

NEW LEARNINGS

7 ways
to foster
Creativity
in kids

4 Don't reward children for exhibiting creativity. Incentives interfere with the creative process, reducing the quality of their responses and the flexibility of their thought. Allow children to develop mastery of creative activities that they are intrinsically motivated to do, rather than trying to motivate them with rewards and incentives. Instead of rewarding a child for practicing the piano, for example, allow her to do something she enjoys more – maybe sit at her desk and draw or take a science class.



To foster creativity in your children, try out these seven ideas from Christine Carter, PhD who heads the Greater Good Science Center at UC Berkeley.

1 Provide the resources they need for creative expression. The key resource here is time. Kids need a lot of time for unstructured, child-directed, imaginative play – all this minus any adult direction. Space is also a resource they'd need. Give them a specific place where they can make a mess – a room for cosplay, a set table for crafts, etc.

2 Make your home a petri dish for creativity. Solicit a high volume of different ideas, but resist the urge to evaluate the ideas your kids



come up with. Brainstorm activities for the upcoming weekend, encouraging the kids to come up with things they've never done before.

Don't point out which ideas aren't possible, and don't decide which ideas are best. The focus of creative activities should be on process: generating (vs. evaluating) new ideas.

3 Allow kids the freedom and autonomy to explore their ideas and do what they want. External constraints like making them colour within the lines (for instance), can reduce flexibility in thinking. In one study, just demonstrating how to put together a model reduced the creative ways that kids accomplished this task.

5 Encourage children to read for pleasure and participate in the arts. Limit TV and other screen time.

6 Give children the opportunity to express "divergent thought". Let them disagree with you. Encourage them to find more than one route to a solution, and more than one solution to a problem.

7 Try to stop caring what your kids achieve. Emphasise process rather than product. One way you can do this is by asking questions about the process – Did you have fun? Are you finished? What did you like about that activity?
Source: greatergood.berkeley.edu



BIG LITTLE IDEAS



Get Crafty

6 reasons why art and crafts are important for your overall development

Hones motor skills

When kids use their fingers to manipulate art materials they are developing their fine motor skills as they use those small muscles in their hands. Their bilateral coordination skills improve as they learn to use both hands at the same time.

of art and crafts activities. But math skills are used frequently. Kids get to learn about and recognise different shapes, count and sort out their art supplies and even measure out lengths and sizes of art materials.

Creativity

Allows kids to develop their creativity which is important throughout their lives.

Self-Esteem

Art and craft activities give kids a sense of achievement and allow them to take pride in their work which builds confidence. Making art is a great, safe

A good craft kit needs...

- Sketchbooks, scrapbooks, notebooks
- Non-toxic glues
- Tapes
- Different kinds of papers (giftwrap, construction, watercolour, pastel, drawing, etc.)
- Stickers
- Fabric scraps, felt, buttons, elastic, yarns, stuffing, feathers
- Scissors
- Bells, beads, string
- Empty spools and paper towel rolls, empty jars and cans, empty matchboxes
- Pipe cleaners
- Popsicle sticks
- Soap, wood pieces, sandpaper
- Natural materials such as shells, pebbles, and pine cones
- Egg cartons
- Paper bags of all sizes
- Envelopes
- Small boxes
- Art supplies like crayons, paints, coloured pencils, markers, pencils
- Non-toxic clays and play doughs
- Paintbrushes

way to discover that's okay to make mistakes.

Quality time

Kids love to spend time with their parents and what better way than to do craft together. You get to spend quality time and at the same time, you create memories to cherish.

START EARLY

For children age 3-8 experts say crafting is the most important way to help them grow and develop

Math Concepts

Basic math skills are often not thought of as being part

Quiz time

CAN YOU SURVIVE THE WILDERNESS?

Q.1) What is the first thing to do when you realise you are lost in wilderness?

- A. Yell B. Make a shelter C. Find water D. Sit for a minute to collect your thoughts
(D. Think S.T.O.P.: Stop, Think, Observe, Plan. If you panic the chances you're getting lost further are much more. Many times you can prevent a bad situation by taking a moment.)

Q.2) What is the most important survival tool for a novice in a jungle?

- A. Machete B. Water filter C. Fire starter
(B. You'd think a machete and jungle go hand in hand but a novice will fare better with a water filter, as it will ensure drinking water.)

Q.3) What's the best survival tip to remember?

- A. Stay calm B. Always carry a folding knife C. Collect bird eggs for survival food D. Use a mirror to signal for help
(A. If you panic, you experience an adrenaline surge which is called the "fight or flight" hormone. It impairs good judgement and rational thought.)

Q.4) What's the BEST way to make sure your drinking water is safe?

- A. Leave it out in the sun B. Filter it through a cloth/T-shirt C. Boil it
(C. Heating water to a "rolling boil" for at least one minute will kill any micro-organisms present in the water making it safe to drink.)

Q.5) Which of the following can kill you?



stingers, including scorpions are edible. It's the brightly coloured or pungent ones you should avoid.)

