



The Early Years

Magazine by Superbuddy Education



The Early Years

April Edition Year 2023

**Climate change
control kit**

Do it yourself

**Superbuddy's
seed jars for
everyone!**

Story

**Interesting
facts about
Penguins**

New explorations

**Cleanliness
Literacy**

Effective Parenting

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Current Events

Quote of the month

He that plants trees loves others besides himself.
-Thomas Fuller



April, the month of Earth

**HAPPY
EARTH DAY**
22nd OF APRIL



The month of April is very special as we celebrate **Earth Day**.

An occasion to show our gratitude towards the bounty of life we receive from the generous and kind planet.

However our responsibility goes beyond this.

The need is to make practices that save and nurture the planet a way of our life, and if this is not already a part of our daily lives then we are too late.

Climate literacy shall be a part of civic education right from the early years, even before the child starts school.

The time to advocate for a happy and safe environment has passed, now is the time to defend the planet with strong tool kits.



The teach-ins at multiple levels- schools, universities, community centres, retirement homes, book clubs, cafes, living rooms are still as important as they were in 1970, when the first Earth Day was celebrated.

Hence this edition is dedicated towards helping our young citizens to think like native climate warriors and live a balanced, environment friendly life.



Superbuddy's seed jars for everyone!

Superbuddy's excitement seems no bounds, Earth Day is right around the corner and the preparations to celebrate it in its community are going on in full swing.

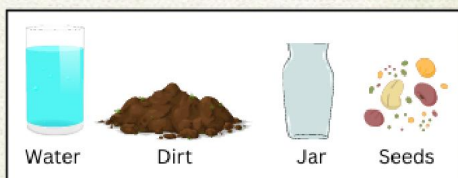
Superbuddy is out in the market with Ms. Emm to get materials to prepare seed jars for everyone. This is a part of the special event their team is organising in their colony, each child will be gifted with a seed jar with their name tag. The children will plant it and pledge to take care of nurturing the plant.

While driving Superbuddy and Ms. Emm are energetically discussing the need of defending the planet Earth from practices that lead to climate change.

Ms. Emm congratulates Superbuddy for being so proactive in making others aware of the dire need of urgent actions regarding climate change by being a role model.

Materials required

- Water
- Dirt
- A few clear small jars
- Seeds (nasturtium, sunflowers, peas, and beans germinate quickly)



Ms. Emm encourages Superbuddy to make a short video on all that it does in a day's routine to care for our planet. Superbuddy agrees to this instantly and quickly lists the practises it follows:



Mindfully switching off all electric appliances when not in use.



Reusing and upcycling all possible materials.



Feeding birds and animals around.



Helping its mother in composting the plant's waste to make their kitchen garden healthy.



Avoiding using paper as much as possible, twice in a day their family goes paperless.

Ms. Emm is very impressed with the details, she asks Superbuddy to share the video of all these once ready with her. She would like to show it in her community of friends and family.

Superbuddy goes back home with all the materials required for the seed jars as there are only three weeks for the event and he wants to make sure that all the jars start showing the plant shoots.

Do you also want to prepare the seed jars, here's a step by step guide to do it!

Also how about shooting a short video of the practices you follow to care for the planet Earth and share it with your friends and team Superbuddy!

We would love to broadcast it on our social media platforms and official website!

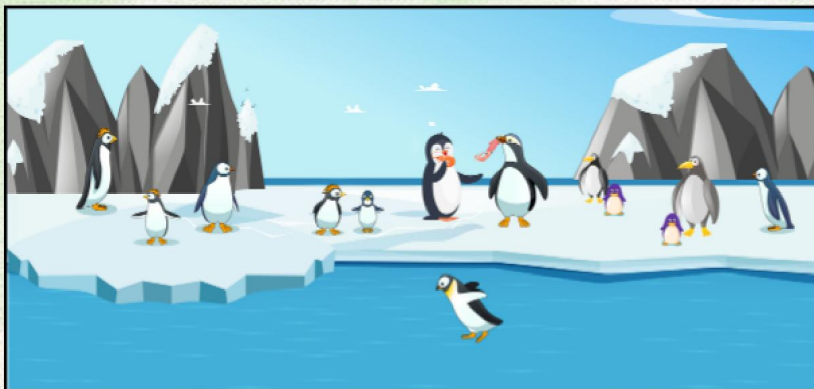


Process

1. Take some dirt and push it in the jar. push it down.
2. Add water slowly into the jar but do not overfill it.
3. Put seeds on the dirt bed near the edges of the glass so that the process of germination is visible.



