

The Early Years

Magazine by Superbuddy Education



The Early Years

May Edition Year 2023

**Make fruit
lollies**

Do it yourself

**Beautiful
Summers!**

Story

**Special
Summer Break
Supplement**

**Interesting
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New explorations

**Summer Eye Care
for Young
Children**

Effective Parenting

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Quote of the month

Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.

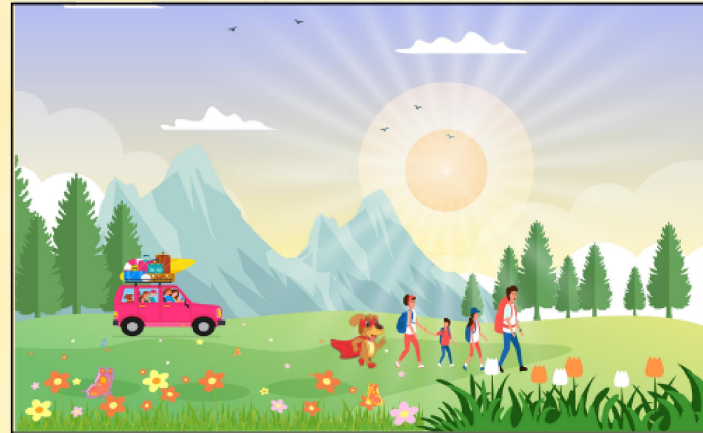
— Henry James

May, the month of Sun

The season of summer comes after the spring and before autumn. What is interesting about summers is that summer comes at different times in northern and southern hemispheres. In the northern hemisphere, summer is from June to September. In the south, summer is from December to March.

Summer is the season of vacation. Families flock to hills, beaches, resorts and exotic locations to beat the heat.

Water parks and amusement parks are thronged by children and grown ups alike. Another marvellous place that attracts visitors in large numbers are bird and animal sanctuaries where birds and animals from colder regions migrate to warmer regions.



The foods and flavours of summers also make this a favourite season of many people. From fruits like watermelons to ice creams the diverse variety of foods enchants children. The increase in daylight makes people active and uplifts their physical and emotional spirit.



How can one forget and miss the most remarkable event of summer break, visiting the grandparents! The long walks, night star gazing, climbing the trees, rolling on grass, late night story sessions, mango feasts are some of the most precious memories one creates with their grandparents during the wonderful summer season break.





Beautiful Summers!



The much awaited part of the year for Superbuddy is the summer season. There is so much that this season offers; bright and sunny days for nature walks and sightseeing, reading books and lazing under the cool shadow of trees, sweet and juicy fruits offering respite from the heat like watermelon and mangoes, ice drinks and lollies, the list just goes on!

However what tops the list for Superbuddy is the visit to meet its grandparents, far from the noise and bustle of the city.

This year is no different and Superbuddy lands with its family in the town to have a nice time with them. The thrill is increased by the presence of other members like its uncles, aunts, cousins from different parts of the world.



Superbuddy especially looks forward to listening to their experiences of school life and sharing the collection of books with them. The stories these books offer, topped with the anecdotes narrated by its grandparents, are the most precious memories Superbuddy creates every summer.

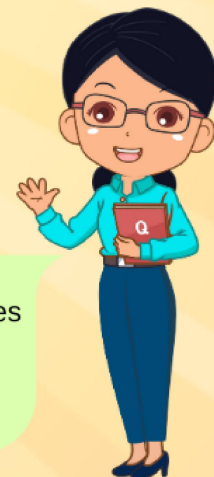
However this year Superbuddy also has a special agenda planned for this trip! Together they are going to create a summer vacation album.

They are capturing special moments with their camera. Some of them are drawing special illustrations of events such as the mango feast party, making fruits ice-creams, stargazing at night, making a bug hotel, bird watching; oh the list is never ending.



They plan to create one such album every year and keep it at their grandparents house. What else can capture the sweet memories of summers!

