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Unleash The **Genius** In Your Child



Dear Parents,

Greetings to all of you. I hope you and your children are doing well. As we are approaching a school long holiday (from 28 May until 8 June), please remember that you play a vital role in your child's learning success.

I would like to encourage all the parents to continue the stimulation activities at home. As we know, early childhood brain stimulation is very important for expanding their brain capacity. Simple play activities that stimulate the brain can help to improve their ability to think and communicate.

Please read the article below for suggested activities.

Once again, thank you for all of your support. Happy Eid Mubarak for all of you who celebrate and have a productive holiday.

Warmest Regards,
Mr. Suryanto Lim



Announcement

SCHOOL INTENSIVE HOLIDAY PROGRAM

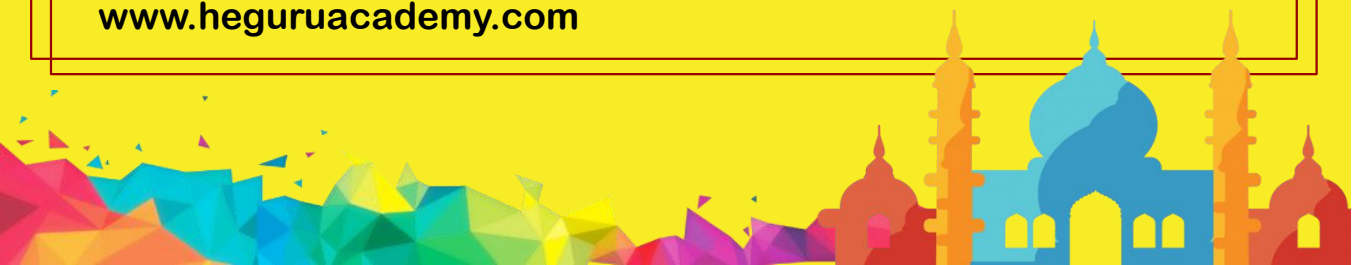
12 June – 13 JULY 2019

**10
Lessons
Only**



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Articles

STIMULATE YOUR CHILD'S BRAIN WITH THESE EASY-TO-DO EXERCISES

Research has shown that there are significant benefits from movement at an early age and a strong association with brain development such as cognitive functions in comprehension, memory and even creativity.

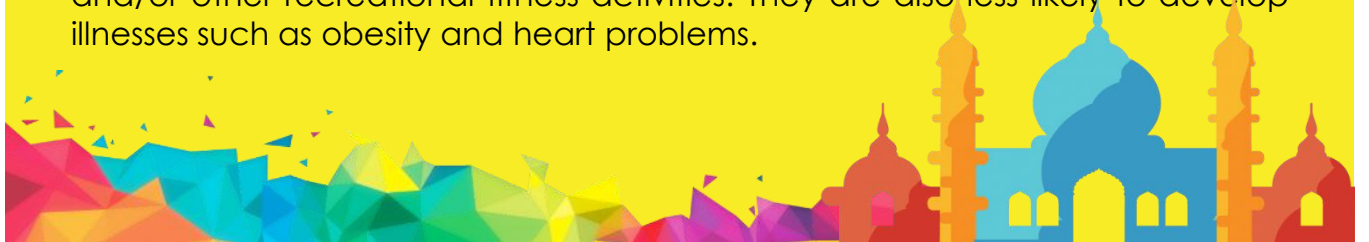
How Exercise Benefits Brain Development

Exercise increases blood flow to the brain, delivering oxygen and glucose, which the brain requires for increased alertness and mental focus. Physical activity helps in growing the frontal lobe of the brain that controls emotional expression and language.

It also reduces stress as it releases 'feel-good' hormones such as endorphins, dopamine and serotonin. Otherwise, stress to a young one can impair a child's brain development.



Children who grow up being active are cultivating good habits that continue into their adulthood, sparking an interest or further participation in sports and/or other recreational fitness activities. They are also less likely to develop illnesses such as obesity and heart problems.



Articles**Simple Exercises To Introduce To Children****BABY (0 – 12 MONTHS)*****Bicycling***

- a) Place baby on their back and gently move their legs up and around, as if pedaling a bicycle.
- b) Accompany motion with sounds such as a coo or singing, repeat for 3 – 5 times and keep going when baby reciprocates by smiling or kicking.

What it does:

- a) Builds leg, hip, knee and ab strength as well as increase flexibility and range of motion.
- b) Cycling baby's legs also helps to relieve gas as it's a natural method for pushing air out of their system.