Penguins



Penguins are one of the most liked animals amongst children. From their walk to their flippers and the patterns on their body makes them quite interesting.

The penguins live in the freezing conditions of Antarctica also in warmer areas, primarily near oceans as they spend most of their time in water.

Penguins live on the diet of krill and squid, and the average lifespan of a penguin is 15-20 years.

The largest penguins are called the Emperor penguins and the smallest ones are called the Fairy or Little Blue penguins.

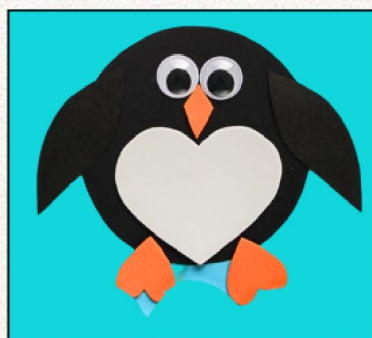
The penguins are an endangered species, largely because of the ill effects of climate change.

Fun facts about Penguins

- Penguins are birds that can't fly but are excellent swimmers.
- They safeguard themselves from the predators by living in large groups.
- Penguins have their unique voice.
- Penguins don't have teeth.
- Penguins waddle with their feet while they walk and also slide on their bellies in snow, which helps them in saving their energy.

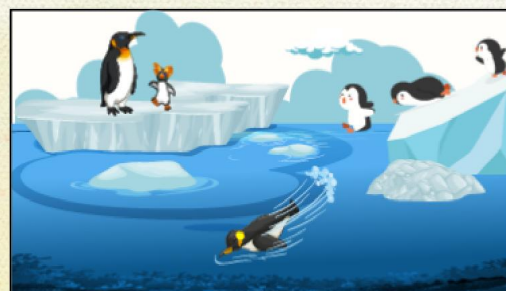
Crafts

Look at a penguins' illustration and observe the diverse shapes that form its body. Now help the learner create a penguin craft using paper cutouts of different shapes like oval, heart and circles.



Find out more:

1. Which are the countries where penguins live?
2. Which animals eat penguins?
3. How big is the smallest penguin?
4. Can penguins dive in the sea or only swim?
5. How fast can a penguin swim?



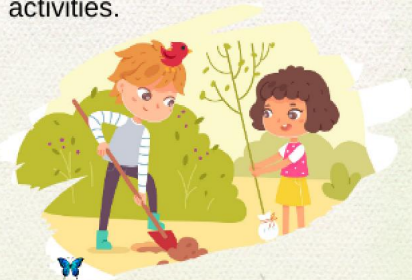
Musical Melody

When I go for a walk

When I go for a walk, I feel a need to talk,
Talk with the birds, ants, bees and plants,
I want to do more for us to be happy
You can be kind and not so snappy
Oh! Who was this being so rude
That's us, telling you of your attitude
My bad said the lad
I pledge to work to make us all glad!

Do it yourself

We are aware of the three **Rs-reduce, reuse and recycle**, unfortunately the awareness has not been adequate enough to save our planet from the ill effects of climate change over the past few decades. The most appropriate period in our life to plant the seed of responsible behaviour and actions is early years. So Earth day is the best occasion to begin this mindful journey for our young learners and a reminder for us adults to reinforce our efforts towards this. Introduce the responsibility towards our fellow species through these simple diy activities.