Do you too treasure the summer memories? What activities have you planned for the upcoming summer break. Share with us your ways of creating a memorabilia at team@superbuddy.in



Ice cream



The word ice-cream brings the visuals of sunny, bright yet hot days of summers. There are many popular myths about the origin of ice-cream which are ancient and the current day ice-creams do not look or taste like what they used to be centuries ago.

In fact before the dairy milk version of ice creams became popular the cool iced drinks and lollies were hot favourites of King Solomon and Alexander the great!

The Arabs drank an icy drink they call, sharbat which is mostly fruit flavoured like pomegranate and cherry. The Italians came up with frozen desserts with added sugar, that is sorbet.

It is said that the recipe of ice-cream travelled from the far east to European countries by the explorer Marco Polo. We don't know how much truth this holds, but for sure it sounds thrilling.



Fun facts about ice creams

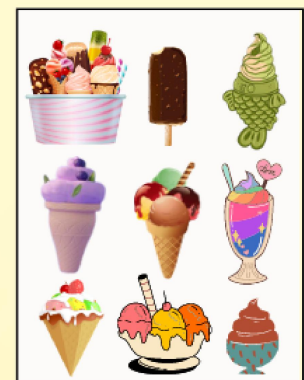
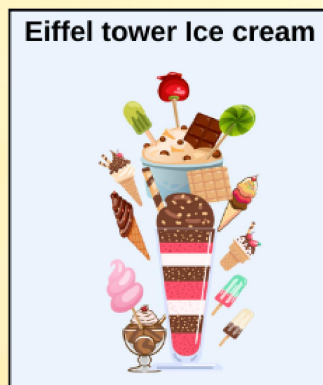
- Approximately 45 litres of milk is required to make 1 litre ice cream
- Americans' love for ice cream is such that the month of July is called Ice-cream month.
- The most favourite ice cream flavour is Vanilla and most favourite topping is chocolate.
- Japanese experiment the most with ice creams and have come up with some strange flavours such as coal, eel, eggplant and basil flavours.
- One ice cream cone can be finished in 50 licks!

Craft: Make an ice cream collage

Construct an ice cream collage consisting of this frozen dessert like cone, waffle, lick lolly, sorbet, cup and any other that you are aware of.

Look for related illustrations in old newspapers, magazines and other print media.

