

The Early Years

March Edition Year 2024

Creating safe spaces for children

Current Events

Make Coco-Chia Pudding

Do it yourself

Emotional safety of Preschoolers

Happy Parenting/Teaching

Superbuddy's outdoor scavenger hunt

Story

Interesting facts about Venus flytrap

New explorations



The Early Years Magazine
is one year old



Quote of the month

Teaching kids to count is fine, but teaching them what counts is best.
– Bob Talbert

March, the month of Safety

Creating Safe Spaces for Children



Creating safe spaces for children is an important responsibility for **parents, teachers and society**. It is also an ongoing process. Nurturing those environments promotes their physical and emotional well-being and ensures that their needs are met.




How do we define a safe space

A safe space for children is one where any potential risks to them are minimised and it is important because it gives the child the freedom and the opportunity to explore without much fear along with cultivating the ability to take risks.

To create such safe spaces in places like **home, school, public places, community places or surrounding environment** one must focus on the areas like visibility, access, supervision and communication, transportation, and safe technology use.



 Some of the key points to include while creating safe spaces for children in different environments.

1 Make sure physical safety is number one priority

Adapting the physical space to create **clear sightlines**, where all areas are observable, unused areas are secured, and safety rules are posted publicly. This includes poisonous or toxic substances or sharp appliances.

Install cameras and mirrors to adequately monitor the physical space or designate a single-entry point to minimise unauthorised entry or exit.



Installing sign boards in outer places



Installing cameras in play areas

Safe and stable spaces require constant monitoring and adaptation to their changing needs and abilities as they progress and develop. It involves setting clear expectations, creating consistent routines, providing a warm and nurturing environment, and encouraging open communication.

2 Ensuring a clean environment

Regularly clean and disinfect the environment to prevent the spread of germs and reduce the risk of illness using non-toxic chemicals. This is particularly important in areas where children play, eat and sleep.



Maintaining sanitation and hygiene

3 Being prepared for accidents and emergencies

This includes having a first aid kit with all of the necessary medicine and other equipment to hand, including taking these with you on holidays and day trips. It also involves knowing where the nearest hospital or medical centre is.



4 Transporting children safely

This includes using age-appropriate bus seats and safety belts and following all other transport safety advice.



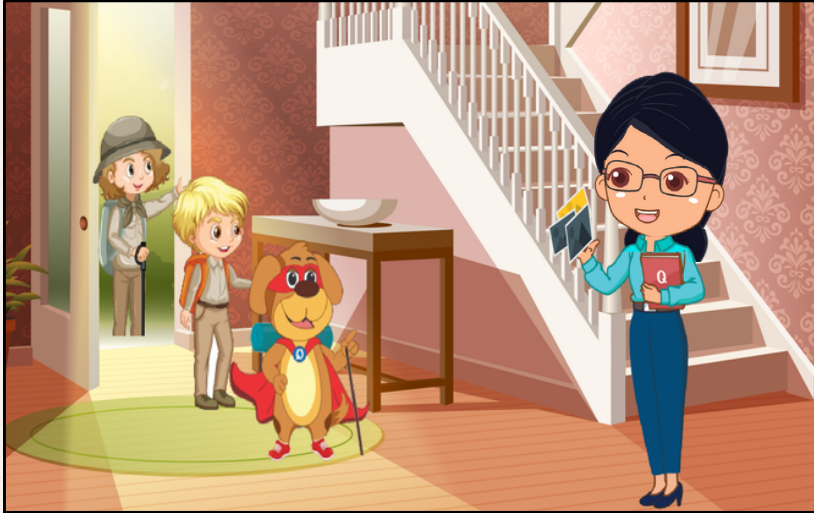
Use appropriate safety measures

Safety spaces impact equally on the emotional wellbeing of a child as it does on the physical and social development.





Superbuddy's outdoor scavenger hunt



Superbuddy and friends are all set to go for a hike with Ms. Emm.