TODDLER (1 – 3 YEARS)***Cruiser Boxes and Wall Bars***

- a) Encourage child to explore cruiser boxes and allow them to navigate freely and independently.
- b) Guide them on Wall Bars to ensure proper posture and leg stance.
- c) Build customizable obstacles/ at-home jungle gyms with cruiser boxes that increase in difficulty as a child age.

What it does

- a) Helps young infants learn how to walk and overcome any fear of heights from an early age
- b) Aids in discovery of their own physical strength, balance and coordination abilities, which helps build confidence and self-esteem

PRESCHOOL (4 – 6 YEARS)***Dance Jam***

- a) Play a song where kids can dance to and freeze when the music stops.
- b) Encourage different movement styles for children to explore, be it dancing, hopping or skipping to musical beats.

Articles

What it does

- a) Builds self-awareness, timing, coordination and their sense of rhythm
- b) Allows for group work and grow a sense of camaraderie among the team, helping the child feel a part of something bigger than themselves

How You Can Inject Play Into Exercise At Home

1. Music and storytelling are your best friends

A way to inject play into exercises at home would be to use tools such as storytelling, music and dance. Imagination is also a key part in getting a child engaged and excited for exercise.

2. Set it up as a game

Another key point is the way it is framed. Consider 'Are you ready for a fun game?' vs 'It's time to exercise' – it's no surprise that your child will react better to the former and might not even realize he/she is exercising. Adding a little friendly competition can also help!

3. Be creative!

Instead of hopping from one place to another, play an adaptation of 'The Floor is Lava' that helps junior get from one place to another without having his/her feet touch certain parts of the floor.

4. Use props and a story

Use tangible and child-friendly props such as animal-shaped blocks that can be used to create storylines such as 'Help lion find his family', by having Junior categorize the blocks into their animal families.

5. Don't forget your warm-ups and cool-downs

Include a warm-up and cool-down period before and after aerobics activities by timing it well with songs to indicate the start/end of play time. For example, we can play meaningful songs that help to lift mood and empower children.

Consider making everyday activities into a game to elevate the play factor. For example, during shower time, kids can make routines into games by rolling their clothes into a ball to aim into the laundry basket.

Source: <https://thenewageparents.com/exercises-that-stimulate-your-childs-brain/>

Testimony

Heguru family

*Gyselle Arianne
Damian*

3 year 7 months old

Joined Heguru: July 2017

Mr. Yustinus Damian & Ms. Shierly Partono

Gyselle starts joined Heguru when she was 1 year 3 month old. We decided to join Heguru after attended Mr. Suryanto's Seminar and find out that Heguru has unique method and concept.

At first, I worried about the fast-paced of the class whether my child can follow it or not. Surprisingly, she enjoy and follow the class very well.

Her biggest progress that we can see and compare to the time before joining Heguru is her **fast understanding** in her learning. She understands easily what we told her and she is very quick in grasping new concepts that we taught her.

In terms of **her confidence, we see a lot of improvement** as well. Gyselle used to be a shy and lack of confidence girl but now, she is really more confident in communicating her ideas and emotions.

Heguru teachers are very energetic, they make children feel happy and enjoy class activities with positive energy. We hope that Heguru can helps more children to develop their brain, especially their right brain so they can feel the benefits of the stimulation.




Birthdays of the Month



| | | |
|----------------------------------|--------------------------------------|--|
| Hubert 5 June 2015 | Alden Benaya Thang 15 June 2017 | Keira Allysia Pui 16 June 2015 |
| Zachary Zaoputra 16 June 2014 | Reagan Thomas Goh 16 June 2015 | Seanna Krichelle Anggatha 17 June 2017 |
| Max Woo 18 June 2013 | Ryan Lawrance 26 June 2015 | Justin R Santoso 28 June 2017 |


Activities Page

How many syllable? ★
Color the correct number!



leprechaun

1
2
3




gold

1
2
3



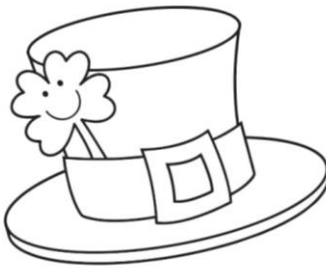
rainbow

1
2
3




horseshoe

1
2
3



hat

1
2
3



shamrock

1
2
3



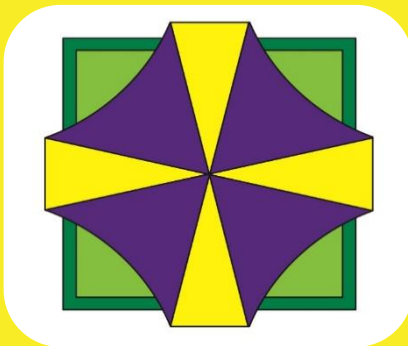
Materials Knowledge**MANDALA**

This is one of the favorite activities in Heguru for the students. In mandala activity, students are acquired to remember shapes and the colors as well as the number of mandala. Children like it because they love to draw and give color by using crayons.