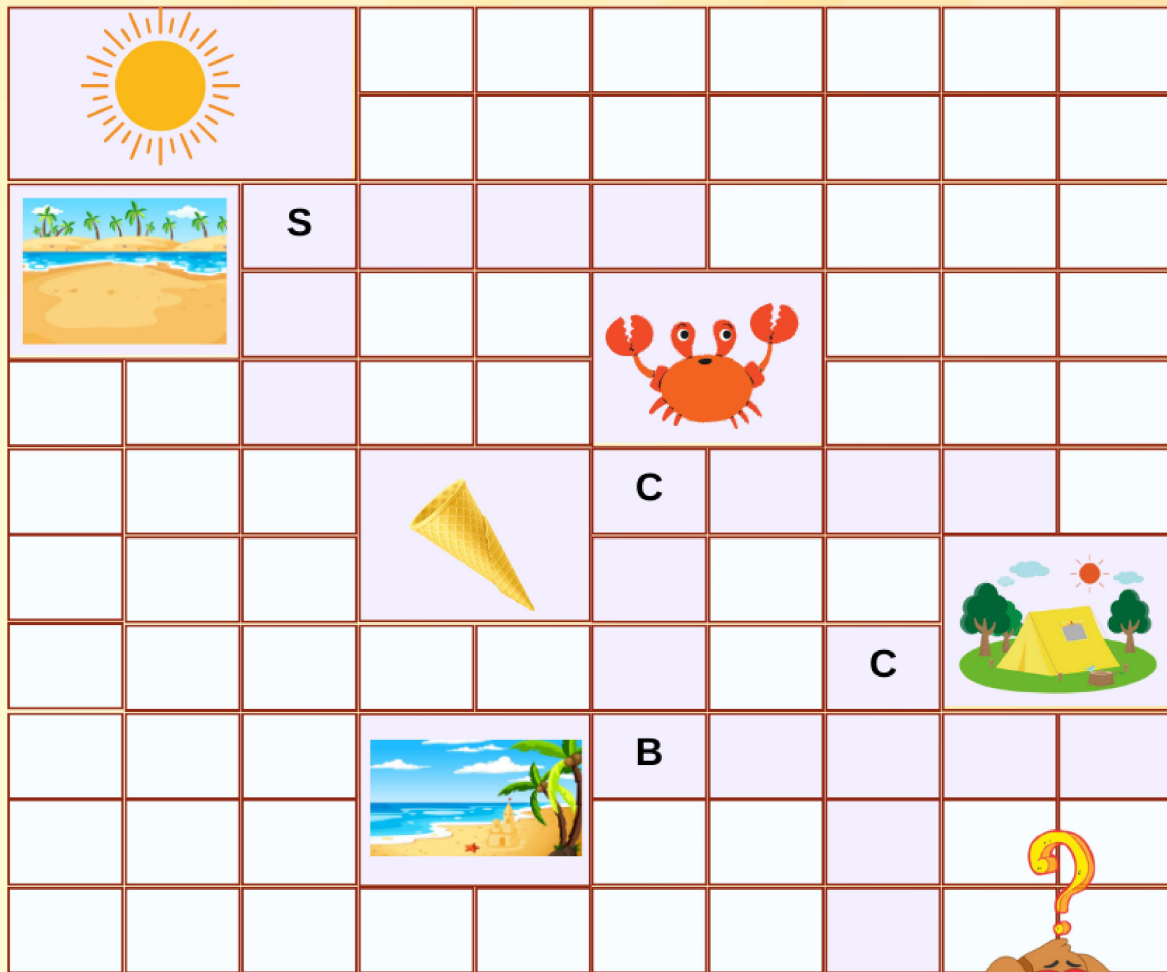
Cut the images and paste them on a big sheet of paper. Give it a name and theme!



Find out more:

1. Which country is the biggest consumer of ice cream in the world?
2. How long does it take to make an ice cream?
3. Which is the most strange ice cream flavour you have tasted?
4. Which country is the biggest producer of ice cream?
5. Which country makes the noodle ice cream?





Musical Melody

गर्मी ऋतु का आनंद

तीखी धूप, उजला सूरज, रोशनी से मुंदती आंख
 गर्मी लाए छुट्टियों की सौगत
 आम पन्ना, ठंडी कुल्फी, तरबूज की फांक
 ननिहाल जाने के जोतुं बाट
 बस, रेलगाड़ी, जहाज या हो गाड़ी कुछ भी
 चलेगा,
 जब तक ले जाए वो नानी के द्वार!

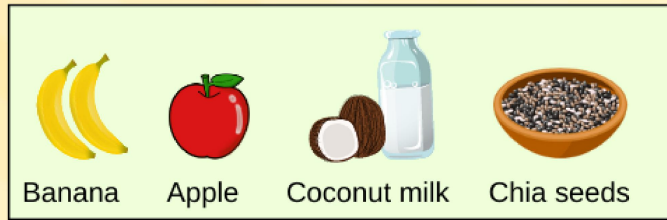


Do it yourself

Make fruit lollies at home

Ingredients:

- Two bananas
- One apple
- Half cup coconut milk
- One spoon soaked chia seeds



Process:

1. Dice bananas and apples in small pieces after peeling.
2. Add these, coconut milk and chia seeds in a mixing jar and bring it to a blend.
3. Once done, pour the mixture into lick lollies moulds and leave these in the freezer overnight.
4. Enjoy these with your loved ones and you know these can be shared with your pets too!



