

The Early Years

June Edition Year 2023

Make Mango Yoghurt

Do it yourself

**Superbuddy's Innovative
Floor Game**

Story

Interesting facts about Bicycles

New explorations

Helicopter Parenting

Effective Parenting

**JUNE,
THE MONTH OF
OUTDOOR PLAY**

Quote of the month
Children still need a childhood with dirt, mud, puddles, trees, sticks and tadpoles.
-Brook Hampton.

June, Outdoor Play Month

Let's go out to play; say these words and instantly you have the attention of a child.

Many of us practitioners believe and use outdoor play to score a plethora of developmental milestones for young children in long term social, emotional and mental well being.

The outdoor play is the catalyst for achieving a couple of complex life skills in early years such as critical thinking, problem solving, decision making, forming hypothesis, research, exploration, deductive reasoning, collecting evidence, all these are required for achieving a scientific temperament.

Why is that a child is so eager to play outdoors, it is the urge to create and innovate their personal experiences through movement! Just like play, talk and sensory experiences-movement also mobilises learning during early childhood.



The child has the freedom to calculate risk and take chances, imagine and improvise, learn and unlearn, initiate and socialise through high quality play and movement in the outdoors.



Technically the experiences of this nature supports all domains of development:

Physical development



Language development



Along with these children show a remarkable development in the area of art and design, music and movement, imaginative and pretend play, with a heightened sense of emotional experiences such as wonder, joy and excitement.

Cognitive development



Socio-emotional development





Superbuddy's innovative floor game

Superbuddy enjoyed the time spent at its grandparents' tremendously with the children of the neighbourhood and the big bunch of all the cousins who visited from different parts of the world.

However, now Superbuddy is back and the summer break is not over yet. The variety of the board games and books do not seem to offer enough thrill and excitement. Superbuddy is looking for new and innovative ways to kill boredom.

During one such summer afternoon Superbuddy makes a telephone call to Ms. Emm and shares its predicament of lack of fun ideas of spending time. Ms. Emm proposes that Superbuddy should call its friends home and they should collaborate in solving this problem.



Soon Superbuddy and team are brainstorming about designing new and fun games for themselves. Suddenly Superbuddy looks at the big pile of board games and says, why can't we design a game like these board games and play on a large surface and not on a board such as on the floor or a wall. Everyone else agreed to this idea and they set upon designing a new game.



Soon the team is seen collecting materials and supplies to give their idea a concrete dimension. The children decide to work on improvising the letters board game idea they had used in the past (<https://www.superbuddy.in/daily-quest-board-game>) and construct it on the floor.

Design of the game:

- A big outdoor space
- Chalk to make a grid and a wet cloth to make corrections if required
- Dice to play the game.
- Four conical caps of different colours (to be used as tokens)








Design:

- Make a grid of English letters on the floor.
- Write all the letters from A to Z on the grid, one letter in one box.


Strategy:

- Two to four participants can play this game. Each participant chooses one colour conical cap as identity token
- Each participant maintains his/her scorecard and words formed on a piece of paper.
- Start the game by rolling the dice, the participants unlock the entry when they get a six on the dice.
- Once in, roll the dice and move yourself in place of the token wearing the conical cap, and place the cap on the box, as the number you get.
- Note down the letter you are at. After one full round, when your turn again comes, move your token to the next letter.
- After three rounds check if the letters together make a meaningful word, if yes you get three points, if not wait till five chances. If the five letters form a word, you get five points if not then the letters stand cancelled.
- With your next chance you start a new word formation.
- The participant who makes the maximum number of meaningful words wins.
- A successful word formation gets you an additional chance to roll the dice.

START		Aa	Bb 	Cc	
Dd	Ee	Ff 	Gg	Hh	Ii 
Jj	Kk 	Ll	Mm	Nn	Oo
Pp	Qq	Rr	Ss	Tt	Uu
Vv	Ww	Xx	Yy	Zz	



2- B
3- C
1- A

Anshu : Score card
CAB 
FIG KITES
MOP


Superbuddy and team are having a great time exploring this new floor board game. How about you also give it a try and share pictures of this entertaining experience with us at team@superbuddy.in



Bicycles

Besides an array of outdoor activities, cycling is one that still manages to enchant people from all age groups and walks of life.

Two wheels, with a handle and stand constructed together makes the most eco-friendly and affordable means of transportation even in the age of rockets landing at the planet Mars.

