



**Bal Bharati**  
PUBLIC SCHOOL  
Sector -21, Noida

## Workshop on Cognitive Skills, Problem Solving and Attention (21st May'2021)

Resource Person Dr. Swati Popat Vats, President, ECA, an expert in Early Childhood Education

Under the series of workshops conducted by Bal Bharati Public Schools in collaboration with ECA-APER

Attended By All Pre Primary Teachers and HM (Pre Primary)

The workshop began with a tribute to the revered President of Child Education Society, Mr. L R Channa, a great visionary and leader who left for his heavenly abode on 15 May 21.



The session began with Ms. Nanu Rekhi (Montessori Advisor, CES) extending a heartfelt welcome to the resource person, Ms. Swati Popat Vats.

Dr. Swati reiterated the role of a teacher in igniting the spark in children at a very early age wherein a connection between learning and real life situation is established. The Hundred Languages principle of Regio Emilia inspired approach was discussed where emphasis was laid on providing children with one hundred ways to share their thinking of the world around them. She also explained that by striking a right balance between a strategic and reflective teacher, we would be able to put forward a joyous, age appropriate and child centric learning pedagogy with focus only on child's perception and learning. Our National Education Policy 2020 has laid utmost importance and stress on education during the Early and Formative years, where Play based Learning Methodology is to be used by teachers in order to avoid stress and unnecessary burden on the young learners. As teachers our motto should be to design a curriculum which is child centric and not a parent or teacher centric.

To make reading less of a challenge, involve M.V.A.L

- **M = Motor Control**
- **V = Visual Discrimination**
- **A = Audio-discrimination**
- **L = Language**

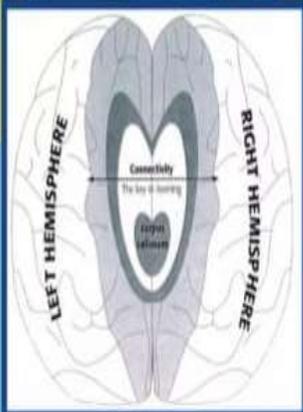
**Because Play is the Engine of Learning**

Explaining thoroughly the chosen Play based learning, she delineated the brain functioning details which renders activities involving arts, rhythm, holistic thinking, non-verbal cues, feeling verbalization carry due importance for a child to develop the right brain which is responsible for a long term memory. It was also brought to our notice that lower brain feeds the higher brain and for proper lower brain functioning affecting factors like attention, focus, fidgeting behavior, social skills and critical thinking there should be enough sensory stimulation, motor skills, visual skills vestibular skills and positive emotional experiences for the child.

**FEAR and the learning process**

- The amygdala is a structure in the brain that plays a major role in instinctive emotional reactions. It takes precedence over thoughtful reflection.
- The emotional center matures before the frontal lobes. Young children and especially adolescents are more apt to respond with a gut reaction than a reasoned action.

# Left and Right Brain



- Our ability to love, hate and experience emotional pain.
- Music and rhyme help them work together.
- Our ability to make decisions and solve problems.

- Left and right brain make me bright.
- Left brain works better when it works with the right!

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Requesting all facilitators to negate fear and anxiety from the child's mind, the resource person pointed out to the role of 'AMYGDALA' a part of brain situated near the temple on both sides which flips and signals distress and stops all learning.

Bringing the learning maxims to life the requirement of movement from simple to complex, concrete to abstract and known to unknown as a thumb rule was reminded to all the facilitators. Some FAQ's related to reading and writing were taken up and explained systematically. The unique concept of POP (pop out print) was highlighted where Dr. Swati told the facilitators to use labeling frequently in class and simultaneously reading it aloud along with pointing towards the object to establish connection. Teachers were told to focus more on building Pre Writing Skills rather than being too particular on writing with perfection. Focus on understanding mathematical concepts through reasoning, estimating, sorting, imitating, using concrete materials like Montessori Apparatus, use of proper vocabulary relating to our daily lives was stressed upon.

The culmination of the workshop was a reminder to all facilitators working out ways to enhance Metacognitive Skills through different language strategies like posing High Order Thinking questions, Open ended questions and making use of verbal clues as assistance. The need of the hour is making the children learn conflict resolution, self-regulation, label emotional feeling and understand the coping mechanisms as well.



Nature activities	Throwing and Catching a ball	Origami and paper folding
Helps kids recognize patterns in letters and number for easier and smoother handwriting.	Two skills require to be in place for kids to be successful with a pencil-eye hand co-ordination and small muscle development. Catching and throwing a ball develops both.	Helps kids to focus, develops small muscles and eye hand co-ordination and refines and ability to listen to instructions. Also helps kids understand and use right, left orientation. All necessary skills for writing.

It was indeed an enriching and delightful session wherein the teacher-facilitators were once again reminded of the importance of creating, inventing and innovating newer pedagogies while dealing with the young learners and promoting a life-long love of learning amongst the tiny tots.

The enriching and enlightening presentation made by Dr Swati Popat Vats has been compiled in the form of a PPT , which has been attached for reference and perusal. [Click here](#) to view the PPT.

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