

bachpan
manao 

SLATE

a notebook for noticing



Sometimes, the smallest things tell the biggest stories.

A hand resting on a knee. A song hummed while folding laundry. A crayon drawing stuck to a wall.

This isn't a workbook. It's a noticing book.

It doesn't ask for answers—it invites you to pause, look closer, and hold space for the things we often miss.

You are entering someone else's everyday.

Maybe it's an anganwadi, a community centre, a kitchen, or a patch of shade outside a school.

Whatever the place, take your time.

Let yourself observe without needing to solve.

This notebook is a field companion—
to help you make sense of what care looks like
in the quiet, ordinary corners of childhood.



You can use this notebook on screen, or print it as an A5 companion to carry with you.

It works well for quiet, personal reflection—pausing to observe and absorb what often goes unnoticed.

But it's also meant to be shared. Use it as a tool to debrief with others after a field visit. Compare notes. Ask new questions. Sit with what surprised you—and what stayed.

Let it travel with you. Let it hold what you're still figuring out.



ON PHOTOS, CONSENT & TELLING STORIES WITH CARE

This isn't a rulebook. It's a gentle reminder to tread with care. When you enter these spaces, bring kindness, awareness, and respect.

We recommend to not take photos of children's faces.

Instead, notice what they notice. Engage with their day.

The drawings they've pinned to the wall.
The birds they've sketched.
The shoes by the door.
A worn-out water bottle.
A plastic bowl.
A corner they've made their own.

If you're documenting moments, look for hands, colours, shadows, textures—these often say more than expressions do.

And when care is unfolding—when someone is feeding, soothing, or helping—let the moment be. Don't interrupt to capture it

You are welcome to record audio, but always ask first, explain why, and how it may be used.

Let the lilt of their stories, the songs they hum, or the small repeated phrases carry the narrative.

Always remember: people are letting you into their everyday. Let's hold that with care.

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VISIT LOGS



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VISIT LOGS



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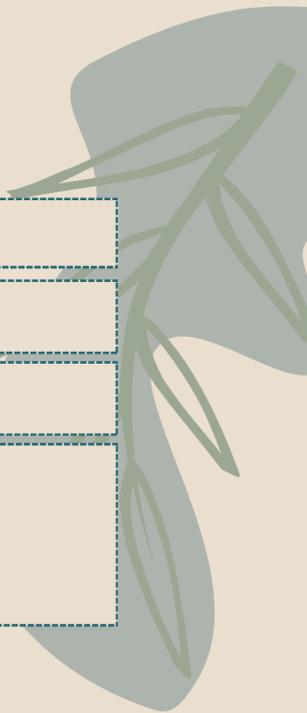
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THE NOTICING NUDGES



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what do you see, smell, feel and hear?

