



روضه امباسادور  
AMBASSADOR KINDERGARTEN  
INSPIRE INQUIRE INNOVATE

MONTHLY NEWSLETTER - JANUARY 2019



## Principal's Note:

Dear Parents,

Being with these lovely children is by itself a great blessing to us. There is absolutely no dearth for surprises or 'WOW' moments that spring on us at every corner of our learning journey with our little ones. I would like to share one such amazing moment with you all:

A teacher and a group of children were learning all about using the right symbol for greater than and lesser than. The teacher tried bringing in the crocodile's mouth method and told the children that the crocodile opens its mouth only to the number that is bigger than the other number. She was working with a set of marbles and shells. First moment came in when one child commented that the crocodile may not open its mouth at all since the marbles could break its teeth; and the cherry on the top was when one child placed the open mouth to a smaller number, and when the teacher asked him to explain the same, the child very confidently said that this crocodile prefers to open its mouth to a smaller number because it's on diet!!!!

With these wonder boys and girls there is no right and wrong; it is all about logic and practical thinking with them. Every learning experience leaves us either with a sense of awe or with a big question about are we doing enough....?

Looking ahead...

With best regards,  
Rashmi Nagendra





## Back to School

It was laughter, excitement and energy back to school after the refreshing and cool winter holidays.

## Value of the month

Tolerance: Our little ones learning the art of tolerance around us through their pictorial presentations.



## Book Walk

Our little ones enjoying reading a story in the outdoors while walking with friends. Learning with a twist!!





## Dress up Day

'My Favorite Rhyme' (Pre kg):

It was our little pre kindergarteners dressed up as characters from their favorite rhymes. They walked and talked their nursery rhymes through the day.

## Wow moments – Mr. Yatish Amin

“Dancing is so much fun for kids. Dance is a form of self-expression. Children who explore the world of dance at an early age will find a constructive outlet for their creativity and a positive way to express themselves. I have witnessed discipline and focus in our little ones, which translates to an improved academic performance. Their great courage and confidence to dance on stage in front of an audience helped me find better wonderful qualities in them.

Dancing is a skill they have acquired through intense focus, discipline and coordination. The art of dancing tends to have a calming effect on them and also helps them release their energy.

Dancing to music at such a young age is always good for a child’s musicality. They learn rhythms and how to count in dance without realising it. They also learn how to concentrate for a little longer each class, so that eventually they can remember an exercise or a short dance on their own. Kids’ dance class is one of the best ways to get out all of that energy and learn discipline!!”



Mr. Yatish Amin



# Gross and fine motor skills development in children

by Dr. Alka Kalra & Ms. Anusuya Subramaniam

Every minute a child is born somewhere in this world whilst one bids farewell. Changes, is the one thing that remains constant. Be it the weather outside, be it plans, be it those you call friends or be it a child who's growing. A baby's first word, first tooth, first step. The child develops in every aspect possible. Be it behaviorally, emotionally or physically. It's the physical aspect that's seen right in front of our eyes. It happens slowly taking years together but altogether in the end you're prone to hearing "Feels just like yesterday when you were this tiny". Humans- such complicated beings that experience different contrasting changes within and without that overlap only to coordinate by the end of it all.

The one master system that's involved in every change happening in an individual is the brain. The brain being divided into three parts- The cerebellum, cerebral cortex and the brain stem. Each having a function of their own and each with their imperative vital importance put to action. The cerebral cortex is further divided into five lobes of the two hemispheres- the prefrontal, frontal, temporal, parietal and occipital lobes. The parietal lobe also known as the associative lobe contributes to the above-mentioned development that can be conceived visually- proprioception, kinesthetic and fine motor skills.

motor skills can be defined as the ability to make use of specific muscles and tendon with correspondence to the activity one must perform. Eg) the metacarpals and the carpels are made use of when writing or performing similar fine motor skills. Thus, fine motor skills can be defined as the usage and coordination of small muscles for precise motion, movement and dexterity. Fine motor skills are made use of while performing activities such as writing, sewing, cooking where only some parts of the body are used. Thus, for effective development in fine motor skills, it's always advisable to keep track of mile stones with regard to the same. It is quite ordinary to witness an infant reaching out in the name of global ineffective grasps and reflective grasp thus implying normal muscle development and interaction with relation to other sensory motives. By age 3 it is safe to notice the child being able to string beads and snip scissors. The absence of this may indicate delayed interaction with small objects, self-care and pre-writing skills. By age 7, the child must be able to write paragraphs with a wholesome story entirety.



As a child grows, the desire for a child to move about also grows. Activities such as crawling, running walking and restless energy is seen. Activities such as these require the coordination of many muscle at the same time. This is called gross motor skills. Motor skills development have many sub developmental components to it such as muscle strength, speed, endurance and core stabilization. Like fine motor skills, gross motor skills too have milestones to overcome to order to ensure an effective and glitch free development. A 0 to 6-month baby must be able to roll over backwards and forwards and sit with a support at least, the lack of which may imply poor locomotor sense. The child at the age of three starts bilateral movement like being able to move both hands up and down simultaneously. Vigorous repetitive movements are observed like pedaling a tricycle. A hinderance in these activities not only prove poor muscle development but also slowly starts affecting the child's social development among peer groups.

Certain activities can engage the children in order to improve fine and gross motor activities. Mentioned below are 10 such activities that can do the same.

**1** With the usage of a bowl filled with water, a sponge and an empty bowl, instruct the child to move the water from one bowl to another with the help of the sponge's absorbing property.

**2** The tweezer activity- For this activity one requires four bowls, one tweezer and 1 big bowl filled with various objects of different shapes, sizes or colors. Ask the child to classify each object on the basis of their appearance into different bowls with the help of the tweezer.

**3** Threading- By threading together various beans and beads, the child has fun letting his/her creativity flow and has good motor skills development improvement

**4** The sorting Activity- With the help of different beans such as chickpeas, kidney beans and lentils, the child must separate the beans into different piles with the help of their fingers.

**5** The above can be repeated using a spoon.

**6** Slicing bananas into small rings by using both hands and further cutting it to smaller pieces also improves motor activities.

**7** Similar to the beading exercise, beading past also suffices to do the job.

**8** Vegetable printing- Using dyes and paint to get the imprint of vegetable improves motor activities and spatial abilities.

**9** Similar to the above-mentioned vegetable printing, using finger tips also do the same.

**10** A child can also be instructed to lace a board with various holes.



3 cups of sand and 1 cup of corn starch mixed with soap water can be used for kneading. Using the clay like dough to make different shapes, one can also add food coloring to the dough to make it rather more interactive and engaging for the tiny tots. Activities such as these improve fine motor muscles thus improving fine motor activities.

Thus, it is of utmost importance to keep eyes peeled out for important milestones, not only in the physical perspective but the others too. As a small correction in the early years saves a lot of distress and sorrow in the years yet to come.

For further information regarding the improvement and development of fine and gross motor skills, YouTube references such as these also tend to be helpful and give a different insight of information for parents and guardians

<https://www.youtube.com/watch?v=5Oj2JvVTJU4>

<https://www.youtube.com/watch?v=xd802M7NFJs>

<https://www.youtube.com/watch?v=54RJ2100P3w>

<https://www.youtube.com/watch?v=PC6vKh3bhTI>



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