They reached her house early in the morning and knocked at her door. Ms. Emm comes out rushedly and requests children to wait for another five minutes as there is some last minute preparation she is finishing for the hike.

Superbuddy is unable to wait, so it goes to Ms. Emm and inquires about what is the cause of the delay. "Ms. Emm, can I help you with something? This will help us start for the day's event faster." said Superbuddy.

"That's sweet of you Superbuddy. We are almost done. I am taking a print of the outdoor scavenger hunt document, planned for you all." replied Ms. Emm while placing the document in the folder.

"Wow! This is a wonderful surprise Ms. Emm. We were not aware of this bonus activity. I am now even more excited for the outdoor fun today." squeaked Superbuddy with excitement.

"How could we miss this opportunity of being outdoors and not have a hunt." added Ms. Emm.

"Can I have a copy of this Ms. Emm? I would love to share this with my other friends with whom I share my quests." requested Superbuddy.



Ms. Emm quickly gives the document to Superbuddy, which is shown below.

Material required:

A bag to collect objects/items from the hike
Camera to take pictures



A bag to collect objects/items from the hike
Camera to take pictures

Strategy:

- Start the walk/hike with participants, ask the hunt question.
- Wait for the participants to look for and come up with the hunted item.
- Take a picture of the item and participant.
- Move on to the next question/item.
- Collect the items in a paper bag.
- Come back with a treasure!



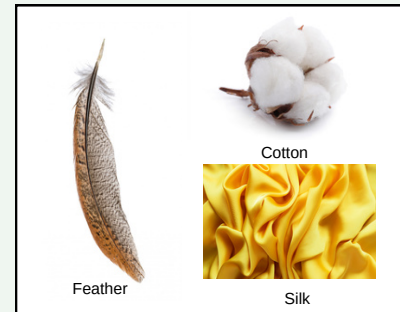
Some ideas for the hunt:



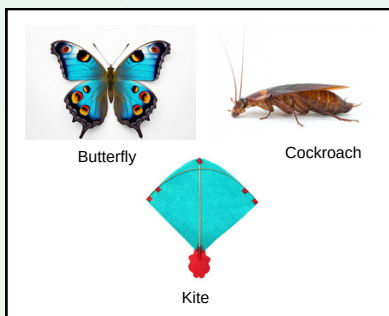
Find something that feels rough.



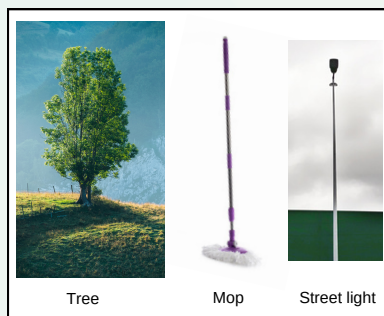
Find something you can climb on.



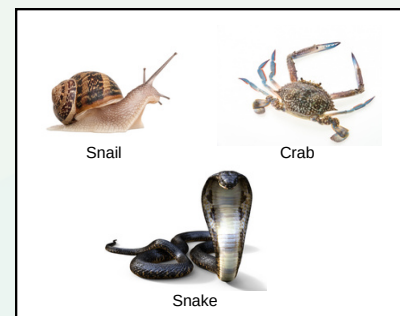
Find something that's smooth.



Find something that flies.



Find something that's taller than you.



Find something that crawls.



Find something that makes noise.



Find something that protects you from rain.



Find something that is as bright as sunlight.



Superbuddy is ready with a bag full of items from the outdoor scavenger hunt and is showing it off to everyone at home, how about you?



Venus flytrap

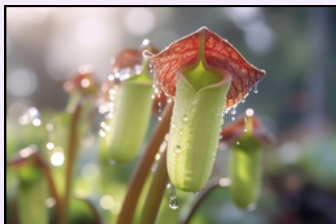


Venus flytrap

The Venus flytrap is a flowering plant best known as a meat eating plant. It is a plant that traps and eats insects. It belongs to a group of carnivorous, or meat-eating, plants. This group also includes sundews and pitcher plants.



