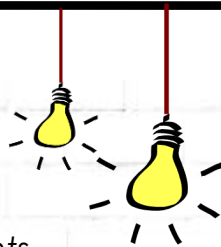


[www.heguruacademy.com](http://www.heguruacademy.com)

## Unleash The **Genius** In Your Child



## November 2019

Dear Parents,

Greetings to all of you, our current and new family members. Thank you for being part of this great learning family.

Please take time to review your child progress on meeting that was provided at the 1 on 1 parents guidance to achieve your child learning goals. Your child learning doesn't stop at school; it continues on.

So please continue to participate and involve in your child learning even back at home. You play the biggest role in your child growth. You can start with a simple question "What are you learning in school today?".

Besides that, please make sure that you are checking your child's assignments that are suggested by teachers regularly. For children above 3 years old, continue to motivate them to finish up S1 and S2.

It is my expectation for our teachers and staff to ensure that all of our children and parents are engaged in a meaningful teaching and learning journey, that always expand the brain capacity.

As always, I appreciate your support to always ignite learning and growing together in Heguru.

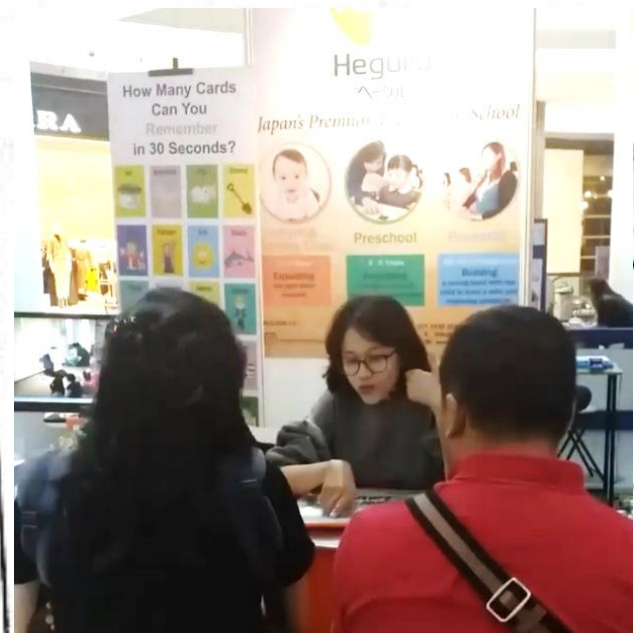
Warmest Regards,

Mr. Suryanto Lim

Event

# KIDS EDUCATION EXPO

17 – 20 October 2019





## Articles

# To Foster Empathy In Your Kids

*Parents open up about how they're raising caring and empathetic children.*

Parents want to raise kids who care about other people's feelings and who have an inner moral compass. Of course, that's much easier said than done. From a young age, children should learn to value what others are feeling.



"Our kids need to appreciate other people's feelings — they'll be better friends, romantic partners and parents later," said Richard Weissbourd, a Harvard educator and co-director of the university's Making Caring Common Project.

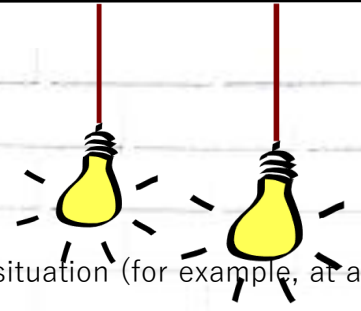
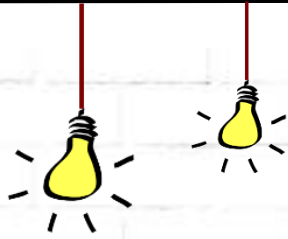
So how can parents instill caring, fairness and basic morality in their kids? "It's all about modeling," Weissbourd said. "Almost all kids are morally literate. They know adults have values, but moral identity is the bigger thing. When parents expect something, when parents have high moral standards, such as helping neighbors, modeling fairness, these understandings are backed up."

And how should parents intervene when their kids do something that seems to violate the parents' values? Weissbourd adds: "Say, 'The expectation in our family is X.' And for young kids, the Golden Rule is helpful."