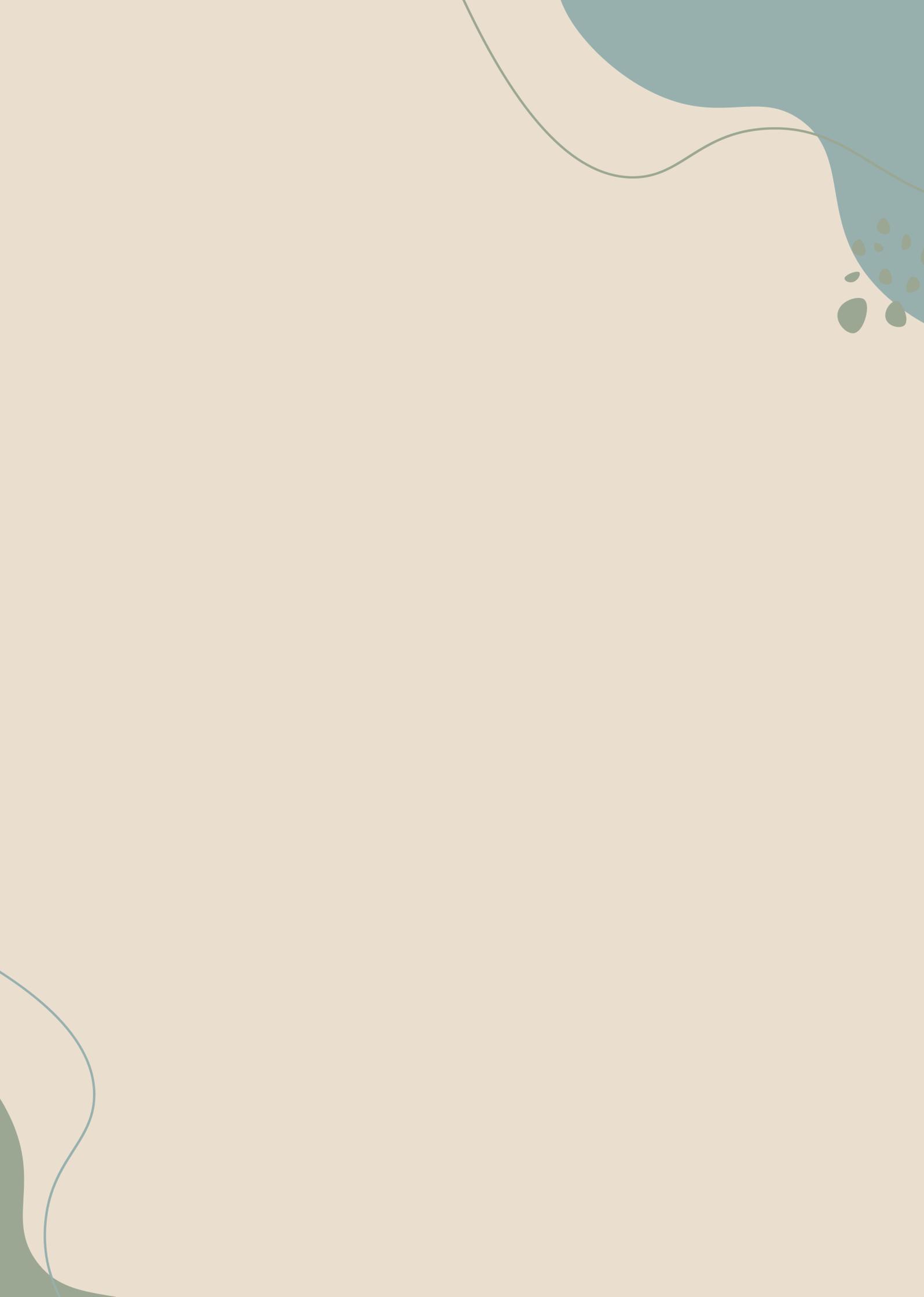
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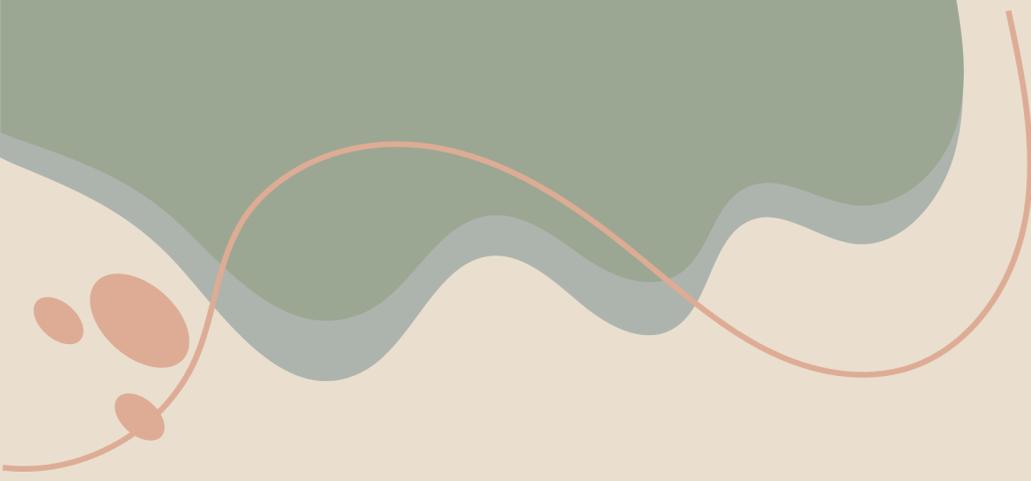


THE NOTICING NUDGES

where do the
children rest?

what sounds or
silences repeat
across the day?

can you smell care?
Is it food, soap,
cloth?