Sundews



Pitcher plant

Like all plants, the Venus flytrap gets its energy from the sun in a process called photosynthesis. It digests insects and arachnids to get nutrients that are not available in the surrounding environment.

The interesting thing about these plants is that they look like the open mouth of a living being with sharp teeth.



Venus flytrap catching insect

The leaves of the plant grow in rounded halves. The halves are hinged together on one side like jaws. Each half has long spikes along its edge and three hairs on top that are sensitive to touch. The leaf oozes a sticky substance that attracts flies and other insects.



Leaves grow in rounded halves

Each trap on the plant can only open and close several times before it dies and falls off. Then the plant produces a new trap from its underground stems. The lifespan of the Venus flytrap isn't known for certain, but it's been estimated to live up to 20 years and possibly longer.



Plant opens & closes its leaves several time on each trap

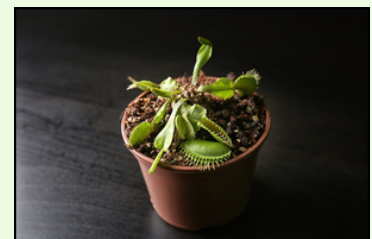


Fun facts about Venus flytrap

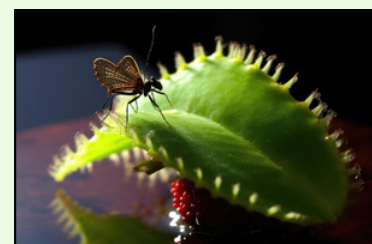
1. Each trap of a Venus's-flytrap only captures three or four insects before it dies.
2. The Venus flytrap is native only to North and South Carolina.
3. When the flytrap's "mouth" is closed, it is sealed air tight. That helps keep out bacteria.
4. It is estimated that Venus flytraps can live up to 20 years or longer.
5. Venus flytraps primarily eat flies and bugs.



Captures three or four insects before it dies



It is sealed air tight when its mouth closed



Primarily eat flies and bugs



Find out more:

1. What do Venus flytraps eat other than flies and bugs?
2. How does the flytrap attract bugs?
3. What colours do Venus flytrap grow in?
4. How long does it take a plant to digest an insect?
5. Can a Venus Flytrap hurt a human body?



Mindful Practises



Seek permission before you enter someone else's space, be it physical or emotional.



Use public properties with care.



Look after the natural environment around you such as trees and animals.

Music and Movement

Mirror

**Mirror mirror on the wall,
Tell me who's kindest of all?
The grown ups who pollute and growl
Or the air that helps breathe all!**



**Mirror mirror on the wall,
Tell me who's nicest of all?
The river, pond, sea and waterfall
Or the people who dirtied it all!**



**Mirror mirror on the wall,
Tell me who's bravest of all?
The humans who fear, cry and call
Or the nature that nurtures all!**

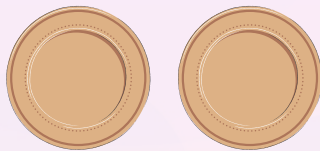


**I want to be kind, I want to be nice
I want to be brave, I want to love all
Mirror mirror on the wall
Help me become all this, so that I don't fall!**



Making a Venus flytrap puppet

Materials required:



Two Regular-sized disposable paper plates



Green and red acrylic paint and brush



White triangle papers



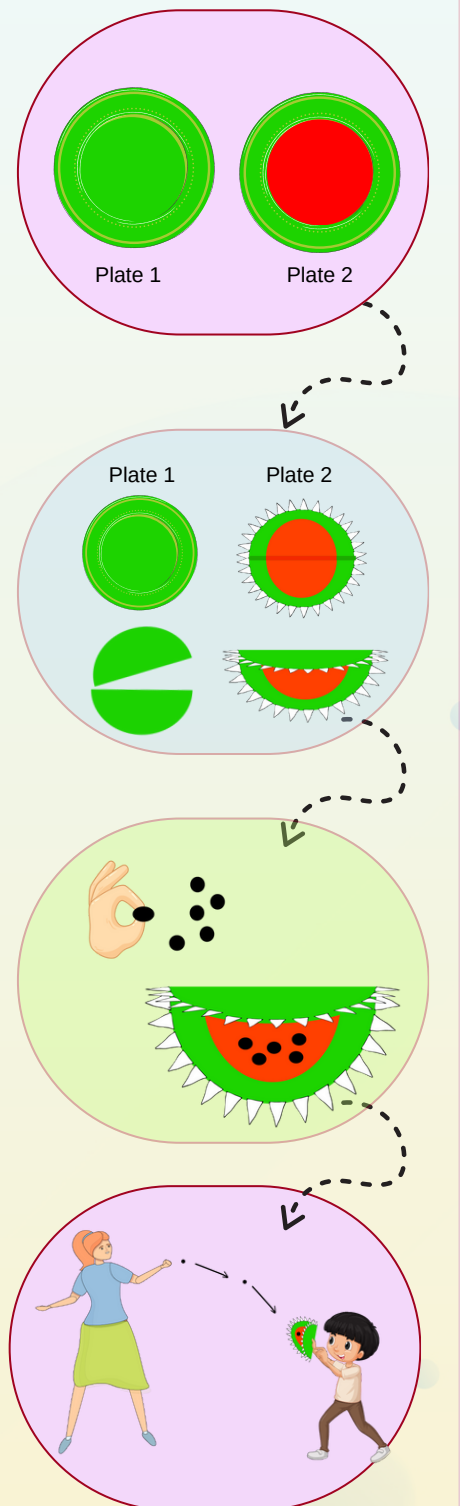
Glue



Black paper

Procedure:

- ▶ Take 2 regular size disposable plates. Keep it on a flat surface and press to make it flat.
- ▶ For plate 1, paint one side with only green paint, this will be the outer side of the venus puppet. For plate 2, paint the outer circle green and the inside circle red, this will be the inside of the mouth of venus flytrap puppet and keep it for drying.
- ▶ Once dried, cut plate 1 into two equal halves and keep it aside.
- ▶ On plate 2- paste a bead of glue around the edge of the unpainted side of the plate and place the white coloured triangle pieces, the pointed sides facing outward and fold into half.
- ▶ Fold and apply glue on the unpainted side of both the plates and paste them together as shown in the illustration.
- ▶ Make small paper balls using black paper or newspaper. These are the insects that are trapped inside the venus flytrap.
- ▶ Show the child how to play with the puppet, insert his/her hand into the puppet and open and close your palm to operate like the flytrap and attract insects.
- ▶ Toss black paper balls towards the puppet plant, the balls caught by the puppet are the insects becoming the prey of the plant!





Numbers and Letters Game

- Sit on the floor with a large plate in front of you. Place as many shallots on the plate.
- Throw the balloon into the air before catching it, grab as many shallots and put these in a smaller plate. Make sure the balloon is tossed back before it touches the floor.
- The parent helps the child in recording the number of shallots gathered each time.
- After around ten chances, move to the next segment of the game and write the number names recorded in the given table.
- Once done go through the number names and in which one letter comes more than once and colour that number name in red.
- For example the letter 'e' is repeated twice in the number name Seven as shown in the example.



S	e	v	e	n			





This month The Early Years magazine turns one, and here we bring to you a delicious pudding recipe in the 'Do it Yourself' segment and celebrate this joyous occasion with us!