To get more advice from the village, as it were, we asked the HuffPost Parents Facebook audience how they instill empathy in their children. Here's what they had to say:

"When either of my boys, ages 5 and 3, impact another kid's emotions positively or negatively or if they witness another child that is sad or upset, I ask the question: **'How do you think they feel?'** I find that getting my kids to think about and be a part of the other person's feelings,

## Articles



rather than just a witness to it, helps to build empathy. In the right situation (for example, at a playground and a child hurt their knee), I may also ask my kids: ‘How can we help them?’ — Chris Passmore.

“Having empathy for others is definitely a learned behavior. I started introducing it when my two children were both very young. They are one year apart and I knew I wanted to foster a lifelong friendship beyond brother and sister. Sharing toys: I would show them how happy it made the other one when they gave the toy to them. Understanding and verbally acknowledging feelings and talking about them. On the other hand, **we learned boundaries** and how to stop tickling each other when someone says stop.” — Lindsay Brimmerman

“I treat my kids like human beings, the way I want to be treated. I listen to what they say, and when we disagree I’ll listen to their side (I’m not talking a disagreement where they refuse to drink a glass of milk, I mean the big stuff). **I promise to always listen.** This doesn’t mean they get their way, but I will let them have their say.” — Jenn LaValley

“We often talk to our children about how we feel. We are open and honest about context and situations. For example, if we have a fight, once everyone is calm, we talk about how it made us feel and what we could do differently next time. We don’t force conversation either — we allow our kids space if they’re not ready to talk and say it’s ok, we’ll talk when you’re ready. **I think consent is really important. It shows them not to push others when they want to be left alone.** Whether we are feeling positive or negative emotions, they are all valid. We allow our kids to feel angry or sad because feelings aren’t always positive and that’s ok. Building the emotional tool set goes a long way to developing empathy.

How can we ask our kids to have empathy towards others if we don’t cultivate their own understanding of their feelings? And lastly, perspective on how others are feeling. If my daughter ignores me, I’ll explain to her how that makes me feel. Then I’ll say how would it make her feel if she was trying to get my attention or tell me something really important and I just completely ignored her. That often makes her go ‘Oh! That’d really upset me!’ We talk about how our actions affect others.” — Chenoa Gao.

## Articles



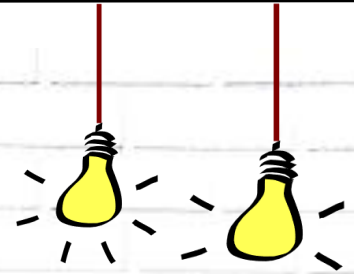
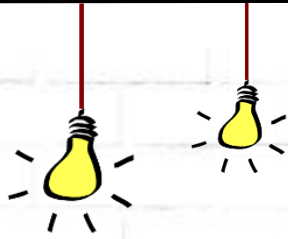
“I try to empathize with them when they are having a rough moment, rather than meeting their rough moments with anger and disappointment. Often when they are having hard times, there is a reason. I try to help them identify what’s really bothering them and address that. I’ll never forget the day my middle daughter came home from school and was telling me they had seen a person get pulled over. The kids on the playground were speculating about why and making comments that she perceived as not so nice. She told them to stop, that he was probably sad or scared that he was pulled over. She was in first grade. I try to teach them we don’t always know the situation behind things and **it’s important to always be kind or at least try.**” — Alyssa Anderson.

“No tricks. Children learn by what they see and hear. You are showing empathy for others, your children will see and understand what that is. **You don’t teach empathy, you show empathy.**” — Dawn Gudel

“When you are asking your kid about their day, ask what good things happened to other people today. Did anything bad happen to someone else? How did that make them feel? Start in preschool. It helps your kid learn to celebrate the success of other people and to have empathy for someone having a hard time. Then as they get older you can discuss strategies like **‘How can you help next time?’**” — Beckie Grim



## Articles



“We use empathy as a learning tool often. When my son does something he shouldn’t, I often find the only way to get through to him is to explain the same situation but it happening to him. Once I get him to describe his feelings and tie it back to what he did wrong, **there is usually an ‘aha’ moment.**” — Kristina Mahler