Mindful Practises



Use electrical appliances judiciously. Switch off fans and air conditioners when not in use.



Drink more water.



Spend time in outdoor spaces and stop to smell the flowers.



Plant more trees, the shade of these will be enjoyed by generations to come.



Happy Parenting

Summer Eye Care for Young Children

Even though the temperatures are soaring, and the heatwave has begun it is not possible to keep young children restricted indoors. There is some amount of outdoor experience that is inevitable such as going to school and sports activities which are an important part of growing years.

With proper precautions and care a lot of health concerns can be avoided, such as heat stroke, dehydration, prickly heat, and other concerns. However, what most of the parents don't realise is that the heat of summers can affect the eye health of young children and cause a great amount of distress and make them uncomfortable.

Let me help you know about how summers impact our eye health and what best can be done to take care of this.



1. **Protection from UV radiation:** Encourage your child to wear a hat or sunglasses to protect their eyes from the harmful UV radiation especially between 12 p.m. to 4 p.m. as UV rays are strongest during this time.



2. **Hand hygiene:** Remind your child to wash hands frequently and especially to not touch their eyes to avoid exposing germs in this most sensitive organ of the human body.



3. **Cool compression:** Clean your child's face with a cool washcloth and keep it on his eyes for a cooling and hydrating effect once a day.



4. **Swimming goggles:** An absolute must if your child is swimming this summer are good swimming goggles especially since the pandemic is not fully over.



5. **Sunscreen:** Applying a good sunscreen to protect the skin around the eyes is advisable to guard this sensitive area whenever your child spends time outside.



6. **Seasonal allergic conjunctivitis:** Exposure to sunlight combined with irritants such as dust, pollen, pet dander along with a higher predisposition to allergies leads to itchy, red and watery eyes in summer and spring season. This condition is bilateral and often accompanied by other symptoms of allergy like sneezing or a stuffy nose. Cool compression provides some relief. But one must see a doctor if symptoms persist.



7. **Refractive error:** A similar picture of redness in the eyes due to constant rubbing is seen in children who have a glass power which is uncorrected. When the child's vision is not clear, rubbing eyes is what the child does intuitively and may not necessarily complain that he/she is not seeing clearly. Regular eye check-ups to make sure vision is normal every year or once every 2 years is important.




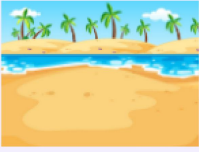




8. **Stay hydrated:** Exposure to sunlight causes dry eyes during the summer and one must drink 2.5-3.5 litres of water in a day. Offer your child summer coolers like sharbat, jaljeera, coconut water etc. if the child shows less interest in drinking plain water.

In case the redness in the eyes is associated with any discharge it is more likely to be an eye infection (**infectious conjunctivitis**) than an eye allergy (**allergic conjunctivitis**). Please see a doctor to prevent it from spreading to other members in the family

Author: Dr. Mansi Mehrotra
Ophthalmologist
M.S. DNB



★ Here's the answer to this edition's Words Play :

								
		S	A	N	D			
		U						
		N						
					C	O	N	E
					R			
					A		C	
					B	E	A	C
							M	
							P	



**Send your Summer
memories to us at:
*team@superbuddy.in***

**Also share pictures of
activities with your children.**





Special Summer Break Supplement

- Summer Engagements
- Science mobile
- Books Corner
- A self compiled Dictionary
- Sensory Provocations
- Loose Parts Play
- Pretend/Imaginary Play
- Clay modelling
- Activities calendar

by Superbuddy Education

Summer Engagements



The basic principle is to acknowledge and respect the knowledge the young learner comes with and the objective is to construct new information and knowledge using the tools of observation, research, analysis and deduction.

The materials used are natural and easily available in our surroundings. The key to having a mutually good time is to have natural and free conversations around the activities.

Summer break is a much awaited and longed for period of the year for children. This is the part of the calendar that offers them time and freedom to exercise their creativity and imagination in the best possible way.

