

Preparing for 1st Grade in the Playground

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Video

Coping with challenges
Muscle strengthening

When I ask parents what worries them about their child's first year at school, they answer that they are afraid that their child will not be able to sit still for long stretches of time, that they might not be emotionally ready, that they might lose their imagination and creativity, and that they won't have any friends.

Despite these worries, the most common way to prepare a child towards first grade is to teach them the alphabet and numbers, how to read, write and calculate.

Yaara Bashan Haham | Israel



1st Grade

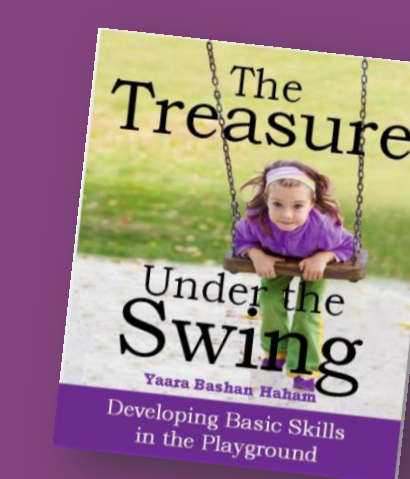
Dealing with tasks
Seated stability
A good pencil grip

There is a disturbing gap between parents' concerns and ambitions regarding their child's first year at school, and the way they prepare the child for first grade.

Parents tend to focus on the cognitive aspects of their child's development, to promote visible and audible products that can be measured and evaluated, but they fail to notice the importance of physical and emotional aspects, which cannot be seen or measured – only felt. The relation between movement and learning has already been proven in many studies.

Real preparation for school, and for life in general, cannot rely just on learning how to read, write, and calculate; it must rely on the proper development of the senses, on movement, and on their interrelation and coordination.

The free-of-charge playground is as precious as gold, and by changing our perspective, we parents can turn it into an environment that allows children to develop essential motor, social, emotional, and cognitive skills that will provide the best possible preparation for their first year at school.



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