“We’ve taught our little boy to be empathetic of all beings, including little bugs and birds. We encourage him to **say hello and thank you** to all the animals we come across, and this has transferred to the people he comes across.” — Alice George “When my children were little, **we watched muted TV shows.** I would ask them to tell me how they thought the characters are feeling and what could make them feel that way.” — Alicia Francis Lee

“Verbalizing what THEY might be feeling, expressing my own feelings, pointing out how they can notice the feelings of others (like: ‘Look at how she is sitting alone in the corner. Do you think she wants to be alone or does she want a friend? **What can you do?**’).” — Reninca Vangheel

“I try to keep a perspective that I’ve had 24 years to learn to navigate emotions. She’s had five. Listening to her is my biggest thing. I allow her to ‘cry it out’ if she needs to. I’m **open with her about my feelings** to an extent and how events make me feel, how her actions make me feel. I shower her with praise when she does good deeds and try not to overreact when she messes up.” — Emily Gerow

“The thing that has seemed to make the biggest impact is by being extremely open about all feelings with everyone in the house. **When someone is angry, we say it. When we are sad, we talk about it.** When trying to get my almost 4-year-old to be empathetic I just talk about the raw feeling that a person might be having. Example: while watching ‘The Grinch’ we talk about how grumpy the Grinch is, but we also talk about how lonely he must be because he only has his doggy and no friends. This has transferred to other places in life, like at the park my son will talk about someone playing alone feeling lonely.” — Heather Sanchez

2019年9月8日(日)  
第79回壹萬会



ミナ

を萬会調整会Ⅰに参加された方の感想文

この4年子も4人産んで、もう世界が変化した。70,000冊のCDを買った。2004年夏は、(中略)中国旅行して、朝と夕の光景は何かと違ふところがあり、とても面白い機会になりました。子育てが忙しく、小さな息子が、お友達と遊ぶのを好むようになりました。(小)男子のお母様

故に子か否を問ふことにて其の相違するをいふなりとあるが如きに彼、すなわち  
 の「子」に（親に）対する「子」の義が實にあり。時にこの「子」も處の「子」  
 も所名にせうに思ひます。我々が「地味」の義、「平地」の義、第1口にする「子」が  
 然し、親子の「子」の方向の相違も確にみておきます。（小44の本文欄）

無限の可能性を秘めた潜在能力とともに、自分の目標・夢に向かってとことんチャレンジし、人生を思いきり謳歌して頂けたらと一それが日田氏の願いです。

春風会セミナーに参加された方の感想文

真誠で丁寧な指導のおかげを基金會主の新しい建物は開校してすぐ、全学で喜ぶました。そして自身の健康と幸福のための勉強の結果、僕の使命は「人種から病気をいづるもの」に定む。このために一生懸命に努力しました。それから今日までずっと努力しています。(中井勇)

「使命」に屈しず、ずんば向う合うことが出来た。成し遂げずにはいられない男であること、賞賛するべき事に入れた。いよいよ、また、今後(試練として)降りかかるもの、チャレンジすべきものがある。困難は受け入れようとした。(中村真子)



## Testimony



Heguru®

family

*Gyselle Arianne  
Damian*

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

Callahan Prawoto  
28 Nov 2018

Finnick Kwee  
3 Nov 2017

Bertrand Roland S.  
22 Nov 2017

Gabriella Rachel T.  
22 Nov 2015

Kenzo Abner L.  
3 Nov 2017

Ian Susanto  
3 Nov 2017

Olivia William  
7 Nov 2016

Leia Abigail S.  
27 Nov 2016

Tiffany Paramita  
30 Nov 2015

Kelly Liana S.  
2 Nov 2018

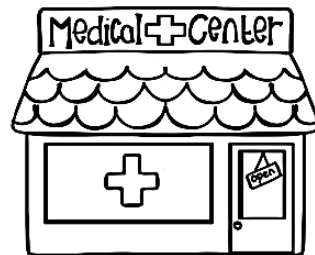
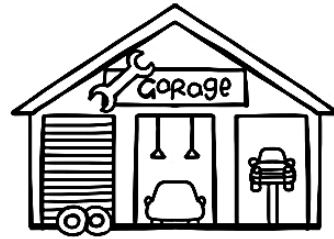
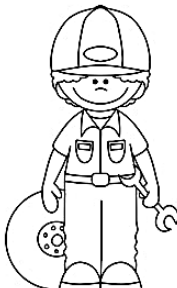
Bruce Wayne S.  
15 Nov 2014

