



EKLAVYA SAMACHARA

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Dec 2023

EKLAVYA EARLY YEARS

Vol. 1 / Sr. 4

Happy New Year

FORTHCOMING EVENTS

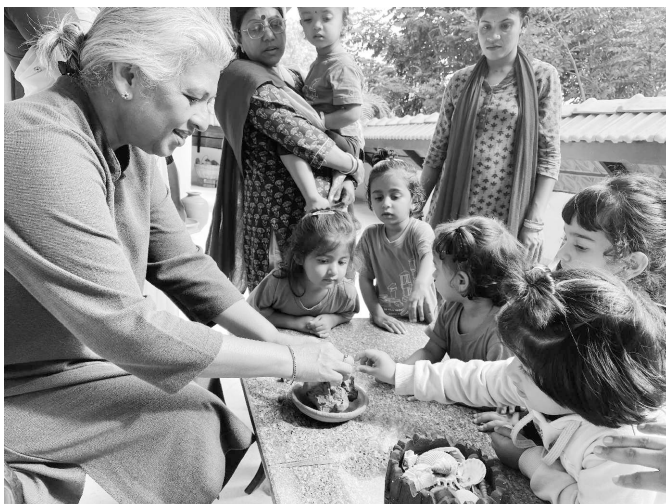
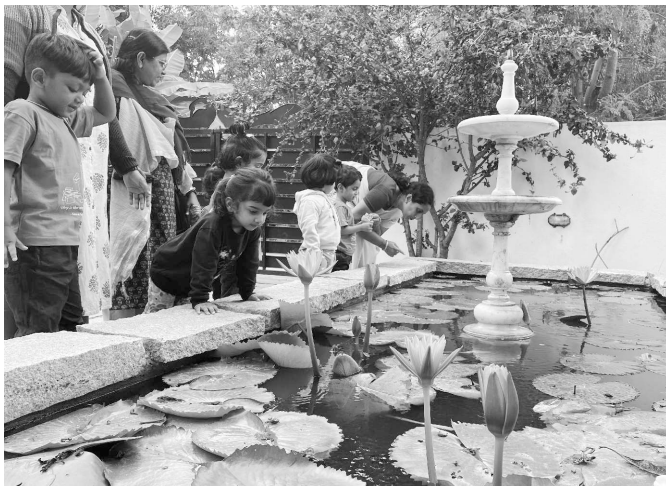
Louis Braille's Birthday	4 January
Swami Vivekananda Jayanti	12 January
Pongal/Makar Sankranti	15 January
Guru Gobind Singh's Birthday	17 January
Netaji Subhash Chandra Bose Jayanti	23 January
Republic Day	26 January

ANNOUNCEMENTS

Parents' Workshop Dates: 6 Jan, Sat 10am – 11am
20 Jan, Sat 10am – 11am

Field Visits

1 Dec Field Visit to Aakar Terracotta Studio - Children and educators visited a beautiful and serene place called Aakar Terracotta Studio this December. They learnt about professional clay work, felt terracotta clay in their hands and even learnt to work with it, making many objects such as a lollipop, a snake and so on. They also intently watched Ms Bindu Mathai, the clay artist, make small animals out of clay for them, and enjoyed observing the beautiful fish in the lily pond.



8 Dec Field Visit to Bangalore Nursery - Children and educators went for a field visit to Bangalore Nursery. They saw, touched and learnt about many different kinds of fruit trees. They also saw a few flowering plants and were excited to bring a few plants back with them to grow at Eklavya Early Years.



Events

Christmas Celebrations - Children celebrated Christmas in December by listening to stories of Jesus Christ, making Christmas ornaments, observing the Nativity Scene and singing different Christmas Carols.

On 23 December, Santa Claus visited Eklavya Early Years spreading good cheer and joy to all. The children were excited to meet Santa and receive their handmade gifts. It was wonderful to see our little ones beaming with joy.



Depiction of the birth of Jesus Christ



Finger painting Christmas ornaments



Proudly hanging their handmade ornaments



Ho! Ho! Ho! Santa's here!



Bubbling with excitement



Look what Santa has brought!



