



EKLAVYA SAMACHARA

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EKLAVYA EARLY YEARS

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FORTHCOMING EVENTS

Eid Milad/ Onam/ Teacher's Day: Bhagat Singh's Birthday:	5 Sep 27 Sep
Upcoming Holidays for Students Dussehra Holidays:	Fri, 26 Sep to Sun, 5 Oct

As we approach the festive season, Eklavya Early Years would like to remind all parents that attendance of the children on the first and last working day before and after vacations is compulsory. Please ensure that your child is present on both days.

Wishing you and your family a happy and festive vacation.

ANNOUNCEMENTS

Parents' Workshop Dates:

Sat, 23 Aug 10:20am - 11:00am (TG)

Sat, 23 Aug 10:00am - 11:00am (PG, Kg1, Kg2)

Sat, 23 Aug 11:30am - 12:30pm (Kg3)

IPEM Dates: Fri 19 Sep and Sat, 20 Sep

Please note that it is compulsory for both parents to attend the IPEM.

Please reach school five minutes before your scheduled IPEM timing. If parents are late for the IPEM, we will not be able to conduct the IPEM.

Field Visits

23 Aug: FV to SDC Rentals Workshop - PG and KG children visited SDC Rentals Workshop to see how beautiful and large set pieces are created for events. Children marvelled at the exquisitely carved temples made for weddings, and were even shown how these carvings are done. They were also thrilled to see large set pieces of Disney characters such as Elsa, Mickey Mouse etc. Kg children also got the opportunity to paint a crab and to do clay moulding.





Celebrations

Rakhi Making for Rakshabandhan: TG, PG and KG children made Rakhis in celebration of Rakshabandhan. They also heard the legends that explain why Rakshabandhan is celebrated. In the photos below, we can see TG children making beautiful rakhis using sponge painting. They did everything from painting it to sticking it all by themselves with a little guidance.



Janmashtami Celebrations: Children celebrated Janmashtami at Eklavya Early Years this month. They came dressed in beautiful Indian clothes. They sang 'Come here my dear Krishna Kanhaiya' as a group, saw the 'matki fod' and swung the cradle of baby Krishna. They also learnt about dairy products which were much loved by Lord Krishna.



15 August, Independence Day: Children celebrated Independence Day this month learning about our country. We hoisted the Indian flag in school, followed by the singing of the national anthem and a cultural performance.





Ganesh Chaturthi: Children celebrated Ganesh Chaturthi in school by learning more about Lord Ganesha. They saw the decorated eco-friendly clay Ganesha idol and learnt that it is to be immersed in water later. They chanted Ganpati Bappa Morya too.



Curriculum

PLS: Hand Washing - TG children practiced Hand Washing this month. They were keen to learn how to scrub each part of their hand, especially their nails. They also learnt how not to waste water and soap.



FMS: Arranging Beads in a given shape - Kg children practiced arranging beads in a given shape this month. Picking up these small beads using the pincer grip strengthened their fine motor muscles. This activity also required a lot of precision, patience and concentration from the children and we were so happy to see how beautifully and happily they did it without showing any impatience or frustration when the bead rolled away.





FMS: Transferring water from bowl to bowl using a sponge
TG children learnt how to transfer water from bowl to bowl using a sponge this month. The process of squeezing the sponge improved their hand strength. It also helped them become more patient and focus on accuracy and precision in their work.