Wordsmith

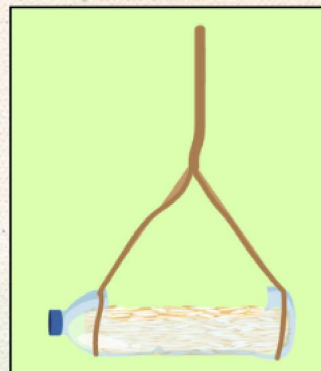
Swipe and make words

G	A	P	E
I	R	T	A
R	E	O	T
L	I	P	W



Make a bird feeder

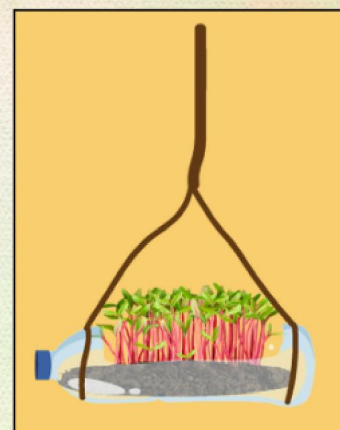
Use a clean plastic bottle, cut an opening at one side in the centre to store seeds. Puncture the bottle at both ends, pass a strong piece of yarn or nylon rope to string and hang it on a tree or a hook.



Make a hanging garden with recycled bottles

It is as simple and easy as making the bird feeder. Fill the centre opening with dirt and plant a sapling. Hang it around your house-indoor or outdoor, and the vibrant hanging garden is ready.

Do not forget to take care of the plants and refill food for the birds!



Happy Parenting

Cleanliness Literacy

The word 'clean' brings a visual that's aesthetic, vibrant and pleasant to our senses. The first effect of being in a clean surroundings is that it naturally uplifts your mood. This is one of the innate traits that all species are born with to live cleanly. Have a look around and you will see that animals, birds and other species keep their surroundings and themselves clean within their physical capacities.

Even a newborn child makes a conversation with the caregiver primarily at two regular events-the first one is to announce the hunger and the second one is to make noise when he/she feels unclean, after defecation!

Now this clearly indicates that living in a clean environment is one of the basic needs of all living beings, that most unfortunately turns into an activity of keeping one's immediate surroundings clean at the cost of polluting the environment.



Making 'Cleanliness' a way of life is a challenge mostly in developing countries, not because of lack of awareness but mainly because of what we call - cleanliness illiteracy. The information that most of us have, misses the pivotal point of how to clean and where to dispose. This issue grows to the level of state administration as they are also baffled with the process involved in the solution of waste management.

The answer is not as complex as we perceive it to be, just the way we train our young ones to learn the basic life skills of survival, make cleanliness a part of self organisation and management skills.

I am tempted to quote from the article By India Today Web Desk:

Cleaning is seen as a chore by most of us – it was a task we had to do so that mom gives permission to watch TV or go out and play. In Japan, however, cleaning one's own classroom and school is a part of their school education. Students as young as first graders clean and maintain their classrooms, serve lunch to their classmates, and even clean the toilets!

Easier said than done, but if we could make it an **IMPORTANT** part of the pedagogy and include these life practises in the curriculum right from the early years, it will serve well to build a cleaner, greener and ecologically sustainable environment.

As a parent I have experienced a lot of practices and beliefs being challenged by my children on logical grounds, that helped me in seeing and accepting a changed view point. One such example is following traffic rules more seriously.

It can be embarrassing when your three years old reminds you every time you jump a traffic light or not stop before the pedestrian crossing!

I became a better driver with these constant reminders from my child, who was being made aware of the responsible driving behaviour at school.

Similarly, let's bring the concept of cleanliness literacy to the grassroots, and let the young citizens be the native cleaning citizens and not the immigrants, shifting the focus from immediate surroundings to a clean and healthy planet.



This small effort has potential to trigger large scale change broadly by going through the following steps in the long run:



1. Learn the importance of cleanliness in our lives (A plethora of best practices and curriculum is available in this area which can be made child centric).



2. Practically engage young children in cleanliness of self and surroundings and understand different ways in which we create legacy waste due to our wrong conditioning.



