

The Early Years

September Edition Year 2024

**Festivals and Celebrations Around Us
Current Events**

**Impact of Celebrating Festivals with Children in Early
Childhood
Happy Parenting/Teaching**

**Interesting facts about Cows
New Explorations**

**Making Seed Bomb Popsicles
Do It Yourself**

**Superbuddy makes a Carp Kite
Story**

**September,
The month of Festivals and Celebrations**

Magazine by Superbuddy Education

Quote of the Month

“A child can teach an adult three things: to be happy for no reason, to always be curious, and to fight tirelessly for something.”

- Paulo Coelho.

Festivals and Celebrations Around Us



Festivals and celebrations play a vital role in our lives, marking special occasions and cultural traditions. For Children, these events offer more than just fun; they provide **valuable learning experiences** that help shape their understanding of the world. We can also make these experiences both educational and enjoyable.



This helps children make sense of the world around them. This approach not only enriches their understanding of cultural traditions but also helps them appreciate the **natural cycles** and changes in their environment.



Festivals and celebrations provide wonderful opportunities and offer children a rich, multi-dimensional learning environment that supports their social, emotional, and cognitive development. Festivals are naturally connected with **seasons**, and using this connection to help children know relevance and ways of celebrations is a great way of learning.





Here are some different types of festivals and celebrations, highlighting their significance and common practices:

These festivals are linked to specific religions and often involve rituals, prayers, and community gatherings. Some popular festivals in this category are:

1. Religious Festivals

Diwali

Festival of lights, symbolising the victory of light over darkness and good over evil.

Common Practices: Lighting lamps (diyas), fireworks, decorating homes, and sharing sweets.



Eid al-Fitr

Marks the end of Ramadan, a month of fasting.

Common Practices: Special prayers, festive meals, giving zakat (charity), and visiting family and friends.



Christmas

Celebrates the birth of Jesus Christ.

Common Practices: Decorating Christmas trees, exchanging gifts, attending church services, and festive meals.



Chinese New Year

It marks the beginning of the lunar calendar known as Lunar New Year or Spring Festival.

Common Practices: It is a time for families to come together, pay respects to ancestors, and wish for good fortune in the coming year.



Carnival (Brazil)

Carnival is a time for joy, celebration, and community, representing Brazil's diverse cultural heritage and blending African, Indigenous, and Portuguese influences.

Common Practices: The vibrant atmosphere characterised by colourful parades, samba music, and elaborate costumes creates a unique experience that draws people together in celebration.



Songkran (Thailand)

The Thai New Year festival, is celebrated in mid-April and is best known for its lively water festivities.

Common Practices: This vibrant celebration that blends fun, tradition, and spirituality. The water fights symbolise cleansing and renewal, while rituals and family gatherings highlight respect for culture and community.





2. Harvest Festivals

These festivals celebrate the agricultural harvest and express gratitude to nature.

Pongal

A multi-day festival marking the harvest of rice.

Common Practices: Cooking a special dish called Pongal, decorating homes with kolams (rice flour designs), and worshipping the sun god.



Baisakhi

Marks the harvest of wheat and the Punjabi New Year.

Common Practices: Bhangra and Gidda dance performances, community feasts, and visits to gurdwaras (Sikh temples).



Onam

Celebrates the mythical King Mahabali's annual visit and the harvest season.

Common Practices: Creating flower carpets (pookalam), preparing a traditional feast (Onam Sadya), and organising boat races.



3. Seasonal Festivals

These festivals are associated with specific seasons and natural changes.

Holi (Spring):



Festival of colours celebrating the arrival of spring and love.

Common Practices: Throwing coloured powders, singing, dancing, and festive foods like gujiya.



Makar Sankranti (Winter)



Marks the transition of the sun into Capricorn, celebrating the end of winter.

Common Practices: Kite flying, bonfires, and preparing traditional sweets like tilgur.



Bihu (Harvest time)



Celebrates the Assamese New Year and the harvest season.

Common Practices: Traditional dance and music, feasting, and decorating homes.





4. Cultural Festivals

These festivals celebrate the heritage, art, and traditions of specific communities.



Navratri

Nine nights dedicated to worshipping Goddess Durga.

Common Practices: Dancing (Garba and Dandiya), fasting, and cultural performances.