Alverio Buntaran  
7 Nov 2017

**HAPPY  
BIRTHDAY**

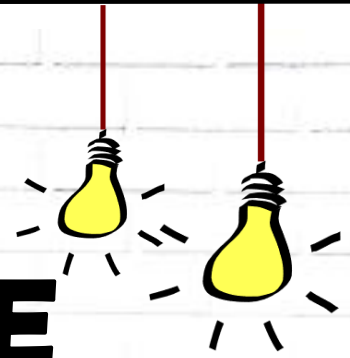
Activities Page

Draw a line matching the  
community worker with the building  
where he or she works.





## Materials Knowledge



# FOLKLORE

Indonesians are familiar with this saying, "It is a reminder that to appreciate something we first must widen our mind and understanding".

That is why if we want our children to become a respectful person we should make them understand and widen their minds about something.



***"Tak Kenal Maka Tak Sayang"***

Folklore is one activity in Heguru that is used to introduce cultures to the students. It tells a short story that is passed down from generation to generation. Besides, it has magical moral values about good overcomes evil.

Teaching children folk stories offers a number of practical benefits, including sharing cultural traditions between generations and exploring important life lessons. Children will also develop a sense of imagination when studying folklore, and retelling the tales to others help them to practice communication skills.

By knowing and understand other cultures and traditions, children will be more accepting towards differences that will come into their life later on.

## Curriculum

# November Journey

### LITERACY

- Finding letter O and P in your daily life
- Mention words start with letter O and P
- Tracing letter O and P
- Matching colors and words ( Red color with red word )

### KNOWLEDGE

- Let's learn how to get dressed
- Introducing green vegetables
- Let's learn what are the mammals Vitamin A resources
- let's wrap the cup and learn how to make a knot

### NUMERACY

- Learn the odd and even numbers
- Comparing big and small
- Counting flower petals
- Finding numbers in your daily live

### MOTOR SKILLS

- Folding origami paper and make tulip
- Let's make maracas
- Tracing various lines
- Let's make a bracelet from beats

### MEMORY

- Let's memorize president of Indonesia
- Let's memorize our family members

0  
to  
1

Year Old

2  
to

3

Year Old

### LITERACY

- Finding letter O and P in your daily life
- Mention words start with letter O and P
- Tracing letter O and P
- Matching colors and words ( Red color with red word )
- Let's learn to unzip the zipper

### KNOWLEDGE

- Let's learn what are the mammals
- Vitamin A resources
- Let's learn the 5 major nutrients
- let's wrap the cup and learn how to make a knot

### NUMERACY

- Learn the odd and even numbers

- Let's count odd and even numbers
- Comparing 3 different things, which is the biggest, medium and smallest
- Counting flower petals

### MOTOR SKILLS

- Folding origami paper and make tulip
- Let's make maracas
- Tracing various lines
- Let's make a bracelet from beats
- Let's learn to unzip the zipper
- Write your name within one minute

### MEMORY

- Let's memorize president of Indonesia
- Let's memorize our family members

### LITERACY

- Finding letter O and P in your daily life
- Mention words start with letter O and P
- Tracing letter O and P
- Matching colors and words ( Red color with red word )
- Let's learn to unzip the zipper

### KNOWLEDGE

- Let's name 10 musical instruments
- Name the animals by seeing the pattern only
- Memorize the summer flower
- Let's name the kitchen utensils