The engagements are a compilation of provocations and enquiries taken from our day to day life and routine. The objective is to create opportunities for parents and children to come together and create lifelong memories

However for the parents the summer break brings an interesting task of managing the unlimited energy of children. Thus here we present an amalgamation of engagements for children and parents to construct unparalleled experiences of fun and frolic.



So here we begin sharing with you recipes of spending time with your young children.

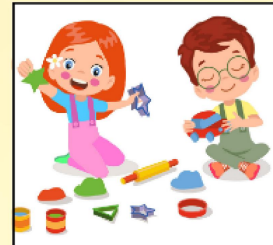
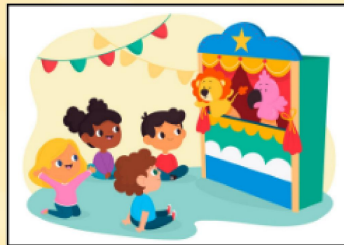
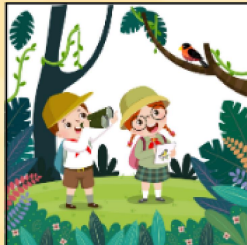
Start with building a daily routine for young learners as this helps in steering the day well and managing their emotions. Create a set of daily tasks and entrust your young learner to complete it. Show the urgency to have their support in completing these assignments, appreciate and value their help. Some examples are; watering the plants, setting the breakfast table, getting ingredients from the pantry or refrigerator, offering grandparents their help in their morning routine and more.



Some engagement proposals that are easy to set up, open ended, develop life skills while supporting emotional needs of a child.



Science mobile:



Looking around, observing and constructing new information is something nature has bestowed upon all living beings. A child is born with these skills and exercises them without any inhibition.

To accentuate this a simple mobile laboratory with tools can be used effectively.

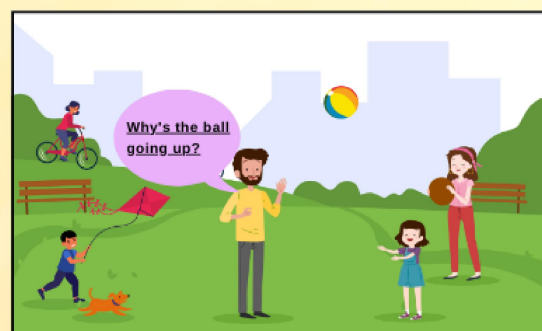
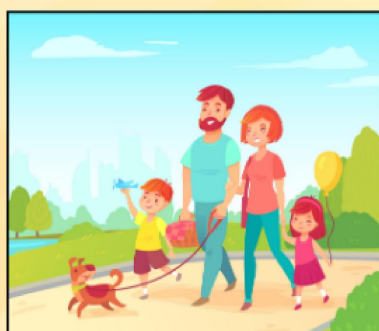
Engage the child in choosing the materials he/she would like to add to the science mobile.

You can use a child's mobike, a baby stroller or a shopping cart with wheels to set this up.

Some suggestions are: a set of binoculars, nets, rope, containers, lenses, tongs, magnifying glasses, paper and pencil to record observations.



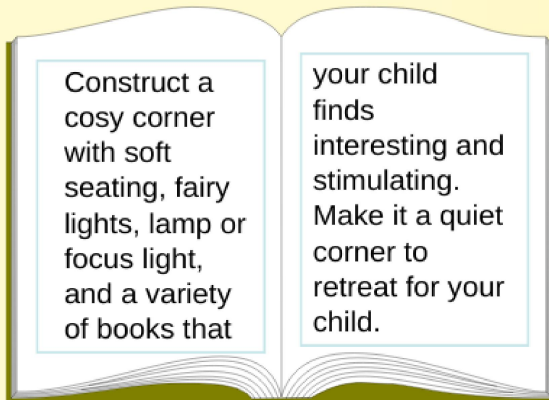
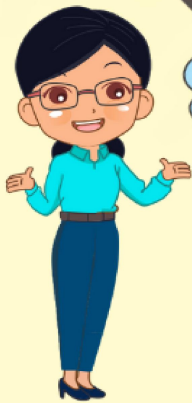
Organise a walk to explore and discover with your child or a small group of his/her friends. Throw some open leads to inquire and research, guide and facilitate as and when required without being intrusive.





