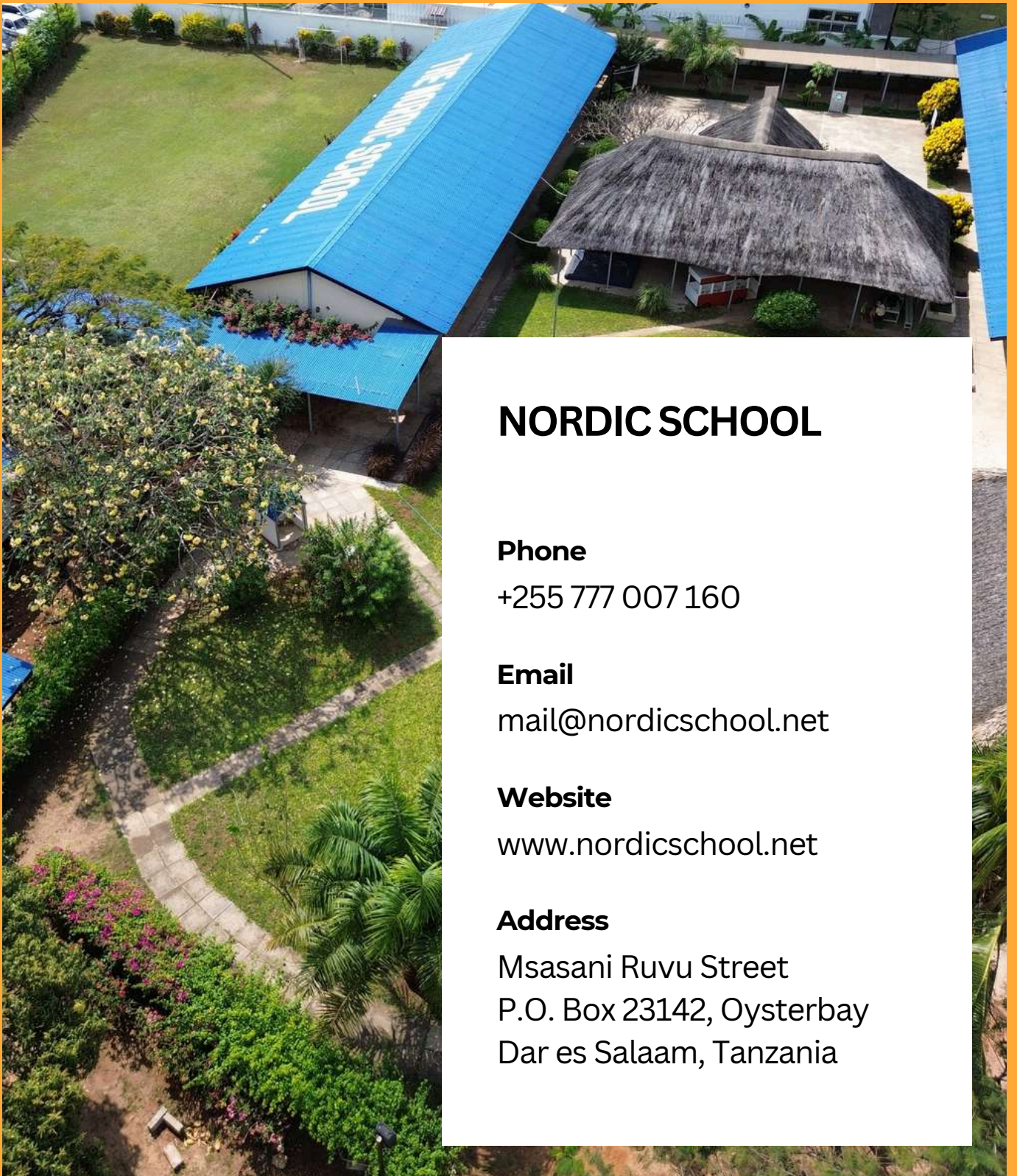
ASSESSMENT

At The Nordic School, we recognize that formal, standardized assessments often provide only a narrow view of a child's development. Instead, we use informal, observation-based assessment to capture each child's learning, interests, and well-being. Teachers get to know children in the context of their engagement in activities, play, creativity, and interactions in small groups, documenting their thinking, learning, and social-emotional growth.

These observations allow us to tailor learning goals to each child, addressing both academic skills and socio-emotional development. Documentation also informs the design of activities, choice of teaching methods, learning environments, and planning of meaningful parent-teacher conferences with room for mutual feedback, ensuring that children receive support and guidance relevant to their individual needs, pace, and next-school context.



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