Gion Matsuri (Japan)

Rich in tradition and vibrant practices that reflect Japanese culture.

Common Practices: The grand parade featuring ornate floats are pulled through the streets by teams of people, accompanied by traditional music and performers.



Durga Puja

Honors Goddess Durga's victory over the buffalo demon Mahishasura.

Common Practices: Elaborate idols, cultural performances, and community feasts.

5. National Festivals

These festivals commemorate significant historical events or milestones in a country's history.

Independence Day (India)

Celebrates India's freedom from British rule on August 15, 1947.

Common Practices: Flag hoisting, parades, and cultural programs.



National Day (Various Countries)

Celebrates independence or the formation of a nation.

Common Practices: Parades, fireworks, and community events.



Republic Day

Celebrates the adoption of the Indian Constitution on January 26, 1950.

Common Practices: A grand parade in New Delhi, cultural performances, and award ceremonies.



6. Personal Celebrations

These celebrations mark individual milestones and personal achievements.



Birthdays

Celebrates the anniversary of a person's birth.

Common Practices: Parties, cake cutting, and gift-giving.

Weddings

Celebrates the union of two individuals in marriage.

Common Practices: Ceremonies, feasts, and cultural rituals that vary by community.



Graduations

Marks the completion of an educational milestone.

Common Practices: Graduation ceremonies, wearing caps and gowns, and celebrations with family and friends.





7. Civic Festivals

These festivals celebrate community pride and local history.

Founders' Day

Commemorates the establishment of a city or town.

Common Practices: Community events, parades, and historical exhibits.



Cultural Heritage Festivals

Showcase the traditions of specific ethnic or cultural groups.

Common Practices: Food stalls, traditional performances, and crafts.



Memorial Day

Honors those who have died in military service.

Common Practices: Parades, memorial services, and decorating graves.



These are some common occasions that are celebrated all around the world, however their names and rituals might differ, but the spirit is the same that binds humans together.

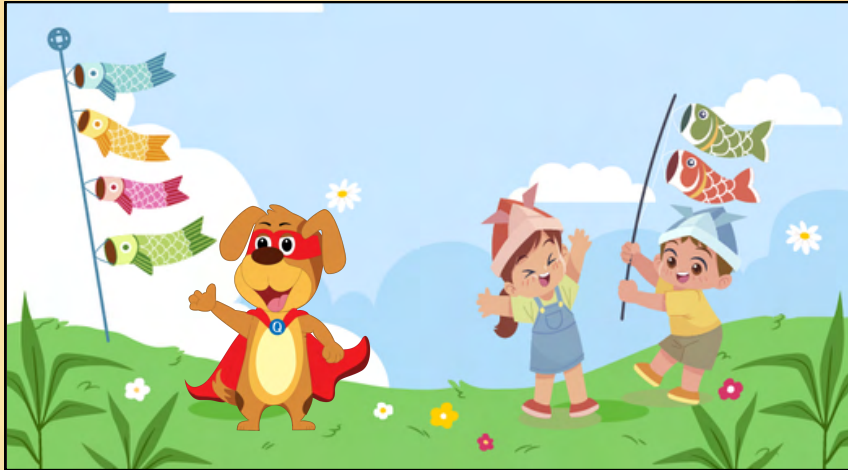
To fully appreciate these celebrations, participate in local festivals to experience different cultures. Try making **dishes associated with various festivals**. Help children to understand the history and significance behind each festival. Encourage discussions about different cultural practices and traditions. Festivals and celebrations provide a **wealth of opportunities** for learning and growth in early childhood.



They enrich children's understanding of cultural diversity, emotional expression, and social relationships, while also **supporting cognitive, sensory, and creative development**. By integrating festivals into early childhood experiences, caregivers and **educators can foster** a more inclusive, emotionally secure, and joyful environment for young learners.



Superbuddy makes a Carp Kite



Superbuddy has been reading many books during the summer break. It is a thrilling experience of knowing about other **people and creatures**.



Some books Superbuddy has enjoyed reading are of **festivals and celebrations** of other cultures and some of the favourites are Chinese New year, Koinobori festival, Diwali and Christmas. All festivals have some stupendous aspect that has caught Superbuddy's attention.