MOMENTS OF PLAY & PLENTY

What games did they play?

What kind of
fun showed up
today?

Was there music?
What songs did they sing?

MOMENTS OF PLAY & PLENTY

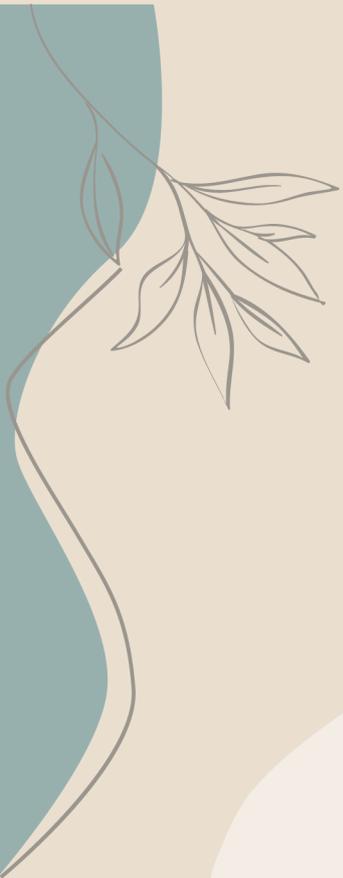


MOMENTS OF PLAY & PLENTY

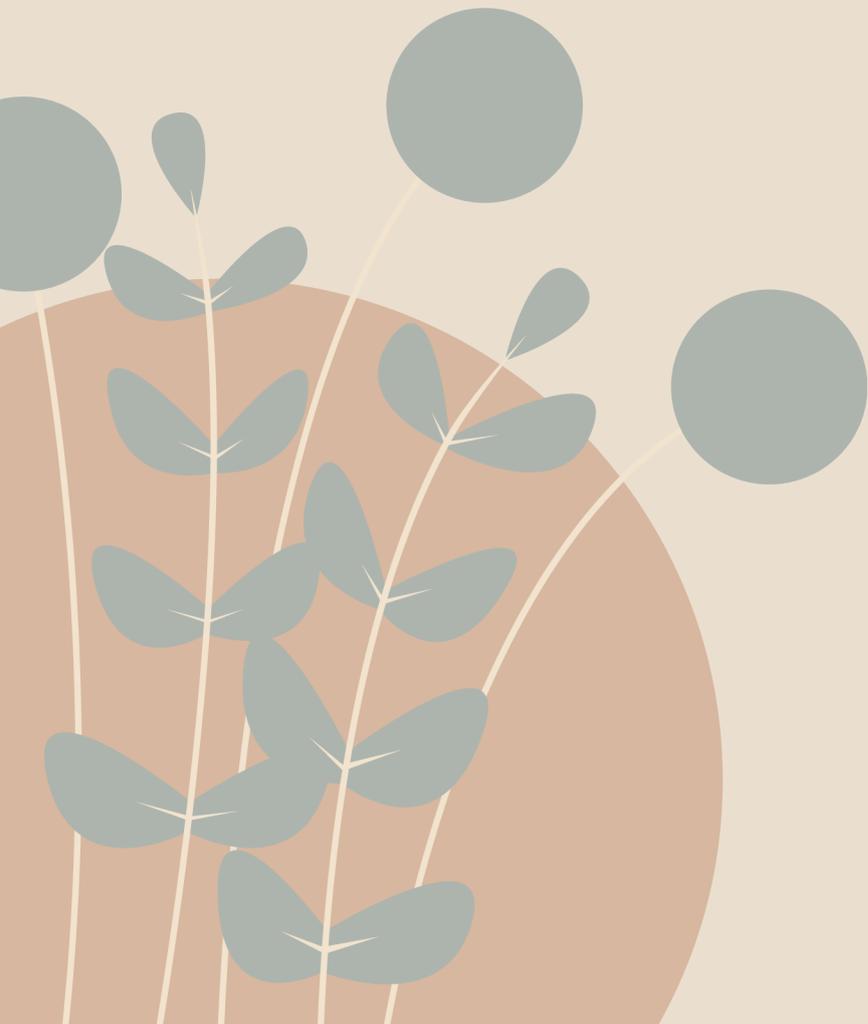
What were they drawing?