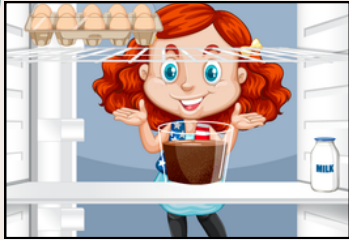
Making a cocoa chia pudding for The Early Year magazine's 1st year anniversary


Process:


Ingredients & materials:

- 


1 Add coconut milk, chia seeds, maple syrup, cocoa powder, and vanilla extract to a medium size bowl.
- 

2 Whisk vigorously to mix well, making sure to add cocoa powder sticking to the sides and bottom of the bowl.
- 

3 Cover the chia pudding and refrigerate until thick and creamy.
- 

4 Now cut the 'The Early Years' magazine logo design and make a stick puppet.
- 

5 After a few hours transfer the refrigerated pudding into a serving dish, stick the logo design and Number 1 candle.

 The cool summer chocolate pudding is ready for the celebration!
Enjoy with your family and friends.

-  Chia seeds
-  Milk
-  Maple syrup
-  Cocoa powder
-  Vanilla extract
-  Stick puppet
-  1 Number candle



Emotional safety of Preschoolers

Creating an emotionally safe environment for young children is crucial for several reasons. The top on the list is the holistic development of young children, primarily **healthy emotional development**, allowing children to explore their feelings, build self-awareness, and develop resilience.



When children feel emotionally secure, they are **better able to focus** on learning and cognitive development, leading to **improved academic outcomes**.



An emotionally safe environment promotes positive social interactions, helping children develop empathy, communication skills, and the ability to form healthy relationships with peers and adults.



Feeling safe emotionally **reduces stress and anxiety**, which in turn supports children in managing their emotions and behaviour effectively.



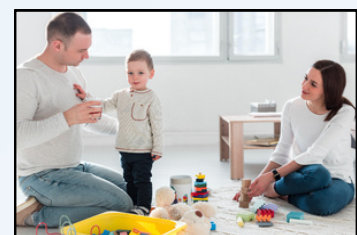
Emotional safety contributes to a positive sense of self-worth and confidence, **empowering children** to explore their interests and pursue their goals.



By experiencing a nurturing and supportive environment, children learn **copng strategies and resilience skills** that prepare them to face challenges and setbacks later in life.



Overall, creating an emotionally safe environment lays the foundation for children to thrive emotionally, socially, and academically, setting them up for **success in all aspects** of their lives.



Creating an emotionally safe environment for preschoolers involves several key elements:

1. Establish Trust:

Build trusting relationships with each child through consistent, caring interactions.



2. Encourage Expression:

Foster an environment where children feel comfortable expressing their feelings and emotions without fear of judgement.



3. Set Clear Boundaries:

Establish clear and consistent boundaries to provide structure and security.



4. Model Positive Behavior:

Model empathy, kindness and respect in your interactions with both children and adults.



5. Provide Reassurance:

Offer reassurance and support to children when they are upset or anxious, helping them navigate their emotions.



6. Acknowledge Feelings:

Validate children's feelings and emotions, letting them know that it's okay to feel sad, angry, or scared.



7. Create a Safe Physical Environment:

Ensure the physical environment is safe and free from hazards, allowing children to explore and play without worry.




8. Encourage Social Skills:

Promote social skills such as sharing, cooperation, and conflict resolution to help children build positive relationships with their peers.



By incorporating these strategies, you can create an emotionally safe and nurturing environment where preschoolers can thrive.

Here's the logo to cut and use for 



Share your feedback and
experience with us at:
team@superbuddy.in

Also share pictures of
activities with your children.



Contact us for our other products

Homeschooling through Comic Series
Adventures of Superbuddy and Ms. Emm

Special one week exploratory modules
Learning Weeks

Independent STEAM based explorations
Superbuddy's Quest of the Day

Pre-Primary Content for Classroom Teaching & Learning
**Learning plans and task sheets for
Pre-nursery, Nursery and Kindergarten learners**



www.superbuddy.in

©2021 Superbuddy Education LLP. All rights reserved including copyrights and rights to translation, publications etc are reserved and vested exclusively with Superbuddy Education LLP. No part of this publication may be reproduced or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, or stored in any retrieval system of any nature without the written permission of Superbuddy Education LLP.