Books Corner:

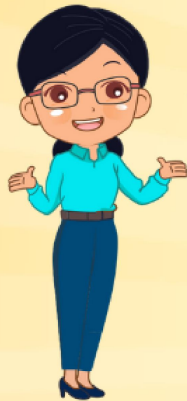
If you can give the gift of reading to your child, nothing can substitute the wide and diverse range of benefits from vivid imagination, creativity, expanded vocabulary, rich expression and empathy.





A self compiled Dictionary:

This one goes connected with the books reading, a part of language development. While you read books with your child, mark the new words, look for their meaning and encourage them to record the word and its meaning in a journal/diary.

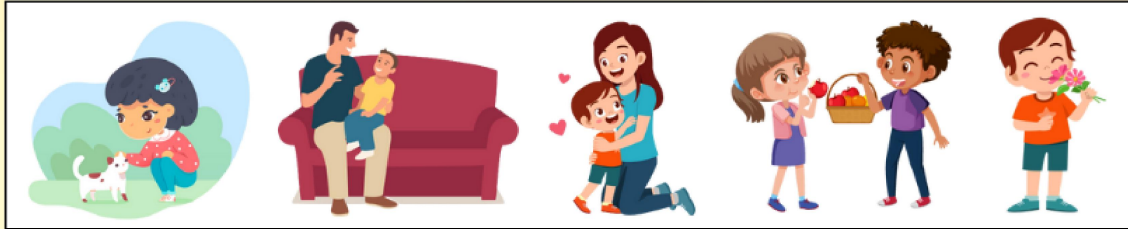


Do not worry about the spellings, the more a child expresses him/herself in writing the faster the literacy skills improve.



Sensory Provocations:

Young learners absorb new and interesting information through their all senses. Help the learner create sensory provocations using their choice of materials.

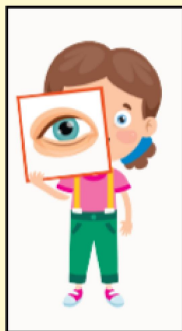


Offer them a variety of materials such as dry leaves, grass, pebbles, water, sand, grains, legumes, cotton fabric, wool, sweet and sour and more. One aspect to keep in mind is that the materials shall correspond to all five senses.



Spread these on trays or floor and let the learner exercise all five senses to experience these.

Help the learner develop relevant vocabulary related to the attributes of materials such as;



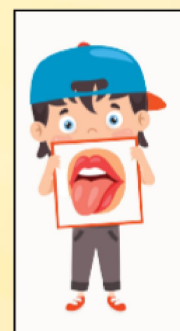
- **Sight:** bleary, colourfull, blurred, glossy, faded, dazzling, dim



- **Sound:** melodious, blare, buzz, murmur, roar, rustle



- **Touch:** balmy, biting, bristly, fluffy, greasy, velvety, slippery, bumpy, coarse, cold



- **Taste:** appetising, bitter, salty, ripe, tangy, bland, creamy, delicious, flavorful

