

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

September 6th, 2024

Celebrating Abundance in Collabaction

Guest Curator: Sparkling Mindz Global School

This a bi-weekly Bachpan Manao Badhte Jao newsletter

ABOUT US

Sparkling Mindz Global School is a progressive and child-centric school that focuses on the holistic learning and development of the child. The school's vision is to build 'Confident Learners and Changemakers'; we believe that children are changemakers of today.

This newsletter addresses how safety can be built in play - and how that takes children's learnings towards purpose and changemaking.

There is a place in children's lives where they experience unbridled joy, a burst of sensory inputs, friendship, and uniquely self-paced learning about the possibilities of their minds and bodies.

Can you imagine this place?

It is the same place where children experience deep hurt, a burst of contradictory inputs, interpersonal conflicts, and self-destructive learning about the limits of their minds and bodies.

Can you still imagine this place?

This place is the playground.

The playground - which is free from adult intervention, supervision, and any systemic regulations - is a significant and unique space in a growing child's life.

Research has agreed that play not only boosts cognitive development and the building of neural pathways but also builds emotional regulation and resilience.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

As per a **study***, the frequency of bullying is higher in the playground (4.5 episodes per hour) than in the classroom (2.5 episodes per hour). The nature of bullying is different too - more aggressive and overt on the playground.

How can we ensure playgrounds are spaces of joyous learning and empowerment for children?
We need to ask the children themselves!

Below are snippets of two of the many emergent discussions with children at the Sparkling Mindz Global Preschool and School which led to the creation of a collection of poems 'When I play...' as well as a 'Playground Toolkit'.

“Rude to Me”

What can we do when someone is doing something I don't like on the playground?

During wind-up for the day, V was playing with pebbles and it hit A; she started to cry.

During reflections, we decided to take back the larger issue of getting hurt on the playground, due to multiple reasons.

The next day, we opened the discussion on what happened in the previous class to A, and the Facilitator, after addressing the specific case, asked -

“Have you all got hurt on the playground and how?”

A: I tripped and got hurt

R: I got hurt with the stone and blood came

N: Massi was pushing fast the swing and I got hurt on my nose

T: People might run into you and you can get hurt

P: I fell down

A: “Main seeddi climb karta hun, aur didi ko ball throw karta hun, lag sakti hai”

F: We shared instances when we got hurt. These are all physical.

Are there times when our feelings get hurt?

A: Yes, one day Ana was playing with me, and she said that she is not my friend, I felt sad.

T: M told me she that she will not play with me and I felt sad

S: When my friends at home say I am not your friend I will walk away and go home.

Post break children drew instances when they have got hurt or their feelings have got hurt on the playground.

D (drew a football court): Me and my friend were running and we bumped I fell down and got hurt

Sidh: I was sad when my feet got hurt, I put my safe bubble around me.

[Subscribe](#)
[Past Issues](#)
[Translate ▼](#)

These are instances of when and how we might get hurt on the playground. But when this happens, what should we do?

This was the next step that we needed to discuss with children.

Children shared some instances of how they have resolved issues -

Ra was pushing, and pinching. T said stop, and said "I don't like it."

Dh was angry with what Ra was doing, and he said "Send him back to his class!"

Aar said a long "STOP"

T: We don't need to copy him.

This is a snippet of a discussion with our preschoolers.

At the end of this - they modified a song to use as an anchor on the playground:

Here are the lyrics:

When I play
When I run
If someone pushes me
I will not do the same
I will just be me
I will first stay stop
NO! I don't like it
And if they still don't stop
I'll tell a grown up

You can watch the [entire video](#) of all the poems children wrote and presented.

The Playground Toolkit

A fun, empathetic, practical guide to empowering play

In the school, children, as part of the Changemaker Mission that works with Empowering Communities, took up this 'Problem' as a 'Project' and went through an iterative design thinking process to solve it.

Step 1: Gather - What's happening on the playground?

We first needed to collect more data to really understand the problem.

Children observed each other on the playground, wrote and drew their own experiences and also interviewed their peers.

Step 2: Map - What is really happening on the playground?