3. Create clean schools and surroundings and build pride and remove stigma in engaging in cleanliness activities by education, use of media, role models/social influencers' engagement.



4. Adopt one area where we could invite the parents and well-wishers to clean one public place/area or water body on a public holiday and engage willing children actively in the process.



5. Give due publicity by extensive use of social and print media to success stories and connect with Government programs for competition and engagement.



6. Institutionalise the process by impacting Government policy on early years education curriculum so that Cleanliness becomes a central part rather than an optional activity.



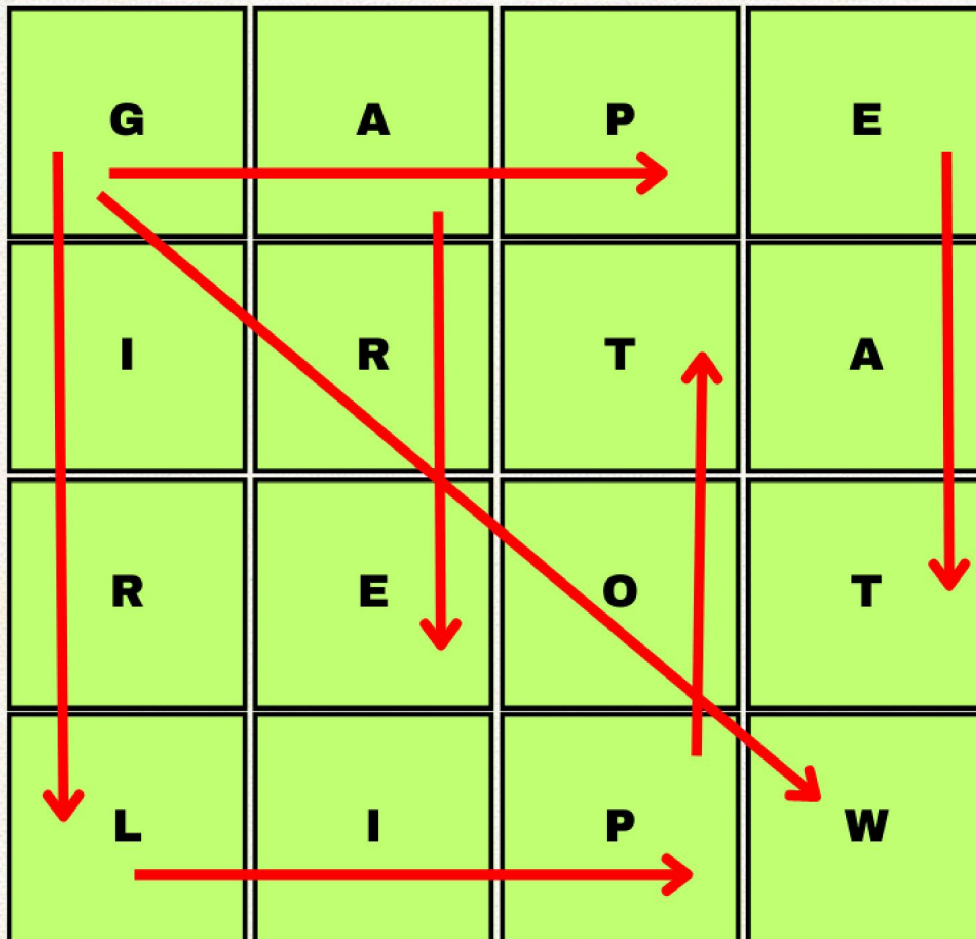
7. Award and recognize efforts to highlight the efforts of children in keeping our environment clean and green.

Author of this article **Deepak Mehrotra** is co-founder of **Superbuddy Education** and a passionate Swachata enthusiast!



★ Here's the answer to this edition's Wordsmith :

Gap, gape, girl, are, pot, eat, lip, top, rig, grow and toe



**Send your video of Earth
friendly practices to us at:
*team@superbuddy.com***

**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



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