So, what makes a bicycle so unique and thrilling! It revolutionised the world of commuting and travel. It was and is the most sustainable way of transportation, no carbon emissions, no fossil fuels pollution, and is the safest vehicle for the rider and the passersby.



From a simple tri-cycle for a toddler to a mountain bike for an adventure enthusiast, the humble bicycle meets everyone's needs and budgets.

To commemorate the simple, affordable, and pollution free means of transportation, World Bicycle Day is celebrated on 3rd June, every year.



The Wooden Bicycle



World Bicycle Day



Fun facts about Bicycles

1. The bicycles have been in use for around two centuries.
2. A German baron in 1817, designed a horseless carriage with wheels to travel faster, this was the inspiration for the creation of the modern day bicycle.
3. Surprisingly the first bicycles were made of wood, which was later prohibited due to safety concerns.
4. Cycling is three times faster than walking, and consumes the same amount of energy.
5. The world's most expensive bike was auctioned for \$500,000.



Penny Farthing (bicycle Bicycle designed in 1870).



Rudge Wedge (bicycle Bicycle designed in 1895).



Horseless Carriage



Find out more:

1. Which is the most famous bicycle race in the world?
2. How many types of bicycles are used today by children and adults?
3. Who was the first cyclist to drive around the world?
4. Which country uses the maximum number of bicycles?
5. Do you ride a bicycle? What is the name of your bike?

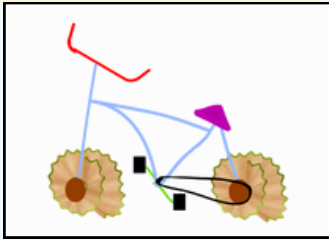


Mountain Bike

Draw and colour or construct your bicycle

Help your child to construct a bicycle using materials such as paper cut outs, pipe cleaners, pencil shavings, yarn or rope pieces with cardboard as its base.

Or
Assist your child to draw and colour a scene of riding a bicycle in your favourite surroundings.



Do share the pictures of your creations with us at
team@superbuddy.in



Music and Movement

Out in the Garden



**Out in the garden I play, I play
Just my way, hurray, hurray**

**I jump on the dry leaves
Crunch, crunch, crunch, crunch**



**I splash in the water puddle,
Splash, splash, splash, splash**

**I run after butterflies,
Chase, chase, chase, chase**



**I put on my wings
And pretend to fly, far far away**

**Out in the garden I play, I play
Just my way, hurray, hurray**





Words Play



The outdoor scene given below has a couple of english words hidden in plain sight. Help the learner spot, say and circle these.



Mango Yoghurt

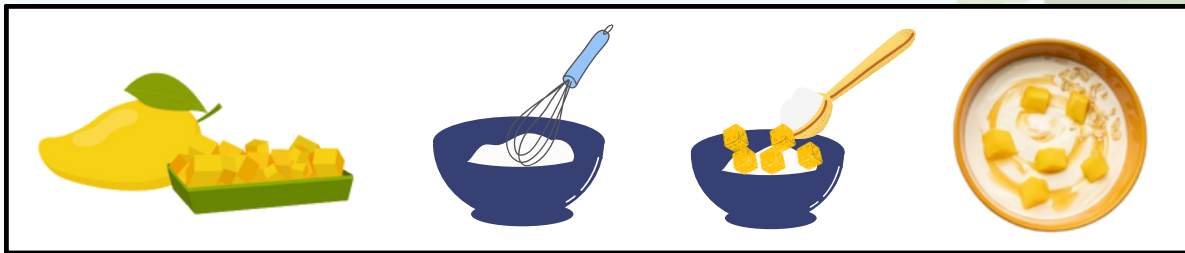
Ingredients:

- One Mango
- One cup thick yoghurt or hung curd
- One tablespoon of chopped nuts (optional)
- Powdered sugar (to taste and optional)



Process:

- Peel and dice the mango into small pieces.
- Whisk yoghurt to a smooth consistency.
- Add powdered sugar, if you wish to.
- Mix all the ingredients and garnish with the chopped nuts.
- Have it cool.



Mindful Practises



Observe how outdoors change with period of time, the flora and fauna, the birds and insects, animals and humans.



Use all five senses for these exploratory activities.



Make friends with trees and species. Do not hurt or damage them.

Helicopter Parenting



The dictionary states the meaning of the word helicopter as a machine /aircraft without wings that has one or two large sets of blades that go round very fast on top.

And if you add the word parenting to the word helicopter, it means “as a parent, constantly hovering over your child and taking decisions for them at a very rapid rate!”