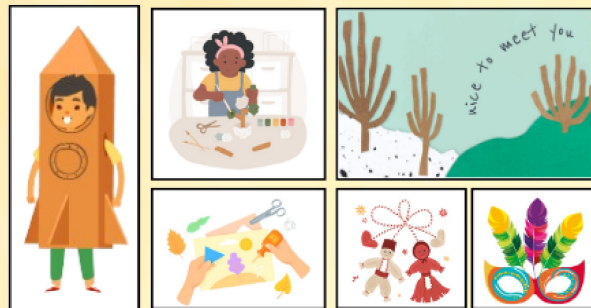


- **Smell:** aroma, foul-smelling, fragrant, scent, odour, odourless

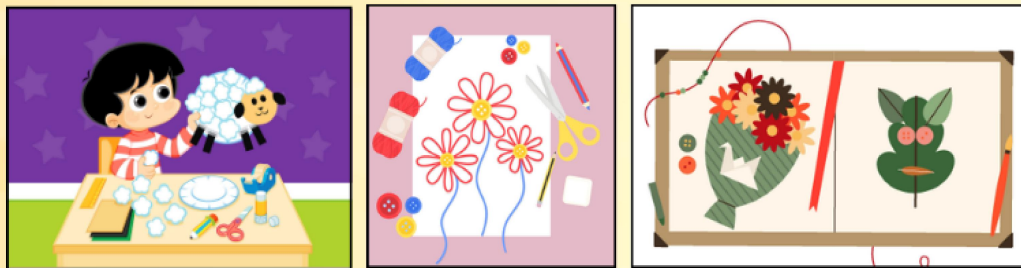


Loose Parts Play:

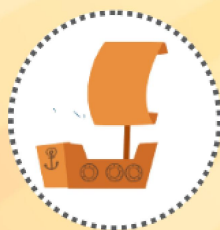
No other play material can offer the richness of opportunities and experiences as loose parts can! Set a loose parts play area for your child and let the magic begin!



The unique aspect of the loose parts is that these can be assembled, moved, carried, combined, lined, brought together and apart in multiple ways. These offer learners the freedom to develop the skills of organising, problem solving and critical thinking naturally.



Collect a bunch of cartons, bottles, stones, tiles, clothespins, leaves, flowers, twigs, pine cones, beads, pieces of yarn and thread, fabrics, shells, legumes, pipe cleaners, pieces of wood, spoons, cups, containers and the list goes on!





Pretend/Imaginary Play:

Some of the conflicts and emotion management can be sorted out brilliantly with the help of imaginary play.

The independent self-expression offers young children the chance to resolve the complexities of a conflict without going through the fear of being judged. It is their safe space that helps in self-regulation and emotional management.



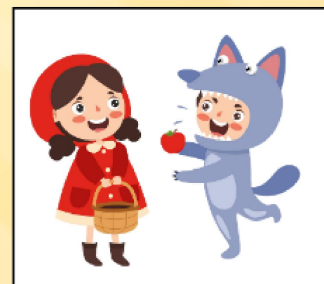
It is relatively simple to set up a pretend play area for young children.

Have a conversation with your child about what materials they prefer to dramatise and organise it.

Some props that can be included are; scarves, costumes, boots, hats, bags, neck ties, imitation jewellery, play money, soft toys, dolls, dinky cars, old books, and most of the loose parts we have mentioned above in the Loose Parts Play option.



You can begin with a tea party for your child's friends, and move on to encourage them to enact their favourite story.

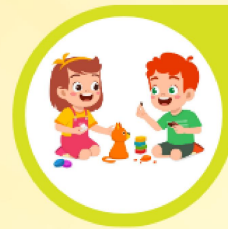




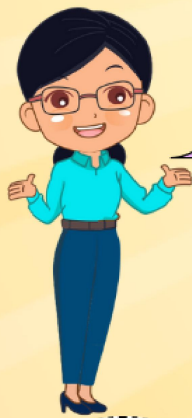
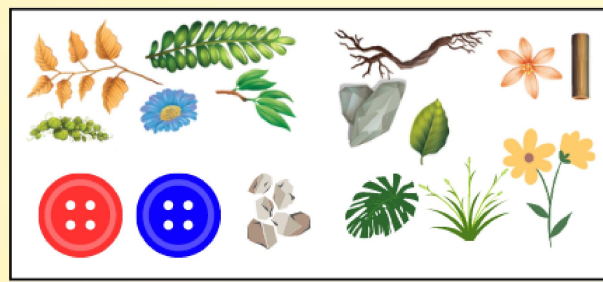
Clay modelling:

This option is also much loved by young learners because of the liberty of choice offered through this activity.