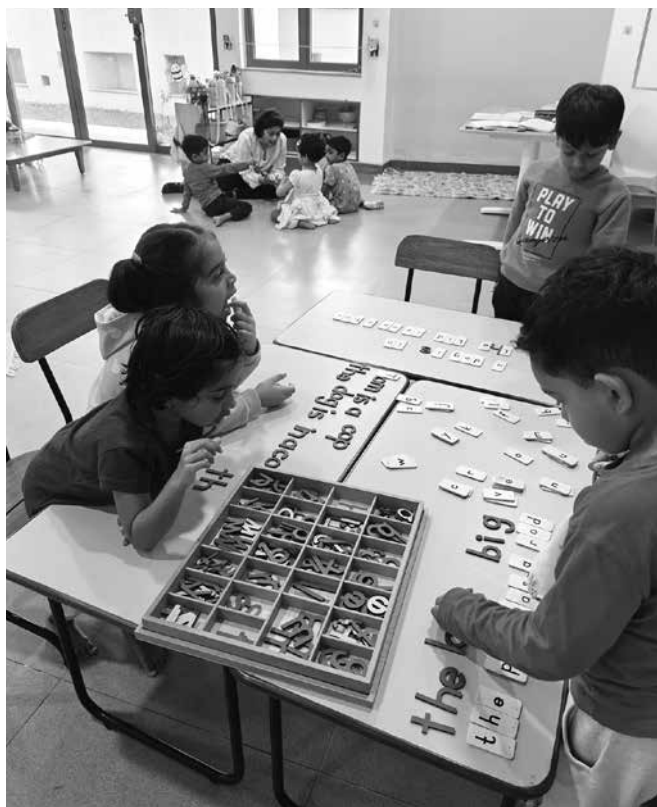
FMS: Transferring balls using a sieve - TG children enjoyed transferring balls using a sieve this month. This activity strengthened their grip and eye hand coordination. It also helped them improve their focus and attention span.



Library: We recently created a special space: a full-fledged library designed just for young children. It's a cozy, warm and inviting room filled with storybooks, encyclopaedias, picture books, mythological tales, and more. Our Kindergarten children have been coming to the library class by class to explore books, do some individual reading and then group storytelling with a teacher. The library is a beautiful and magical space, which nurtures deep concentration and a love for quiet exploration, teaches children to handle books with care and reverence, sparks joyful, book-centred social interactions, and cultivates a lifelong love for reading—essential for imagination, language, and creativity



English: Making sentences - Kg3 children have been busy making lots of sentences this month on their own using the Moveable Alphabet. Children are so excited to make a sentence and call the teacher to see their sentence with so much love and joy. It is wonderful to see how eager they are to learn and their joy in learning is what will sustain and nurture their curiosity throughout their life.



Outdoor Free Play: TG children practiced climbing this month during Outdoor Free Play. So far, they have been keen to mostly play in the sand, but with a little bit of encouragement, we saw children learning the climber, the bamboo slope and so on. The Gross Motor Skill of climbing has many benefits for the child - from strengthening their bodies to making them more confident and aware of their body limits.



Storytelling: Hare and the Tortoise - PG children enjoyed listening to the story Hare and the Tortoise this month. They also loved pretending to race the hare and tortoise using puppets. These kinds of enactments help the children absorb and remember the story better.



Storytelling: TG children enjoyed listening to a beautiful story called 'The Squirrel's Lesson'. Storytelling plays a very important role in the early years as it boosts language skills, strengthens attention and listening abilities, sparks imagination and creativity, and nurtures emotional and social growth.



Kar Seva: PG and TG did Kar Seva this month. They picked and collected dried leaves in the lawn. Kar Seva is a beautiful concept in Eklavya where children learn to do some service with their hands for others. It teaches them humility, dignity of labour and helps them become generous, thoughtful and community-oriented people.





Farming: Children observed many types of fruits, vegetables and herbs this month. When our jackfruits began to ripen, we showed them what it looked like inside. The children also smelled the sweet fragrance of the ripened jackfruit. They were also introduced to a very new vegetable called Hedgehog Cucumber growing in our garden this month. With its spiny outer texture and beautiful fresh cucumber fragrance, it was a very enjoyable sensorial experience for the children.



Art: Bubble Wrap Printing - PG children enjoyed doing bubble wrap printing this month. They marvelled at the imprints made by the bubble wrap and were happy to stamp the bubble wrap many times on the paper. Process art such as bubble wrap printing enables children to have a joyful experience of art, thus nurturing their creativity and imagination.



Montessori Parents' Workshop: On 23 Aug, a special Parents' Workshop in honour of Dr Maria Montessori was conducted. In this workshop we discussed the Absorbent Mind, a concept given by Montessori to help us understand the special powers of learning that are exclusive to early childhood. Parents learnt and discussed various ways by which they could support the absorbent mind and also understood how it moves from the unconscious to the conscious stage.