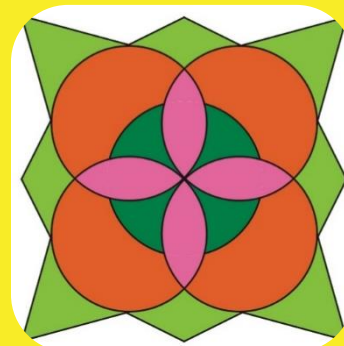
In Heguru Class, mandala is a shape that could be seen exactly the same from every direction (this is unlike Mandala from Buddhism). Mandala is a practice to memorize colors and shapes in certain period of time. Usually it divided into 2 steps, the first step is to remember the color and the second step is to remember shape and color.

The aim of remembering mandala's number is also good to recognize the whole shape of mandala. By remembering number and shape together, it is going to be basement of picture memorizing.

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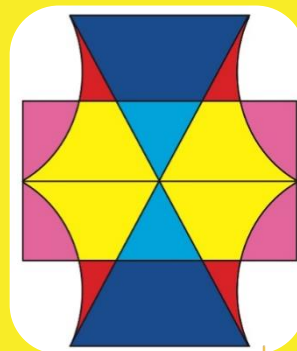
108



110



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Curriculum

June Journey

LITERACY

- Finding letter G and H in your daily life
- Mention words start with letter G and H
- Tracing letter G and H
- Guessing letter (cover half of the letter)
- Writing three letters word
- Spell your name

KNOWLEDGE

- Feel the shape (put your finger to the shape)
- Play with water color and make flower
- Matching apples and bananas (have 3 different size)

NUMERACY

- Count your daily activity
- Learn about first, second, third, fourth, and fifth

MOTOR SKILLS

- Catching plastic ball with plastic cup
- Tearing origami paper and make yoyo
- Folding origami

MEMORY

- ESP games (Psychokinetic) guessing object in a box
- Memorizing 5 cards (memory cards)

0

to

1

Year Old

2

to

3

Year Old

LITERACY

- Finding letter G and H in your daily life
- Mention words start with letter G and H
- Tracing letter G and H
- Guessing letter (cover half of the letter)
- Writing three letters word
- Spell your name
- Reading two syllable words

KNOWLEDGE

- Feel the shape (put your finger to the shape)
- Matching apples and bananas (have 3 different size)
- Learn the concept of opposite
- Guessing animal pattern
- Understanding the difference between you and Me

NUMERACY

- Count your daily life activity
- Learn about first, second, third, fourth and fifth

MOTOR SKILLS

- Catching plastic ball with plastic cup
- Tearing origami paper and make yoyo
- Folding origami paper

MEMORY

- ESP games (Psychokinetic) guessing object in a box
- Memorizing 10 cards(memory cards)
- Doing memory card

LITERACY

- Guessing letter (cover half of the letter)
- Writing four letters word
- Spell your name
- Reading two syllable words
- Write words that start with letter F

KNOWLEDGE

- Guessing animals pattern
- Learn about countries in ASIA
- Drawing flower

NUMERACY

- Count 1-100

- Count by 2
- Count by 5

MOTOR SKILLS

- Catching plastic ball with plastic cup
- Tearing origami paper and make yoyo
- Folding origami paper

MEMORY

- ESP games (Psychokinetic) guessing object in a box
- Memorizing 10 cards(memory cards)

4

to

6

Year Old

Calendar of the Month

June

| MON | TUE | WED | THU | FRI | SAT | SUN |
|-----|-----|-----|-----|-----|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Dates to Remember

| | |
|----------------------------|--|
| 1 June | Pancasila Day |
| 5 - 6 June | Eid Mubarak Day 1440 H |
| 1 – 8 June | School Holiday |
| Every Friday at. 3.00 pm | Brain Tour 101 – Introduction of Heguru Program |
| Every Saturday at. 4.30 pm | Brain Tour 101 – Introduction of Heguru Program |

Attachment

All the management and staff of
Heguru Indonesia
wish you

a blessed Eid Al - Fitr

1440 H