Besides multiple developmental benefits, clay modelling offers free and creative expression of ideas and thoughts especially of children who are not very verbally expressive.



Set up this area with homemade dough or clay, cookie cutters, rolling pin, board, marking materials like fork and pencil, natural loose parts to decorate.



These models once ready can also become a part of the pretend play area.

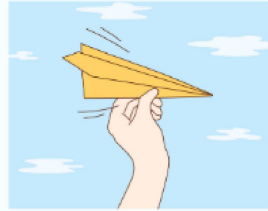


Here is a calendar of activities that parents and children can do together:

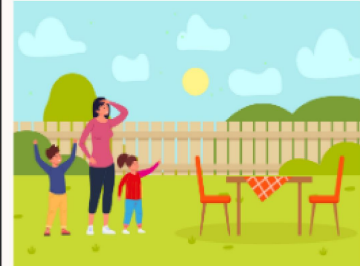
1
 Make bubble shooter



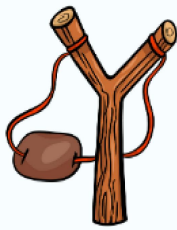
2
 Make paper aeroplanes



3
 Observe Clouds



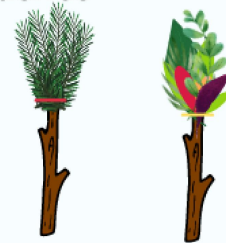
4
 Build a catapult



5
 Make mud pie faces



6
 Make natural brushes



7
 Design a truck using old cartons



8
 Make a flower necklace



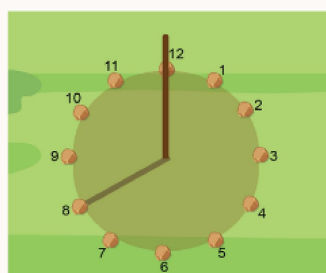
9
 Extract natural paints



10
 Make bird feeders



11
 Make a sundial



12
 Draw shadows



13
Make a string
telephone



14
Do star gazing



15
Experiment-sink and
float



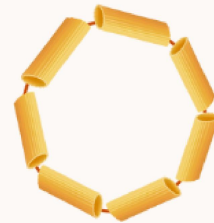
16
Make and float
paper boats



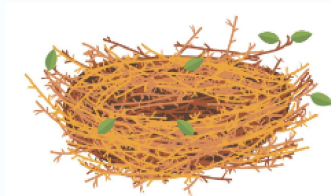
17
Go for a nature walk
and hug trees



18
Make friendship bands
with pasta



19
Make a nest



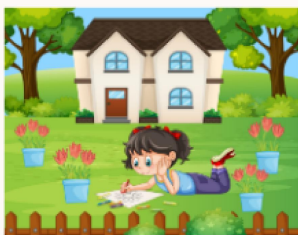
20
Have a mango feast
party with friends



21
Make lemonade



22
Draw flowers from
your garden



23
Collect wild seeds



24
Make a rainbow using
kitchen ingredients



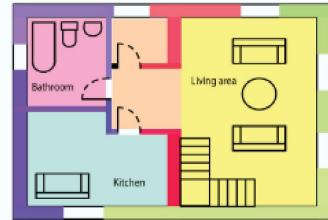
25
Make rain drums and
create some music



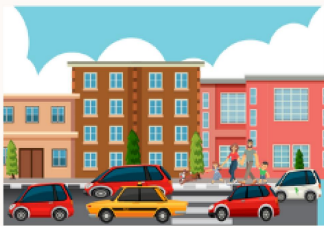
26
Make stick puppets



27
Draw map of your
house



28
Count only red colour
cars you cross



29
Draw your family
portrait



30
Make a frame using
natural loose parts
for the portrait



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