Q.8) How long can a healthy human go without food as long as they have water?

- A. Three days B. Four weeks C. Eight weeks
(C. Healthy human can last eight weeks without food but water is must.)

Q.9)...And how many days can a human live without water?

- A. Eight days B. Three days C. 14 days
(B.)

Q.10) Which food source is essential for survival?

- A. Proteins B. Carbohydrates C. Sugar D. Fats
(B. Fats are hard to come by in a survival situation and extremely valuable as they serve as energy stores for the body. 1 gram of fat contains 9 calories where as protein and carbohydrates only contain

4 calories per gram.)

Q.11) When finding shelter, which of these should you avoid?

- A. Dead trees B. Dry river beds C. Both are hazardous and should be avoided
(C. Dead trees can easily fall. Also, heavy rains could turn the dry river bed into a rushing river.)

Q.12) When searching for edible plants, avoid?

- A. Shiny leaves B. Plants with umbrella shaped flowers C. Plants with thorns D. All of the above
(D. When searching for an edible plant stay clear of shiny leaves, plants with thorns, umbrella shaped flowers, white or yellow berries and plants with seeds inside a pod.)

Q.13) What colour flare should you signal to indicate an emergency?

- A. White B. Red C. Either
(B. White flares are for non-emergency circumstances. Red flares are used to

indicate an emergency.)

Q.14) What daily object is used to signal for help in emergency situations?

- A. Toothbrush B. Belt C. Mirror
(C. A mirror, or anything shiny is used to reflect the sun's rays to gain attention in dire circumstances.)

Q.15) A black bear is ahead of you. What should you do?

- A. Speak Calmly B. Try to look bigger C. Detour around it D. Stop, drop and roll
(D. Statistics show that most outdoor injuries and death in the US are caused by the environment such as drowning, fractures/sprains, and hypothermia. Deaths caused by animals, insects, and plants are very rare.)

Q.16) What's the most dangerous?

- A. Animals B. Plants C. Insects D. Environment
(D. Statistics show that most outdoor injuries and death in the US are caused by the environment such as drowning, fractures/sprains, and hypothermia. Deaths caused by animals, insects, and plants are very rare.)

Q.17) What is NOT a useful type of firewood?

- A. Kindling B. Tinder C. Wood covered in moss D. Logs
(C. Moss thrives in consistently damp conditions with minimal sunlight. Always test your wood by breaking it. You should hear a sharp snapping sound, it should break fairly easily, and cleanly.)

Q.18) Why is sleeping on the ground a bad idea?

- A. Insects B. Uncomfortable C. You can lose body heat
(C. The ground is a good conductor and therefore absorbs our body heat. Create an insulation barrier between yourself and the ground by any means.)

RECIPE CORNER

IMMUNITY
Boosting Drinks

Boosting immunity is the need of the hour. There are many factors that affect the functioning of the immune system. A healthy lifestyle protects your body from viruses and bacteria and builds your immune system. Without it, they'd have a free reign and you'd be constantly falling ill.

Your immune system works by recognising the difference between your body's cells and alien cells, allowing it to destroy any that could be potentially harmful. **Dr Geeta Grewal**, cosmetic surgeon and anti-ageing, beauty and wellness expert has come up with homemade drinks for immunity boosting that are healthy and tasty.

APPLE ORANGE RINGS

You need: 2 star anise, ½-inch cinnamon stalk, 4-5 black peppercorns, ½-inch ginger, 1 apple, 1 orange
To make: Boil water with the first 4 ingredients, turn off flame. Grate apples and add a few orange rings. Let them infuse for some time (10-15 min) and then strain and drink.

CELERY STALK LEAVES

You need: Bunch of celery stalk leaves (cut to ½ inch) and water
To make: Grind celery leaves and mix with water. Strain and drink 1 glass daily.



AMLA COCONUT YOGHURT DRINK

You need: ½-tsp licorice powder, ½-tsp amla powder, ½-tsp flaxseed powder, ½-tsp goji berries powder, 1 cup coconut yoghurt
To make: Mix all ingredients in the coconut yoghurt to make a drink.

AMLA POWDER DRINK

You need: 15 ml Noni juice, 1 tsp amla powder
To make: Dilute with ½-cup water or tender coconut water.

MATCHA GREEN TEA DRINK

You need: 1/4 teaspoon Matcha tea powder, ½-cup milk full cream, ½-tsp turmeric powder, 1 star anise, ½-inch cinnamon stalk, 1 tsp

ginger juice, 5-6 black peppercorns crushed, few drops ghee
To make: Boil milk with tea powder, star anise, cinnamon peppercorn and add turmeric powder. Turn off gas, add ginger juice and ghee drops. Drink when warm.



GINGER LEMON DRINK

You need: ½-inch ginger, 1 lemon, few mint leaves, Himalayan pink salt to taste, 1 tsp raw honey
To make: Grind in mixer, strain and drink as a concentration or mix with 1 glass water. Add a pinch of pink Himalayan salt and raw honey.