After reading a book **'A Carp for Kimoko'** Superbuddy has imagined multiple times of making a carp kite with a message from Ms. Emm on it. "Today, I am going to make carp streamers for myself and I am going to ask Ms. Emm to write a message for me on it." With this thought Superbuddy rushes to Ms. Emm and expresses its strong desire.

"Why not Superbuddy! Let us get the materials and do it right away. However before we start, would you like to share with me the **reason** behind this strong desire?" said Ms. Emm.

Superbuddy thought for a second and said, "Ms. Emm, it is the spirit behind the celebration of the **festival Koinobori in Japan** that enchants me. Do you know it is a festival to celebrate the children? It is celebrated on 5th May and kites in the shape of the carp fish drawn on a piece of paper or fabric are made and hung on the roof of the home."

"Well this is amazing, I did not know of this? So how do we go about it? What are the materials required to make it and do you know how to make it?" said Ms. Emm.

"Don't you worry Ms. Emm, I have come with full preparation for myself and I am sharing all details for my friends too.", exclaimed Superbuddy. "Ms. Emm, one last request: **I would like you to write a message for me on the kite.**" Ms. Emm nods and hugs Superbuddy.





Materials required:

- 20" of 18" wide fabric
- pattern of the Japanese Fish Kite – 2 pages or you can draw these
- permanent black marker
- scotch (transparent – cellophane) tape
- glue stick
- water color paints
- paint brush
- toilet paper roll
- twine or kite string
- hole punch
- scissors

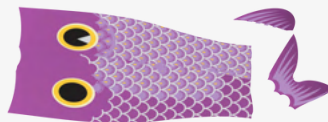
And below is the process of making it.



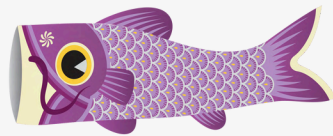
1. Fold your fabric in half and cut a curved line to make a fish shape. Save the scraps.



3. Fold the edges of the mouth over the macramé ring and stitch the fabric together with wire.



2. Paint eyes and scales. Use scraps to make fins and a tail.



4. Glue the belly of the fish together, inserting the fins midway and the tail at the end. Allow the windsock to dry. Add a wire and hang it outside!

 20" of 18" wide fabric	 Glue stick
 Water color paints	 Pattern of the Japanese Fish Kite – 2 page or you can draw these
 Twine	 Kite string
 Scissors	
 Paint brush	 Toilet paper roll
 Hole punch	 Macramé ring
 Permanent black marker	 Scotch (transparent – cellophane) tape

Superbuddy is ready with its colourful carp kite and can't wait to hang it on the roof!



Making Seed Bomb Popsicles

Materials required:

