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# Chronicle

Welcome to our world

From the Editor's Desk

TLC is a place where all our students feel happy, valued and enthused, where learning is fun and exciting. In November, we begin with units on birds and In The Sky.

Children will learn more songs and Rhymes, listen to stories to encourage a love for books, through listening to stories and browsing books of their own in the comfort of home. This month, we will continue with fun, Montessori-inspired activities to develop and strengthen fine motor control.

Our hands-on approach to Mathematics, with Fun With Math video series, will let your child explore new concepts with different manipulatives.

Unit of Inquiry lessons are quite exciting covering information on birds, flowers and insects, among other topics. Geography and science, Hindi, Kannada, math and English, we are please to see that the curriculum is moving at a good pace.

Please encourage your child to explore shapes, sizes and patterns in the environment through hands-on experiences, with songs and finger play. Sensory play supports language development, cognitive growth, fine and gross motor skills, problem-solving skills, and social interaction.

We are ready to continue learning in what appears to be a fun, action-packed year ahead.

Kind regards,



*Usha Lamba*

Usha Lamba  
CEO



## Fun Corner

Please colour this picture. If you submit the completed project, we will post it on Facebook or Instagram.



## Spot 5 Differences





## Peace At Last

By Usha Lamba



For years I wasn't able to find time in my busy schedule for the daily meditation I longed for and believed would help me become a better person. I asked my yoga teacher for advice. She suggested, "Just sit in your balcony and spend a few minutes sipping your morning coffee, noticing what you see and hear." How could I argue that I couldn't spare a few minutes? So I tried it. A slow start to the morning gave me a calmness that is difficult to explain. The chirping birds, the flowers, the wind in my hair and the sun on my cheeks was refreshing.



Of course, many times I forgot or felt too rushed, so sometimes I savoured those minutes at the end of the day, with a cup of tea. Often five minutes became ten or twenty as I enjoyed the gift of quiet contemplation. Perhaps the only time many of us have to take a few deep breaths are the moments at a red light or while using the restroom. Don't discount how useful this can be. Scientific studies show that just two minutes of slow, deep breathing reduces anxiety and helps people become significantly calmer. Deep breaths can also be a way to steady our minds and hearts, helping make the transition to the next activity.

After meetings, you might stand, stretch, and take some slow, deep breaths before continuing with your work. (Breathe in for four counts, out for eight.) Notice if this makes a difference in how you observe or respond to your work and your family.

Establishing daily habits that promote self-awareness and inner harmony gives us greater capacity to nurture peace in our homes. Many people spend a few minutes before meals or sleep, writing a Gratitude Journal. Spending time in nature (even just walking around your neighbourhood, noticing the trees and flowers or at a window or balcony during these times)

Journaling

Yoga, tai chi, dance

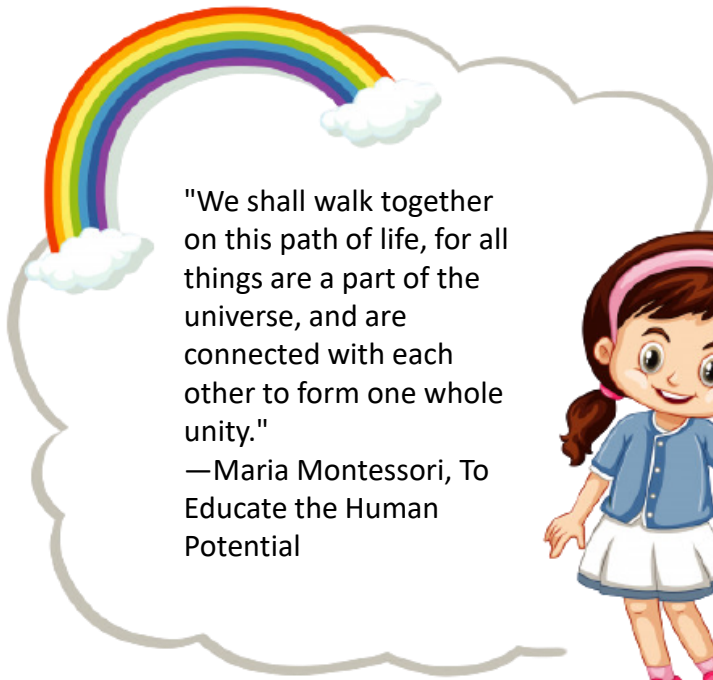
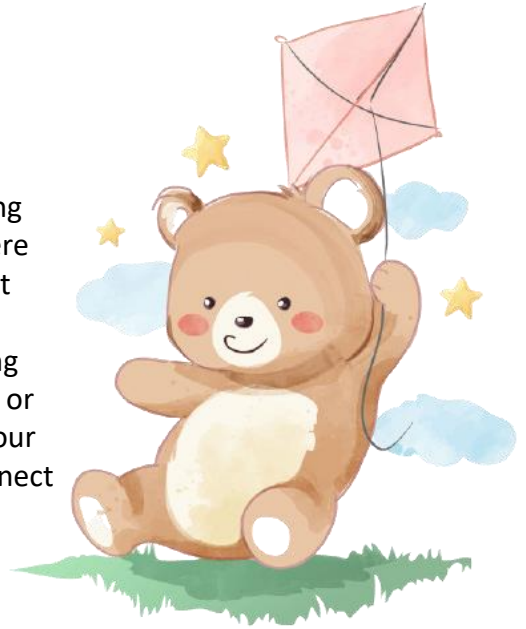
Meditation, prayer

Walking a labyrinth

Reading poetry

Painting or other creative expressions

Cultivating a peaceful inner life is the foundation for observing and interacting with children with calmness and respect. There are mindfulness and awareness exercises, as well as excellent books that can help us learn to respond from our hearts. As parents, we have so much on our plates. Start with something small and doable, like taking slow, deep breaths for a minute or two. Then appreciate yourself for remembering to nurture your inner spirit. This practice, however brief, can help you to connect with and nurture the light and inner lives of your children.



"We shall walk together on this path of life, for all things are a part of the universe, and are connected with each other to form one whole unity."

—Maria Montessori, To Educate the Human Potential



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