What kinds of stories are
being told and made?

What materials are being
used for art or play?



OBSERVE & REFLECT



OBSERVE & REFLECT

What parts of this feel familiar?

What bits surprised you?

Something that feels lighter for you?





OBSERVE & REFLECT

What confused or unsettled you?

What tangled your assumptions?

Something that feels
heavier for you



POCKETS OF THINGS WE CARRY

A JOKE OR SILLY STORY
THAT SOMEONE SHARED

A TINY INTERACTION THAT
MOVED YOU

UNSPOKEN LABOUR
CONDUCTED BY SOMEONE

SOMETHING YOU WILL
NEVER FORGET





POCKETS OF THINGS WE CARRY

A SENTENCE SOMEONE SAID
THAT INSPIRED YOU

A SMALL GESTURE THAT
ANCHORED YOU

A KIND OF CARRYING YOU
WITNESSED

A QUIET ACTION OR
BEHAVIOUR YOU NOTICED





THINGS LEFT UNSAID

HEARD

A sentence I heard but
didn't know what to do with

FELT

A thing I noticed
but couldn't name

50

HELD BACK

A moment I didn't interrupt,
but maybe should have

LET GO

A quiet release I witnessed
— in a child, a worker, myself



THINGS LEFT UNSAID

HEARD

A sentence I heard but
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UNDERSTANDING POWER

CENTRE

Who or what held power
in the space today?

EDGE

Who made decisions
without speaking?

INVISIBLE

Who softened the room
without being seen?

ANCHOR

What tool, object, or space carried
more weight than it seemed?



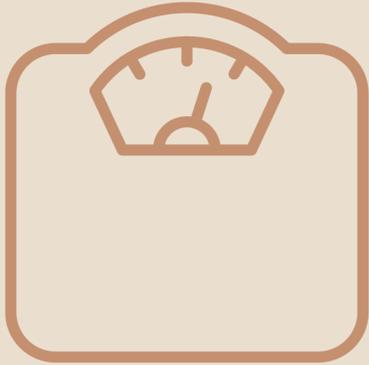


THE WEIGHT & WARMTH SCALE

WEIGHT:

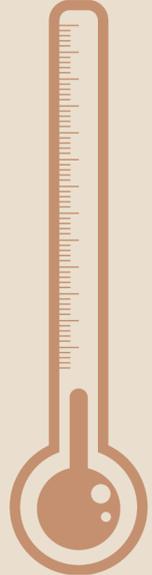
What felt heavy today?

A moment, a child's question, a pause?



WARMTH:

What felt warm — not just temperature, but tone, comfort, kindness?



WERE THERE MOMENTS THAT CARRIED BOTH?





SOME OTHER BITS TO EXPLORE

These aren't interview questions. They're starting points for listening, learning, and understanding how people care, adapt, and create possibilities—often with very little.

HOW DO PEOPLE WORK ACROSS SYSTEMS?

What do they have to **navigate daily**—healthcare, schools, IDs, food rations, social workers? What's smooth? What's broken? What workarounds exist?



WHAT IS THE LOCAL CULTURE & CONTEXT?

What's the **rhythm** of the day? What are the pressures or joys that shape choices? Where do people find rest or relief?



SOME OTHER BITS TO EXPLORE

HOW DOES TECH SHOW UP (OR NOT)?

Are phones used for schoolwork? For community help? For distraction? For safety? For juggling work and home? What apps or platforms are trusted—or avoided?



WHAT'S MISSING—BUT STILL NEEDED?

