

The Early Years

March Edition Year 2023

**Make organic
Holi colours
at home**

Do it yourself

**Safe Holi for
Everyone**

Story

**Interesting
facts about
Eagles**

New explorations

**Prepare your
child for new
experiences**

Effective Parenting

Magazine by Superbuddy Education

Current Events

March, the month of colours



This period of the year in India bids adieu to the cold and frost as the sounds and visuals in nature around announces the advent of spring. The flora and fauna become vibrant, the sounds of bees and birds add melody in the surroundings.

Quote of the month

Our mind is enriched by what we receive, our heart by what we give.

-Victor Hug

Holi, the festival of colours brings the much awaited cheerfulness and lacklustre settings of winters.

There are many popular mythological references about this festival.

The celebrations reinforce the message of accepting diversity, inclusion and the spirit of goodness in life.



The festival of Holi falls each year on the full moon in the month of Phagun.

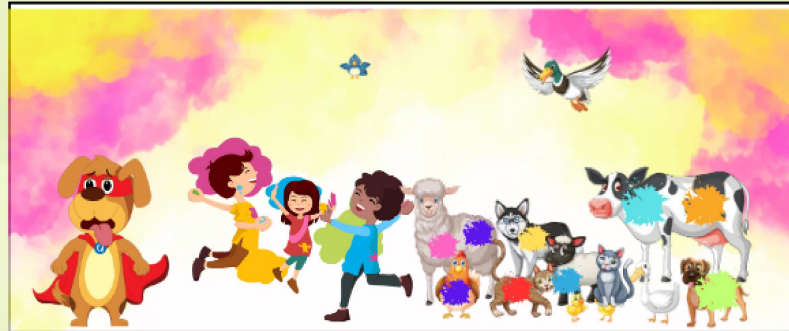


Story Fun

Safe Holi for everyone!

The festival of Holi is around the corner and Superbuddy's excitement is marred by some unpleasant memories from last year's celebrations. The emotions of fear are not allowing Superbuddy to start preparing for the Holi. Its friends are busy preparing natural holi colours at home. Ms. Emm is busy preparing holi sweets like gujia for everyone and has invited children to help her as well. Superbuddy however is determined that the last celebrations unfortunate incidents are not repeated this year. The scene of animals drenched with artificial colours, frightened and helpless still flash in front of its eyes.

Here is one of the posters created for 'Safe Holi for Animals' by Superbuddy and friends!




A quick brainstorming session to avoid this was needed urgently! Superbuddy dashed from one house to another, gathering all friends in the park to preempt a solution for this. After intense discussion the group decided to visit every house in the neighbourhood to spread awareness about this. They decided to make posters to distribute and also request everyone in the area to sign a pledge of always being kind to the animals especially during festivals starting from Holi. It did not take them much time to create the posters and thanks to Ms. Emm,

she provided children with all necessary materials, along with a home baked cake and lemonade.

It was indeed a fun activity. As soon as the preparations were made children started their campaign and moved from one house to another, appealing to people to support them and be a part of it.

It was not long before the small group of children became a procession of young and grown ups. Superbuddy looked back at the sight and was sure that this year not only humans, animals will also have a safe and happy Holi!

 **Join their team in this campaign and spread awareness about this in your community!**



Eagles



The Fearless Eagles are found all over the world.

The largest of birds with wings and can fly, prey upon other small animals and flies with them-any guess who is this powerful bird? Is it an eagle or an ostrich? Of course an eagle, because the ostrich can not fly.

A bald female eagle can be 1.1 metre long in comparison to a male bald eagle that is less than a metre long. Female eagles are larger than male eagles.

These birds are extraordinary because they are strong and fly very high! So much so it is used as a symbol of power by humans.

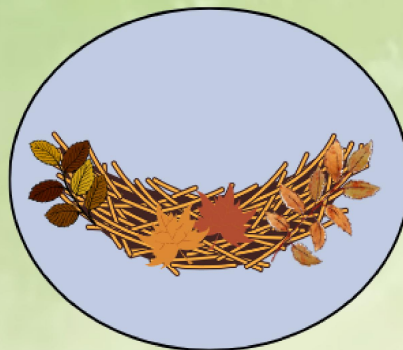
Fun facts about eagles

- Eagles have large and powerful wings like those of a small plane and can soar around 10,000 feet in the sky.
- Their sharp sight enables them to see their prey more than a mile away.
- There are more than 50 types of eagles.
- The eagles can live up to 35 years plus of active life in the wild.
- Their beak has keratin like humans have it in their hair and nails. Thus their beak grows throughout their life span.

Crafts

Make an eagle's nest

Imagine and construct an eagle's nest using natural materials such as dry leaves and twigs.



How big do you think an eagle's nest can be considering their size?



Find out more:

- What are babies of eagles called?
- How fast can an eagle fly?
- How much can an eagle carry?
- Can eagles see at night?
- Which eagle is the national bird of the United States of America?