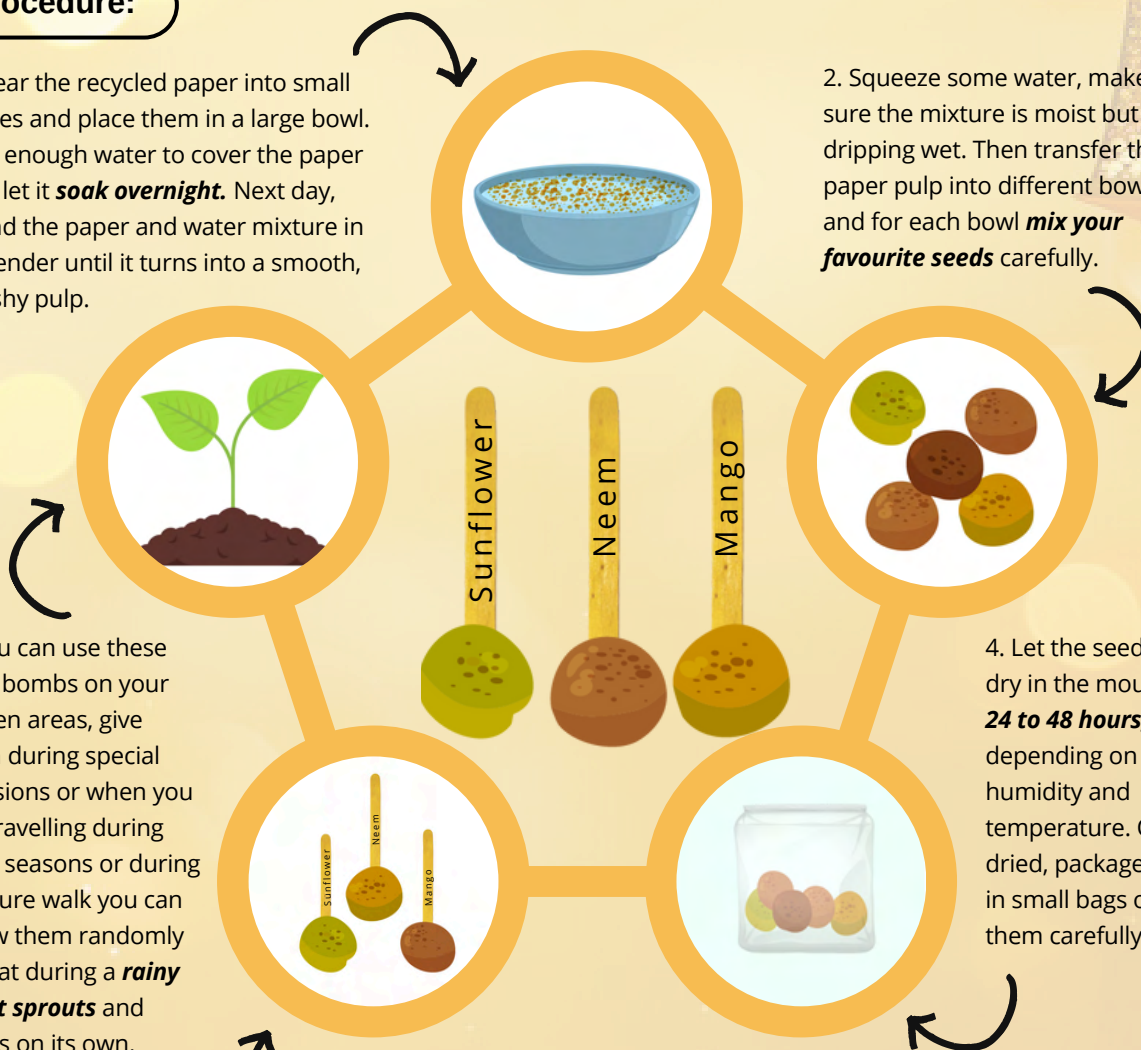
1. Old paper
2. Bowl
3. Mud/clay
4. Water
5. Seeds
6. Ice cream sticks
7. Marker



Procedure:

1. Tear the recycled paper into small pieces and place them in a large bowl. Add enough water to cover the paper and let it **soak overnight**. Next day, blend the paper and water mixture in a blender until it turns into a smooth, mushy pulp.

2. Squeeze some water, make sure the mixture is moist but not dripping wet. Then transfer the paper pulp into different bowls and for each bowl **mix your favourite seeds** carefully.



5. You can use these seed bombs on your garden areas, give them during special occasions or when you are travelling during rainy seasons or during a nature walk you can throw them randomly so that during a **rainy day it sprouts** and grows on its own.

3. Write the seeds name on an ice cream stick and keep them ready. Take a small amount of mixture, make a **round shape and insert** the correct ice cream stick before it dries.

4. Let the seed bombs dry in the moulds for **24 to 48 hours**, depending on humidity and temperature. Once dried, package them in small bags or wrap them carefully.



COWS

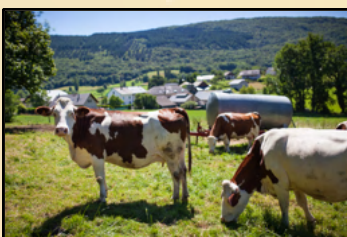


Cows are **amazing animals** that play a big role in our lives. They're not just the animals you see grazing in the fields; they are important and interesting creatures with many special qualities.



Cows are usually found on **farms and ranches**. They like to live in groups, called herds. This is because cows are social animals and enjoy being with their friends. Just like people, cows have their favourite buddies, and they can get sad if they are separated from them.

Cows need space to roam and graze, which means they spend a lot of their time outside, munching on **grass and enjoying the fresh air**.



Cows are herbivores, which means they only **eat plants**. Their favourite foods are grass and hay. Cows have a special **stomach with four parts**, which helps them digest their food. When a cow eats, she stores the food in the first part of her stomach, called the rumen. Later, she'll bring some of the food back up to chew it again. This is called "chewing the cud." It might sound a bit strange, but it helps cows get all the nutrients they need from their food.