In simple words, helicopter parents are parents who constantly hover over their children’s play, routine, activities, school affairs, sports, hobbies etc, making sure that:



- They don't take an occasional tumble



- They don't rip their clothes



- They don't get their clothes dirty



- They don't climb the solitary guava tree in the neighbourhood without a harness



- They don't eat the occasional chocolate that fell on the floor



- They don't colour outside the lines



- They don't rebel boundaries



- And always use a sanitizer before eating a snack!

Many would argue and say that this is exactly what an ideal parent should be.

Absolutely agree with that and let me clarify the difference between helicopter parenting and good/ alert/responsible parenting.

Let's just say that no matter how much attention you pay to your child's hygiene, your child is likely to catch an occasional cold, cough or flu. They will experience a sibling tiff or a power struggle with friends at school.

And that is absolutely fine. That is what makes them children. Your child needs to experiment, make mistakes, get messy and take chances. That does not make you a lesser parent. The lessons that your child will learn by falling off a bicycle or rolling in mud to fetch a ball that went over the boundary during a match, are real lessons.

By rushing in each time your child stumbles, complains or falters, by not allowing them to mess around a bit, by not facilitating them to take their own decisions and accept responsibility for their actions, you are actually robbing them of the opportunity of learning essential life skills.



No matter how careful you are, your child will trip and graze his /her knees one day and no matter how particular you are, your child will gobble a chocolate with muddy hands and wipe his/her wet hands on his/her shirt sleeve one day!



There is a thin line between getting involved as a parent and being able to draw a line. It's wonderful to be involved in your child's life but it is equally important to let them take the occasional tumble and make their own decisions. As a parent what we need to do is, help them make informed decisions.



It is often out of concern or maybe fear for the child's safety that we, as parents, tend to "hover" around our children. No parent can be blamed for that as every parent has a dominant innate protective instinct towards their child. However, here are some questions that each parent could ask himself/herself before getting into the 'helicopter mode and swinging into action'.



1. Is my child in physical danger?

No parent wants to see their child run into danger. And by danger I mean crossing the road unaccompanied or walking unchaperoned on a busy street. Falling down is not dangerous. If your child is facing an imminent physical threat, do get into action and after pulling them into the safety zone, counsel them of the imminent physical harm they could have got into. At the same time, if your child falls off a tricycle, do not lock the tricycle away in the garage. Children need to scrape a few knees and get a few bruises to learn how to steer clear of such trouble. They need to learn to draw their own safety lines.



2. Is your child posing a physical threat to others around?

If it is a normal scuffle between friends in the course of play, do not rush in to settle matters. Rather, pause and observe. Most such battles are borne away within seconds. But if you see the battle taking an ugly shape in the manner of fisticuffs or hitting, do step in and instead of taking sides, encourage them to settle disputes by themselves.



3. If the play turns messy, if the paint splashes on clothes and mud splatters on shoes and socks and there is water spilt around – ask yourself, 'Is it causing any harm?'. If it is only leading to fun and camaraderie, giggles and happy laughter, join in the gang and be a kid all over again. Rein in the chopper pilot within you. Believe me, the only thing it can lead to is some extra cleaning and laundry around the house. But the feeling of happiness and joy will linger much after your laundry is done!



4. If your child skips a routine, colours outside the lines and wears shorts to bed instead of pyjamas – ask yourself, 'Let me ask my child why he/she doing so? Is the child testing boundaries or is the child showing rebellion'. If the child is able to talk about why they are doing what they are doing, it's okay to relax and let the child colour the apple back and the sky green. That does not mean that you do not teach them that the apple is generally red and the sky is generally blue. It means that you allow room for creativity and reasoning. Let your child explain to you why they coloured the sky green. Allow room for their opinion instead of thrusting yours each time.

Life is all about falling and learning.

Be a responsible parent at all times but hovering around only leads to building stress. Your child will tend to lean back on you for decisions all the time. Each time they get into trouble, they will wait for you to bail them out.

Instead, teach them to reason out, make their own decisions and accept responsibility for the same.

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

Tree House	Hopscotch	Balloons
Ladder	Slide	Scooter
Stones	Butterfly	Balls
Sandpit	Monkey Bar	Hose
Water	Clouds	Vegetable Stall

Send your outdoor play memories to us at:
team@superbuddy.in

Also share pictures of activities with your children.



Contact us for our other Products

Homeschooling through Comic Series
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Independent STEAM based explorations
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