### NUMERACY

- Show 40, counting 41-50 by 1
- Counting by 2

- Counting by 5
- Counting flower petals

### MOTOR SKILLS

- Folding origami paper and make tulip
- Let's make maracas
- Tracing various lines
- Let's make a bracelet from beats
- Let's learn to unzip the zipper
- Write your name within one minute

### MEMORY

- Let's memorize president of Indonesia
- Let's memorize Pancasila
- Let's memorize "sumpah pemuda"
- Parents give the child 3 different instruction at one ask them to memorize it and do it
- Memorize your body parts

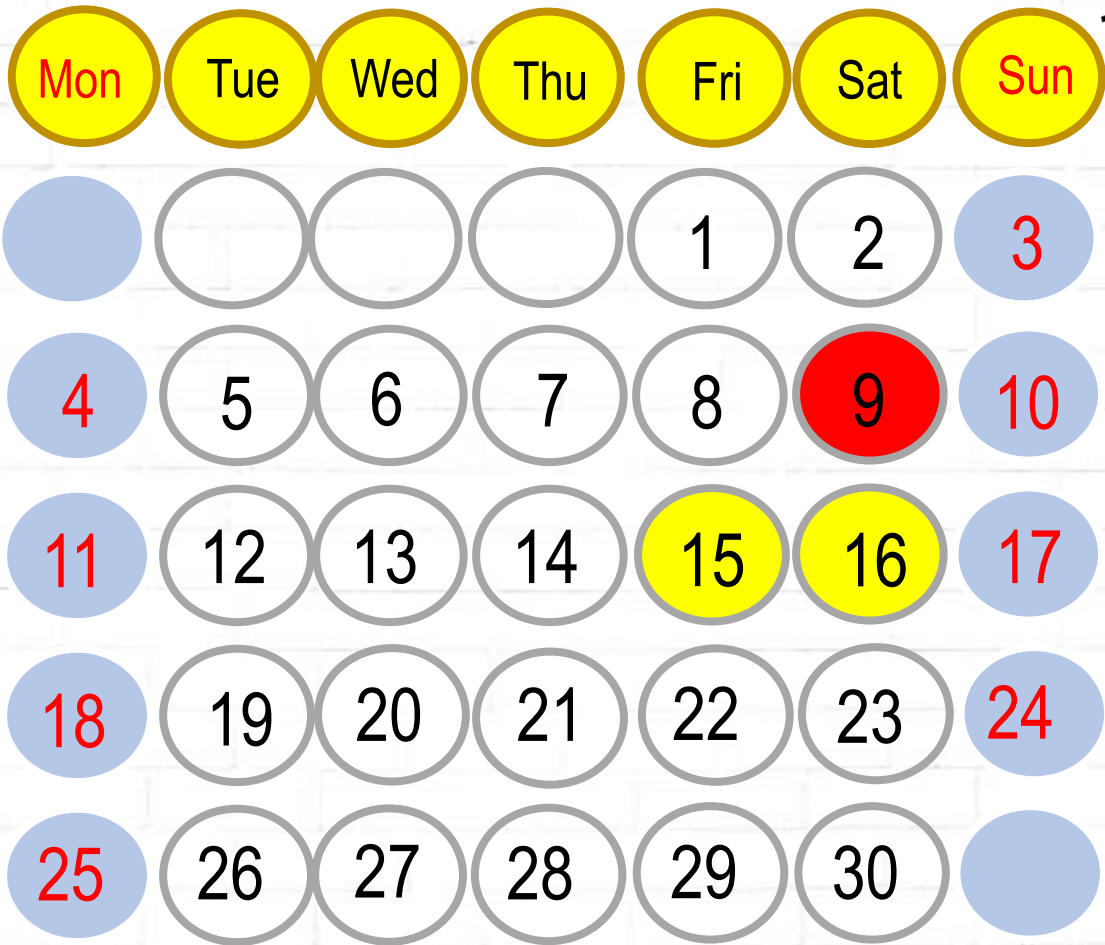
4  
to  
6

Year Old



Calendar of the Month

November



Dates to Remember

9 November	The Prophet Muhammad's Birthday
15 and 16 November	Brain Tour 102 "Understanding Heguru Method Deepeer"
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"