



September 2024

FOUNDREE

SCOOP



Our Journey last month

Last month the children at Foundree deep dived into understanding their “Emotions and Feelings”. We took this opportunity to introduce the children with some rhymes, stories and conversations that looked at emotions as different coloured monsters. Through the enchanting power of Music and Movement and Breathing exercises, the children discovered how these emotional monsters could be calmed and tamed. We explored emotions like happiness, excitement, surprise and feeling loved and some that are not so pleasant to deal with like fear, worry, the feeling of hitting someone in rage. Opportunities were also created for the children to understand diverse regulation tools and how words are not the only way to communicate emotions and feelings.

- **Making:** Children identified their emotions and related them to colours and made colour monsters with toilet rolls and doodles. Children also thought deeply on the sources of their happiness and crafted a **'Happy Treasure Box'** that they can open every time they need a little reassurance that things will get better soon! They understood that worry or being scared is also an important emotion and should be acknowledged and learnt some coping skills by making **'Worry Monsters'** and **'Dragon Breathing'** tools to help them navigate these emotions with grace. The children's empathy blossomed as they brainstormed ways to support others grappling with BIG EMOTIONS, gathering their ideas in a **'Kindness Jar,'** a testament to their growing compassion.
- **Loose Parts Play:** Children creatively used raw materials like wool/string, playdough and beads became tools for the children to creatively express the many faces of their emotions.
- **Music and Movement:** These sessions allowed the children to connect deeply with their feelings, as they listened to various melodies and sketched the emotions that bubbled to the surface.
- **Show and Tell:** During Show and Tell, the children stood proudly on their classroom's 'stage area,' sharing their reflections on the topic, **'What does happiness mean to you?'.** This exercise not only deepened their emotional awareness but also nurtured their 21st-century communication skills.
- **Celebrations:** Our celebrations took on new meaning as well. On **Friendship Day**, the children explored the warmth of companionship; **Independence Day** was a moment to honor the feeling of patriotism. **Rakhi** was celebrated with a broader understanding, recognizing bonds that extend beyond siblings to those who protect and care for us in myriad ways. **Janmashtami** brought the lesson of collaboration and teamwork to life, as the children built a lego/carton box/paper cup towers to reach the Dahi Handi, demonstrating that together, they can overcome any challenge.

This past month was a beautiful symphony of emotions, learning, and growth—a true testament to the richness of our journey at Foundree.



Looking forward to

- **Project of the Month (September): Farm to Home.** (This month-long exploration invites our eager learners to dive into a topic through Circle Time with rhymes, movement songs, stories, and meaningful discussions, intertwining art, crafting, show and tell, and expressive writing, while fostering 21st-century skills like creativity, communication, critical thinking, and collaboration.)
- Ganpati Celebrations
- Monthly PTM

Cultivating Healthy Eating Habits: A Journey of Flavor and Independence

Establishing healthy eating habits in young children is crucial for their overall growth and development. At this tender age, children are like sponges, absorbing everything around them, including their relationship with food. As parents, you have the unique opportunity to shape their dietary preferences and attitudes toward eating. Here are a few strategies to help you promote healthy eating habits:

Make the Meal Preparation a Family Activity: Fostering healthy eating habits in young children is a delightful journey filled with vibrant colors, diverse textures, and the joy of discovery. At the heart of this journey is the simple act of involving your child in meal preparation. Imagine the excitement in their eyes as they help wash crisp vegetables, stir a bubbling pot, or arrange a rainbow of fruits on their plate. By engaging in these activities, children develop a positive relationship with food, learning about nutrition and the joy of wholesome eating from an early age. Teach them valuable life skills such as following instructions, measuring ingredients, and understanding the basics of nutrition. Beyond the nutritional benefits, cooking together can be a fun bonding experience. It allows you to spend quality time with your child, sharing stories of your childhood food memories and journey, talking about traditions and cultures related to food and creating memories that are tied to the joy of preparing and enjoying food together.

Encourage Exploration of Food to promote Independence: Beyond the kitchen, it's essential to encourage independence during mealtimes too. Let your child touch, smell, and even play with their food. This sensory exploration is a key part of how young children learn about the world around them. By making food fun and interactive, you can reduce mealtime battles and encourage a more positive attitude toward eating. Let them make choices about what and how much to eat, and even feed themselves. This sense of autonomy not only builds confidence but also fosters a natural understanding of hunger and fullness, guiding them towards a balanced diet. It also gives them a sense of ownership over their meals, making them more likely to enjoy the process of eating something they helped create.

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Make Mealtime a Family Affair: Sitting down together to share a meal fosters a sense of community and belonging. It's a time for conversation, laughter, and the sharing of daily experiences. This ritual not only strengthens family bonds but also reinforces the idea that eating is a joyful, shared experience. Children are more likely to try new foods and eat a balanced diet when they see their family doing the same. Consider the power of storytelling at the dinner table. Share tales of where food comes from—how the carrot grew on the earth, how the apple ripened on the tree, or how the bread was lovingly baked. These stories spark a sense of wonder and connection to the natural world, making mealtime an engaging and educational experience.

Offer a Variety of Foods: Introducing a rainbow of flavors and textures also plays a vital role. Encourage your child to taste a variety of foods, celebrating the sweetness of a juicy peach, the crunch of a fresh cucumber, or the richness of a roasted sweet potato. Through these explorations, children learn to appreciate the diversity of flavors and the importance of balanced nutrition involving fruits, vegetables, grains, and proteins. This not only ensures they receive all the necessary nutrients but also helps them develop a palate that appreciates diverse flavors. Encourage water as the main beverage and offer whole fruits instead of sugary snacks. Processed foods often contain high levels of sugar, salt, and unhealthy fats, which can contribute to poor eating habits and health issues later in life.

Teach Portion Control and Snack Boxes: Help your child learn about portion sizes by serving meals on smaller plates and bowls. Encourage them to listen to their hunger and fullness cues, and avoid the "clean plate" rule. If they do not want to eat it's ok to let them be. They will ask for food when hungry and that is a far healthier process than 'the clean plate' rule. When it comes to packing snack boxes, simplicity is key. Rather than overwhelming your child with a multitude of options, focus on providing a balanced amount that satisfies their appetite without creating confusion. A thoughtfully packed snack box, featuring a healthy portion of their favorite fruits, a handful of nuts, or a small sandwich, can be both nourishing and manageable.

Create a Routine: Establish regular meal and snack times. A consistent schedule helps regulate your child's hunger cues and prevents overeating. It also provides a sense of security and predictability, which is important for young children.

Be Patient with New Foods: It can take several exposures to a new food before a child is willing to try it. Don't force them to eat it, but continue offering it alongside familiar favorites. Over time, they may become more open to trying it.

Avoid Using Food as a Reward or Punishment: Linking food to behavior can create unhealthy emotional connections to eating. Instead, focus on positive reinforcement for healthy choices and model the behaviors you wish to see.

Be a Role Model: Children learn by observing the adults around them. By making healthy choices yourself, you set a powerful example that your child is likely to follow.

As you embark on this culinary adventure with your child, remember that the goal is not just to fill their stomachs but to nurture a lifelong appreciation for healthy, mindful eating. By creating an environment where food is celebrated, choices are respected, and independence is encouraged, you're laying the foundation for a future filled with health, happiness, and culinary delight. Celebrate the act of eating together as a celebration of health, love, and well-being.



PROJECT OF THE MONTH: BOND & EMOTIONS



DAHI HANDI & FRIENDSHIP DAY CELEBRATION



RAKSHABANDHAN CELEBRATION