Musical Melody

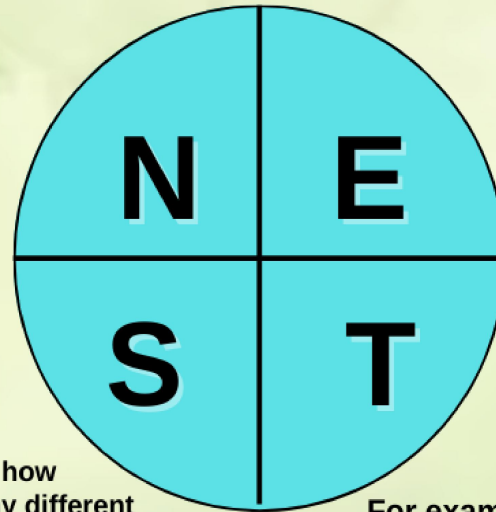
कुदरत ने बदले रंग

कुदरत ने बदले रंग होली के
संग,
गई सदीं, खिले फूल और
निकले कीट पतंग,
गुझिया, गुलाल, रंग भरी
पिचकारी
देते है मन को खुशी और
उमंग,
देखो रंग न देना किसी को
भी,
पहले पूछो फिर हो लो संग!

Anagram Play



Unscramble a word to
make different words:



See how
many different
words can be constructed
using these four letters!

For example:
TEN

Do it yourself

Make natural organic Holi colours at home

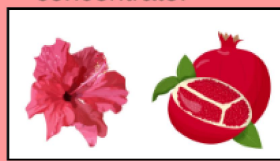
Yellow Colour

- Mix *gram flour* and *turmeric powder* in the ratio of 1:2 and mix it evenly to prepare dry yellow colour.
- Boil *marigold petals* in water and strain the petals to get a yellow wet colour concentrate.



Red Colour

- Dry *hibiscus* flowers and grind them. Mix this with rice powder thoroughly to make red colour powder.
- Use fresh *Pomegranate seeds* with water, strain the seeds to obtain wet red colour concentrate.



Green Colour

- *Heena powder* mixed with refined wheat flour gives green gulaal.
- Boil *green spinach* in water, cool it and strain it to get wet green colour concentrate.



Mindful Practises



Not using colours with chemicals

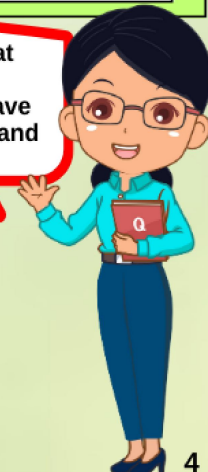


Being kind to animals during the celebration.



Ask for permission before throwing colours or water on anybody.

Please note that
these natural
colours can leave
stains on skin and
clothes.



Happy Parenting

Preparing children for new experiences

The most effective way for a child to learn is through experiences and explorations, which is the organic way of development. However there are occasions when children can be prepared for coming across new experiences and events. A little bit of preparation can equip children to face these experiences without heavy emotional outcomes.

Here I am referring to two specific events which will happen in the month of March for most young children, one is the festival of Holi and the second one is starting school.



Wishing everyone a happy Holi and a great new academic year!

-Monika D. Mehrotra



Some tips that can prove useful are:

Inform about the event/situation:

Give children the what, why and how of the situation/event. A casual conversation around the topic, without emotions and opinions of what the event is prepares the individual for it in a levelled way. Children are quick to pick non-verbal cues and make it a part of their anticipatory mechanism.

Using authentic and safe methods/sources of information:

A word of caution, in the world of easy information I recommend that you use any type of additional source of information with a bit of care. We are quick to find and share information through videos related to any topic and share it with our children. This is not the best way as the graphics and the content available on the web world is not always the most suitable.

The visuals, sounds and the nature of content does not always capture the purpose. Mostly it generates sensory thrill which is just a thin line away from anxiety.

The old and tested way of telling stories and anecdotes in the form of a conversation will always have its advantage over screen options.

Arouse curiosity:

Encourage your young one to gather more information as per his/her need about the topic. This can also vary from child to child, some might require more assurance through different means than others. Know where to stop. A third party narrative can help the child prepare oneself with less anxiety. You may take help of a related story or a dialogue with a family member/friend can also help.

Respect their emotions:

Be extra cautious of not dealing with the child's response about encountering a new situation as trivial. Assure that their response is natural and encourage them to share their feelings from fear to anger or excitement. On top of everything else, it is imperative that you stay calm and don't participate in the situation with shaken emotions.

Coming back to the current context, use these strategies to prepare children about the two upcoming events. With a bit of patience and love, such situations are excellent ways to prepare children for multiple diverse situations in life, some of which can be predicted, some can't.



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

ten, net, set, sent, nets, tens

Send your entries of poster
for publishing at
team@superbuddy.com

Also share pictures of
activities with your children.



For more information on settling children in school
visit our website www.superbuddy.in and click on the
Learning Weeks button.

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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