Subscribe

Past Issues

Translate ▼

interpersonal issues (bullying, name-calling, blackmailing, saying hurtful things) to equipment related concerns (not clean, broken and unsafe bars/ropes), self-connection related (scared, not trying something because of previous experiences, feeling lonely and not able to make friends, zoning out) or cultural (stereotypes). Based on the issues, together, we also arrived at a few archetypical personas that are seen at the playground - so that we know 'who' needs addressing to solve this problem.

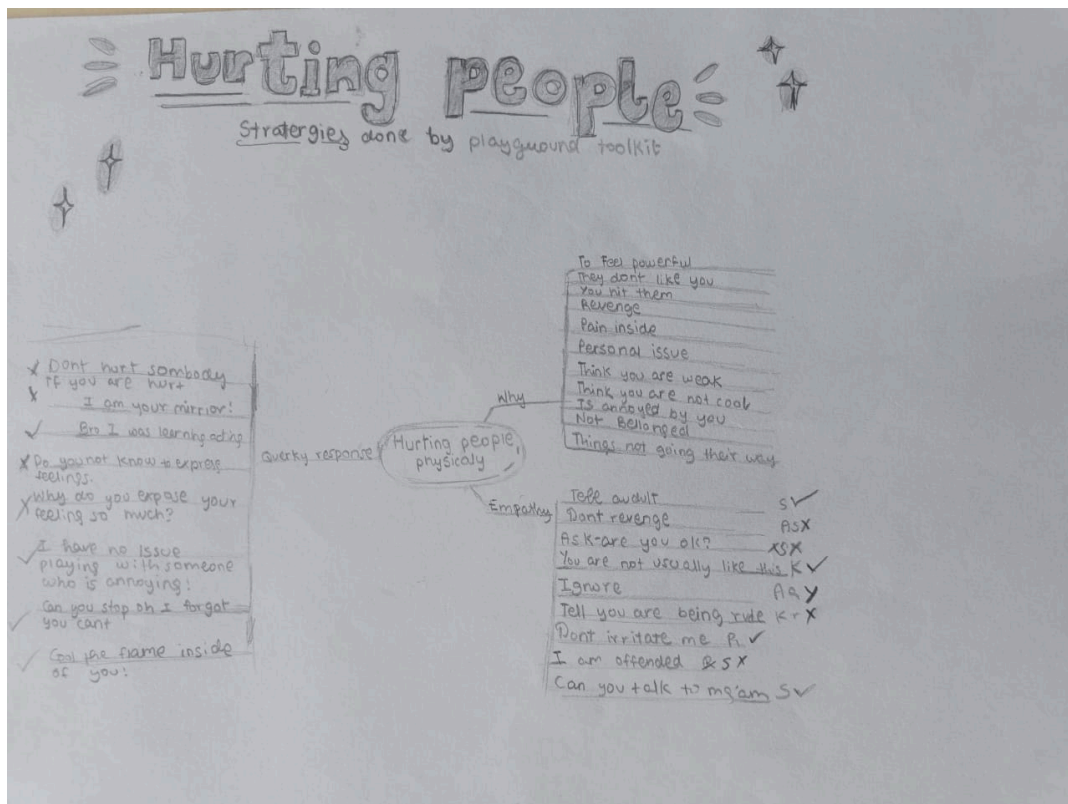
The personas were:

1. Feeling left out or not fitting in with others (others are gossiping or stereotyping this person or they are judging others behaviours)
2. Very scared of others and seeing others as better, more confident, prettier or smarter than self
3. Large group of friends and want to constantly play, play, play
4. Have only one friend who now befriends someone else and is feeling betrayed and lonely
5. People pleasing (doing things to fit in that may not be a kind thing to do or something that they agree with)

Step 3: Empathy - Oh! This makes me feel....

For each of the above personas, children first did a process of empathy. They first acknowledged and resolved their own feelings when faced with a certain persona or while being a certain one. Then they empathized with the other.

They did this using a non-violent communication based in-house Empathy Tool.