Presents from Santa!!!

Sports Day Events - 23 December 2023

Eklavya Early Years hosted its first annual Sports Day on 23 December 2023. It was a special and memorable morning filled with laughter, excitement and activity.

The preparations for Sports Day began on 11 December. Every day, children were introduced to new races and they practiced the ones they had already learnt how to run. Through this entire process, children learnt to be alert to their cues, to listen to and follow multiple instructions, to follow the rules of the Sports Day, and to enjoy the satisfaction of participating in different races.

The races were:

1. **Sprint:** It's a race where the children have to just run from the Starting Line to the Finish Line on a 20 metre track.
2. **Collecting Bowls:** The participants have to quickly collect one bowl, come back to starting line and then collect another one and return to stack it. Then they run to the Finish Line.
3. **Treasure Hunt:** Each participant has a sand tray in which are 5 hidden objects. They have to quickly rummage through it and find all of them. Once they are done, they have to run to the Finish Line.
4. **Collecting the Crayon Box:** Each participant has to pick up their own crayon box and run to the Finish Line.
5. **Getting Ready for EEY:** Here, the participants will take their PEC, put it in their bag, carry their bag and walk to the Finish Line.
6. **Hula Hoop Race:** The participants have to pass the hula hoop over their body from toe to head. They have to do this twice. Then they run to the Finish Line.
7. **Obstacle Race:** The participants have to jump over a flat object, crawl under the chair, and jump over a rope! Then they run to the finish line.
8. **Matching Pairs Race:** The participants have to quickly find matching pairs and then run to the Finish Line.
9. **Filling the Bowl race:** In this race participants have two bowls – one big and one small – as well as bucket of water. They have to fill the big bowl with water using the small bowl. Once they are done, they have to run the Finish Line.

Children completed all the races with great energy and enthusiasm. After the races, they were awarded a beautiful gold medal and certification for participation.



Ready to begin the Sports Day!



Run children run!



Hunting for treasure



Collect those bowls!



Time to put the PEC in our bags



Collecting the Crayon Box Race



Crawling in the Obstacle Race



Determination



Combining Practical Life Skills and Sports Day



Learning to match



Found it!



Hula Hoop Race!



Deep concentration



Unfiltered joy



Happy and proud



Satisfaction lies in the effort, not in the attainment



Proudly accepting the certificate and medal



Receiving the medal

Curriculum

Rhymes and Songs -

PG:

1. मछली चलती पानी में
2. Reveille Toi
3. I am a little penguin

KG:

1. पशु
2. Twinkle Twinkle Little Star

Songs learnt by both PG and KG

1. Jingle Bells
2. Santa Claus is coming to town
3. Christmas Tree, reindeer, bell

12 December Germs and Soap Experiment - Educators demonstrated the Germs and Soap experiment this month. The children were awestruck by the way the pepper moved away from their finger when they had applied a little bit of soap on it. The classroom was filled with excitement, wonder and curiosity and each child was eager to try it out.



Colour Tablets - Students of PG and KG worked with Colour Tablets Boxes 1 and 2 this month. The children refined their visual sense by learning to identify and match the colour tablets. They also reinforced their knowledge of colour names and learnt how to work gently and patiently with teaching-learning materials.



Block Room - Children continued their learning journey in the Block Room this month. The silence maintained during Block Room time enables the children to work in deep concentration. Children also enjoy the freedom to choose the blocks they wish to work with, which also encourages the development of agency in learning and the development of will. The satisfaction and joy of learning is clearly visible on their faces during this time.



Gross Motor Skills Crawling - Students practiced crawling through hula hoops this month. Crawling is a very important bilateral movement, which stimulates both hemispheres of the brain. It also improves muscle coordination, core strength and agility.



Farming - This month, children planted a hibiscus plant that they bought during their Field Visit to the Bangalore Nursery. They were thrilled to plant it in their beautiful campus and water it.

Children were also excited to see small green tomatoes appearing for the first time in their farm. They learnt that as the tomatoes ripen, they turn red, and they look forward to observing this transformation closely.