One of the most amazing things about cows is that they give us milk. **Milk is a nutritious drink** that many people enjoy, and it's used to make cheese, yoghurt, and butter. A healthy cow can produce several gallons of milk every day. It's like having a never-ending supply of milk for all sorts of delicious treats!



Cows have some pretty cool senses that help them stay safe and comfortable. They have wide eyes that can see almost all the way around them, which helps them spot predators and other dangers. They also have a great sense of smell and can use their noses to find food and recognize other cows.

Mother cows, called cows, are very caring and protective of their **calves**, which are baby cows. When a calf is born, the mother will lick it clean and stay close to make sure it's safe and comfortable. She will even call to her calf if they get separated, and they have a special way of finding each other.



Cow dung, or manure, is an important resource in farming. It is used as natural fertiliser to help crops grow. Farmers spread cow dung on their fields to enrich the soil and make it more fertile. This helps produce healthy and bountiful crops, which are essential for feeding families.



In India, cows hold a special place in the hearts of many people. They are considered sacred in Hinduism, and many people respect and care for them with great love. In some festivals and **religious ceremonies**, cows are decorated with flowers and given special treats. They are often seen as symbols of prosperity and kindness.





Fun facts about Cows

1. In India, cows often have beautiful decorations and are sometimes even painted during festivals.
2. Some Indian farmers have special names for their cows and treat them like family members.
3. Cows can make different sounds to talk to each other, like mooing and lowing.
4. Each cow has a unique nose print, just like our fingerprints, which can be used to identify them.
5. Some cows have spots and different colours, which makes each one unique.



Find out more:

1. Why do cows sometimes wear bells around their necks?
2. Why do cows have big eyes?
3. How do cows impact the environment?
4. Why do cows have such large, complex stomachs?
5. How many different breeds of cows are there?





Music and Movement

Festivals

Festivals are so much fun, hooray, hooray
We love to celebrate, hooray, hooray!

From Diwali lights to Christmas cheer,
We celebrate all through the year.
With bright decorations everywhere,
And yummy treats that we all share.



From Onam to Eid's delight,
Festivals make the world so bright.
From New Year's Eve to summer fairs,
Festivals bring us love and care.
We love to celebrate, hooray, hooray!

Family and friends all gather near,
To spread some joy and holiday cheer.
Sing and dance, it's a festival day,
Join the fun, hip-hip-hooray!



Mindful Practises



Festivals often align with seasonal changes, encourage children to discuss the changes in nature with each season.



During festivals, share the significance and symbolic meaning behind each decoration also encourage them to be present and thoughtful.



During festival meals encourage children to use all their senses to explore their food. Ask them to notice the colors, smells, textures, and sounds of their meal.



Creating Dancing Paper Plate Elephant

Materials required:

1. Paper Plate
2. Acrylic Paints
3. Markers
4. Flower Craft Gems
5. Scissor
6. Safety Cutter



Procedure:



1. Fold a paper plate into the half. Trace the elephant's outline on one side.

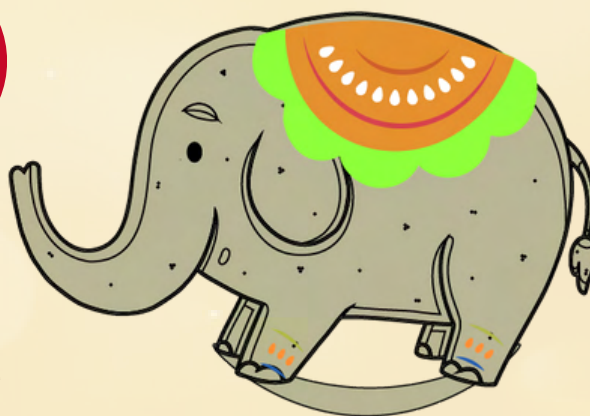
2. Cut out the elephant outline leaving the top part intact and bottom section between the legs.