Subscribe

Past Issues

Translate ▼

Playground Toolkit
Spreading Rumors

SCENARIO 1 - (True but uncomfortable)

- You go and walk and you see that everyone is wispering.
- You ask your friend what everyone is talking about?
- Your friend tells that there is a rumour about you fell into the pool and everyone's laughing, gossiping and giggling about it.

I see - I am in a rumour where I fell in the pool and it's like they don't like me.

I feel -

- angry
- closed
- withdrawn
- ashamed
- uncomfortable

I need -


- acceptance
- balance
- harmony
- friendship
- communion
- connection

My strategy -

- Say it's okay give yourself love
- Tell a safe adult
- Make a quirky response eg: yeah, I jumped in the pool to swim.
- Say you only feel anger then, ignore.

what to say

- yeah I jumped in to swim
- hey I ain't do that



SCENARIO 2 - (Accusation)

- I go to school
- people accusing me that I wrote on someones book.
- what can I do?

I see - I am being accused for something I didn't do!

I feel -

- annoyed
- blamed
- accused
- irritated

I need -

- harmony
- connection
- community

My strategy -

- Make a quirky response
- Talk it out
- Tell that you didn't do it
- If annoyed ignore

who to told you I wrote in your book huh?

Step 4: Ideate, Agree, and Implement - Let's Do Something About It!

Finally, they ideated on ways to turn the scenario around, empathetically. Using the power of experiential learning, children used role-plays to ideate and come up with solutions for handling various scenarios on the playground.



The final draft of their work resulted in a **'Playground Toolkit'**, which they want to take to apartments and schools to implement.

If your school is interested in making play empowering for children using a child-led, empathy-based process - please get in touch with us and children from the SM Changemaker Mission CSP will be glad to take up that problem and convert it into a project!

The Bachpan Manao Network at Play

Subscribe

Past Issues

Translate ▾



collaborative event by Bangalore Creative Circus and EkStep Foundation under the **Bachpan Manao Badhte Jao** initiative. Enjoy a play-themed flea market, interactive installations, doodle walls, games, a photo exhibition, and film screenings focused on childhood and children's use of public spaces. The **Entry is free** and will run from **11 a.m. to 3 p.m. on September 8th, 2024**, at **Bangalore Creative Circus**. Click [here](#) to see the post and the [location](#).



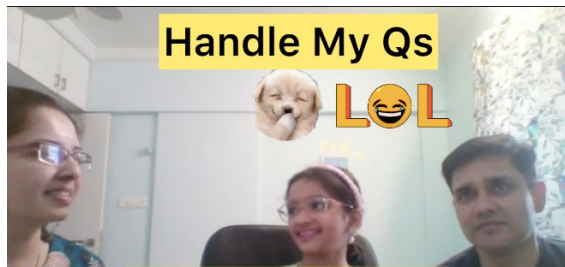
LISTEN TO THE VOICES THAT TEACH

Hear from our teachers!

Teachers are the heart of education, skillfully balancing diverse roles and responsibilities while nurturing their students. By creating spaces for them to share their voices and perspectives, we empower them to thrive. When teachers flourish, the entire learning environment flourishes.



Simple Education Foundation in collaboration with **EkStep Foundation** as a part of under **Bachpan Manao, Badhte Jao** initiative bringing you the **Voices of Teaching**. The space is meant to bring educators together where they can share journeys, motivations and perspective on their teaching journey. Save the dates **17th & 18th September 2024** for this online event. Click [here](#) to see the post.



Kids ask the most unexpected questions! **12-year-old Rianna Dasgupta interviews her parents**. Can her parents Handle Her Qs? Watch the [full video](#), enjoy and let's celebrate the joys of childhood together!



Do you like theatre and performance? Well this event is just right for you! Reshma Bachwani and Anaahat Bachwani presents '**Tumhara Bachpan**' a heartfelt exploration of the delicate world of childhood through the powerful medium of letters. To read more about the event and ticket details click [here](#). The event is happening on 14th September, Saturday at 5-6 p.m.

Subscribe

Past Issues

Translate ▼



Bachpan Manao Badhte Jao Copyright (C) 2023. All rights reserved.

Our mailing address is:

bachpanmanao@gmail.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)