Minal Ma'am's class - During Minal Ma'am sessions with the children this month, they learnt about two different biomes – the forest and the tundra. The children were quick to identify the kinds of animals that live in the forest and in the snow. In the session on the tundra, the children sang a rhyme called "I am a little penguin". They also learnt that although penguins have wings, they use them for swimming rather than flying. Then they did a cotton pasting activity to make a snowscape followed by the sticking of fish and penguins in the snow and water. In the session on the forest, the children discussed what a jungle landscape looks like, which animals live there and then made a model of a jungle landscape using grass. The children enjoyed these sessions a lot.



Eklavya Early Years' Outreach

23 Dec Christmas Event - Eklavya Early Years hosted a special Christmas Event for children aged 2-6. From Magic Christmas themed painting to red and green Magic Milk Science Experiment, singing Christmas Carols, listening to the story of Jesus and observing the beautiful nativity scene, there were many interesting and exciting activities planned for children.





15 Dec Sobha Ultima - Eklavya Early Years organized a workshop for children aged 2-6 of Sobha Ultima. It was a wonderful, fun filled and exciting experience where children did everything from balloon painting, magic painting to singing songs, playing games and conducting Science Experiments.



P A R E N T C O R N E R

Babies need humans, not screens

Did you know that the negative effects of too much screen time for babies and toddlers range from shorter attention span to lower empathy?

Babies, toddlers and screen time

In today's tech and media-driven world, many parents use screens to keep young children entertained or distracted while they juggle other needs. It works. Screens captivate children's attention in a way almost nothing else does, allowing parents a bit of a breather. But what is the impact of screens on young brains and how much screen time should they be exposed to?

Brain scientists who study the impact of screens on baby brains don't have all the answers yet, but what they do know will help parents understand how critical it is to provide off-screen experiences. Only then will children learn, improve their social

and cognitive skills and be healthier and happier in the future.

Babies learn the most from human interaction

Patricia Kuhl is one of the world's leading brain scientists and runs experiments with more than 4,000 babies each year. "What we've discovered is that little babies, under a year old, do not learn from a machine," she says, pointing to several brain scans on a computer. "Even if you show them captivating videos, the difference in learning is extraordinary. You get genius learning from a live human being, and you get zero learning from a machine."

Perhaps that is why the World Health Organization recommends no screen time for babies under 2 and no more than one hour of screen time a day for those aged 2 to 4.

Screens hijack attention spans

For children to be successful, they need to learn how to concentrate and focus. That ability starts to develop during their earliest years when their brains are more sensitive to the environments around them. For a brain to develop and grow, it needs essential stimuli from the outside world. More importantly, they need time to process those stimuli. While reading storybooks out loud gives children time to process words, images and voices, the constant absorption of on-screen images and messages affects their attention span and focus.

Screens curtail ability to control impulses

Young children need their dose of boredom. It teaches them how to cope with frustration and control their impulses. If young children are constantly being stimulated by screens, they forget how to rely on themselves or others for entertainment. This leads to frustration and hinders imagination and motivation.

Screens reduce empathy

Research has shown that screen time inhibits young children's ability to read faces and learn social skills, two key factors needed to develop empathy. Face-to-face interactions are the only way young children learn to understand non-verbal cues and interpret them.

"Until babies develop language," says Charles Nelson, a Harvard neuroscientist who studies the impact of neglect on children's brains, "all communication is non-verbal, so they depend heavily on looking at a face and deriving meaning from that face. Is this person happy with me, or are they upset at me?" That two-way interaction between children and adult caregivers is critically important for brain development.

Exposure to screens reduces babies' ability to read human emotion and control their frustration. It also detracts from activities that help boost their brain power, like play and interacting with other children. But if you have to rely on screens at certain moments, just make sure to control the quality of what they see and engage with them while they're watching. The benefits of limiting and even eliminating screen time in these early moments will last a lifetime.

<https://www.unicef.org/parenting/child-development/babies-screen-time>

Errata

Eklavya Early Years regrets the error in mentioning the date for Karnataka Rajyotsava in the November 2023 issue of Eklavya Samachara. The correct date is 1 November.