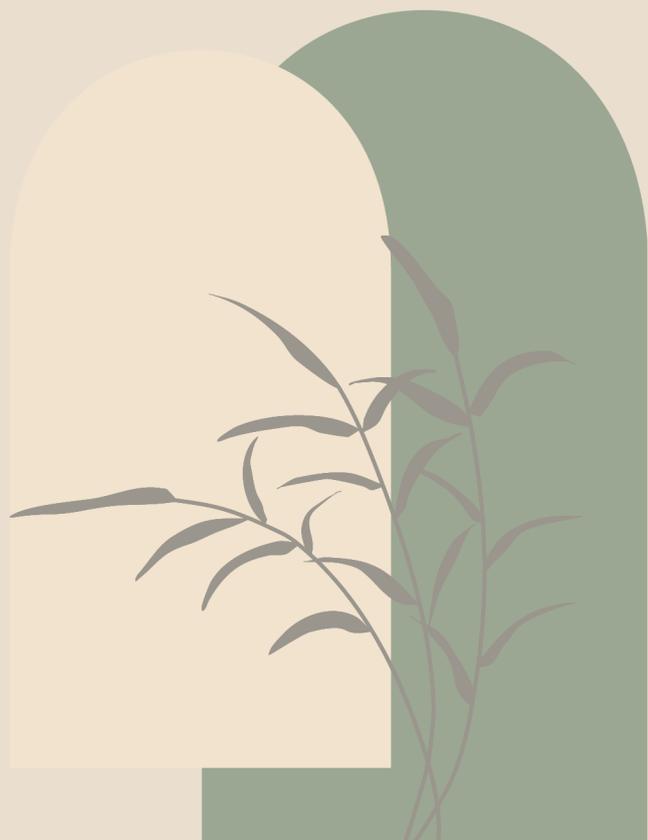
Think beyond money. Are there gaps in time, attention, infrastructure, emotional support, access to info, play, safety, dignity?

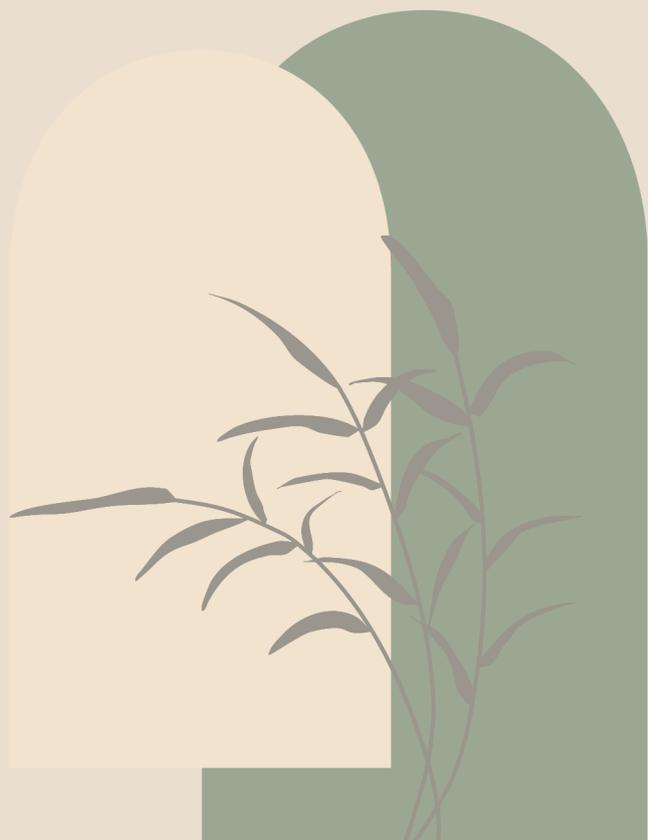


WHAT DOES CARE LOOK LIKE WHEN NO ONE'S WATCHING?

A hand on the back, shared food, a neighbour checking in. Ask what doesn't get recognised enough.

















This notebook is part of Voices of Care—
an ongoing journey to listen more deeply to the quiet, everyday
work that holds childhood together.

Slate was imagined and designed by Bachpan Manao & mudito,
as a tool to help notice, remember, and share the invisible
moments that shape how children live, learn, and grow.

Thank you for noticing with us.

mudito

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