Professional Development

Waldorf Storytelling Workshop: Educators from Eklavya Early Years attended a workshop on Waldorf Storytelling this month at Aikya Waldorf School. They learnt about the structure of a good story and practiced creating and telling stories at the workshop. They also enjoyed learning about how Aikya School's learning methodologies and came back inspired and motivated to teach our children in more innovative ways.

Papagoya's Power of Play Workshop: Eklavya Early Years educators attended Papagoya's Power of Play workshop this month. They enjoyed learning about different kinds of play and were happy to see that innovative play could be constructed using simple and everyday material as well. They returned after this workshop feeling re-energized and excited to introduce different kinds of play in their curriculum.

EEY Outreach

Twenty-one founders and solvers from the Bored of Education Fellowship visited Eklavya Early Years this month to learn more about the school, its curriculum, philosophy and policies. They spent the whole day in school, observing

classes, learning more the design of the building, understanding the curriculum and teacher training policy. It was truly a proud moment for us to have been selected as a must-visit school in our third year of existence. We hope to continue hosting many more founders, practitioners, solvers, etc in the education space at our school so that we may share our knowledge and experience and learn from theirs as well.



Delayed Gratification vs Instant Gratification

Today's world is increasingly becoming about instant gratification. I want a bar of chocolate, I can have it delivered instantly. I want to speak to my friend living in another city, I can video call her instantly. I suddenly have a curiosity or a question, I can google it or ask Chat GPT for the answer.

Everything is instant, and more and more, we are all getting used to the addictive feeling of our needs being fulfilled in a moment.

In such a scenario, it is even more important to ask ourselves two questions:

1. What is delayed gratification?
2. Why is it one of the most crucially important skills that my child needs to build?

The Marshmallow Test: Delayed Gratification in Children

In the 1960s, a Stanford professor named Walter Mischel began conducting a series of important psychological studies.

During his experiments, Mischel and his team tested hundreds of children — most of them around the ages of 4 and 5 years old — and revealed what is now believed to be one of the most important characteristics for success in health, work, and life.

Let's talk about what happened.

The Marshmallow Experiment

The experiment began by bringing each child into a private room, sitting them down in a chair, and placing a marshmallow on the table in front of them.

At this point, the researcher offered a deal to the child.

The researcher told the child that he was going to leave the room and that if the child did not eat the marshmallow while he was away, then they would be rewarded with a second marshmallow. However, if the child decided to eat the first one before the researcher came back, then they would not get a second marshmallow.

So the choice was simple: one treat right now or two treats later.

The researcher left the room for 15 minutes.

As you can imagine, the footage of the children waiting alone in the room was rather entertaining. Some kids jumped up and ate the first marshmallow as soon as the researcher closed the door. Others wiggled and bounced and scooted in their chairs as they tried to restrain themselves, but eventually gave in to temptation a few minutes later. And finally, a few of the children did manage to wait the entire time.

Published in 1972, this popular study became known as The Marshmallow Experiment, but it wasn't the treat that made it famous. The interesting part came years later.

The Power of Delayed Gratification

As the years rolled on and the children grew up, the researchers conducted follow up studies and tracked each child's progress in a number of areas. What they found was surprising.

The children who were willing to delay gratification and waited to receive the second marshmallow ended up having higher SAT scores, lower levels of substance abuse, lower likelihood of obesity, better responses to stress, better social skills as reported by their parents, and generally better scores in a range of other life measures.

The researchers followed each child for more than 40 years and over and over again, the group who waited patiently for the second marshmallow succeed in whatever capacity they were measuring. In other words, this series of experiments proved that the ability to delay gratification was critical for success in life.

And if you look around, you'll see this playing out everywhere...

- If you delay the gratification of watching television and get your homework done now, then you'll learn more and get better grades.
- If you delay the gratification of buying desserts and chips at the store, then you'll eat healthier when you get home.
- If you delay the gratification of finishing your workout early and put in a few more reps, then you'll be stronger.

... and countless other examples.

Success usually comes down to choosing the pain of discipline over the ease of distraction. And that's exactly what delayed gratification is all about.