5. Once everything is dry, you can gently rock your elephant and enjoy your creation!



3. Colour the plate grey using markers or paint.



4. Highlight the details like eyes, a trunk, and tusks using markers or craft paper and decorate.





Language and Numbers Play



Festival Fun with Words

- Organise picture cards related to different festivals.
- Show these cards and have a conversation around these with your child.
- Now, put these picture cards in a basket and ask the child to pick a random card and say the name of the festival and one word that describes the festival. For example: Diwali—lights!
- Next, provide paper and crayons and ask the child to draw something related to their favourite festival.
- Take one large poster board, write down the festival names and the words that describe them. As the child shares information about the drawing, add these words to the wall.



Impact of Celebrating Festivals with Children in Early Childhood



Celebrations are an integral part of early childhood education, **offering a wealth of benefits** that extend beyond mere festivities.

By incorporating meaningful celebrations into the curriculum, educators and parents can create a **supportive environment** that nurtures young minds, fosters social skills, and promotes emotional intelligence.



In today's diverse society, celebrations provide an opportunity to introduce children to **various cultures, traditions, and values**. This exposure helps shape their understanding of the world, encouraging empathy, tolerance, and global awareness.



Celebrations also play a significant role in:

Social skills development:

Interacting with **peers** during events enhances cooperation, sharing, and communication.



Emotional intelligence:

Recognizing and expressing **emotions** through celebrations builds self-awareness.



Memory creation:

Special events create lasting memories, fostering a sense of belonging. Learning opportunities: Tying celebrations to educational themes reinforces **academic concepts**.



Advantages of Celebrations for young minds

The benefits of celebrations in early childhood education are numerous:

1. Boosts Creativity and Imagination:

Celebrations often involve arts and **crafts, music**, and drama, encouraging creative expression.



2. Encourages Community Engagement and Socialization:

Festivities bring people **together**, promoting relationships and social skills.



3. Develops Empathy and Understanding:

Exposure to **diverse celebrations** broadens perspectives.



4. Enhances Self-Esteem and Confidence:

Participating in celebrations builds **self-worth**.



5. Supports Holistic Development:

Celebrations address cognitive, emotional, physical, and **social growth**.

6. Fosters a Sense of Rhythm and Routine:

Regular celebrations **provide structure**.



7. Provides Opportunities for Storytelling and Language Development:

Sharing experiences through **stories** enhances communication.



8. Encourages Active Participation and Inclusivity:

Everyone has a **role** in celebrations.





Ideas for Celebrations in Early Years

Some ideas for celebrations include:

1. Birthdays and milestones
2. Cultural festivals (e.g., Chinese New Year, Diwali, Christmas)



3. Seasonal events (e.g., Halloween, Thanksgiving, Spring Fling)
4. Educational themes (e.g., Earth Day, Science Week)



5. Family events (e.g., Mother's Day, Father's Day)
6. School events (e.g., graduation, open houses)



Tips for Educators and Parents

To maximise the benefits of celebrations:

1. Involve children in planning and preparation.



2. Make celebrations inclusive and accessible.



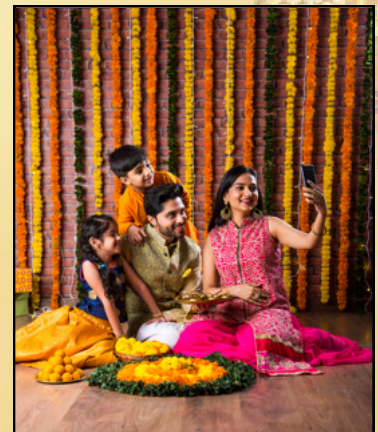
3. Emphasise values and meanings behind events.



4. Encourage active participation.



5. Create lasting memories through photographs and mementos.



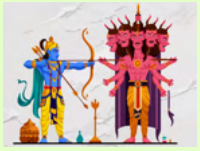
By embracing celebrations in early childhood education, we cultivate a nurturing environment that promotes growth, community, and joy. These special moments shape young minds, **laying the foundation** for lifelong learning, social skills, and emotional well-being. As educators and parents, let's prioritise celebrations to **foster a love** of learning, diversity, and connection.



★ Here's the sample to this edition's Festival Fun with Words :

Picture cards

Dussehra



Diwali



Eid



Hanukkah



Poster board

pumpkin patch	black	
costume	halloween	monster
trick	treat	scare
ghost	candy	bat
spooky	pumpkin	witch

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.