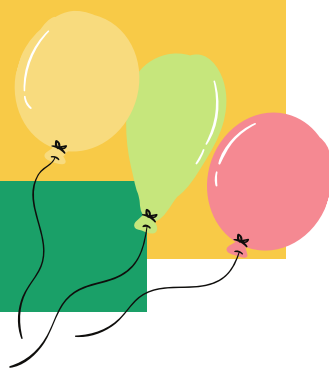




# Eda's News



Newsletter of EduArt Nurseries  
and Preschools 5/2021

Dear parents, dear friends,

we greet you after a month in the May issue of our regular newsletter.

This edition is a bit special for everyone in EduArt since on May 13 our Eda celebrates his second birthday. During these two years we have experienced a lot - long project preparation, demanding reconstruction, establishing our team and welcoming new children



and the complicated pandemic period. We are glad to say that although we are not coming out of it completely without scars and losses, this time also taught us a lot and strengthened both the cohesion of our team and relations with you - parents.

It could be said that after birth, childhood and adolescence, our Eda "grew up" and his family has enlarged in September as we added a new branch in Prague 4, Libuš. However, the fact that EduArt has entered adulthood in our eyes does not mean that we do not develop further or stand still. We are constantly trying to improve our program and our teachers are working on themselves. We used the forced closure of kindergartens for the careful preparation of the educational plan for the new school year, innovations, reorganization and general cleaning of the premises, and especially for online self-education and deepening the pedagogical knowledge and skills of the teaching team.

At the moment, we look to the future with optimism and energy, to which contributes the feedback from parents and children. You can read about our satisfaction survey on the page 4. The main article of this issue deals with a very important topic of internal motivation in children and its author is teacher Ester from our branch in Prague 2. Of course, there is also an overview of planned events and topics that await your children in both kindergartens.

We wish you beautiful May days!

Ida Smékalová and Radka Wirthová  
co-founders



## EVENT CALENDAR

<b>Mother's Day</b>	<b>7.5.</b>
<b>Eda's birthday party</b>	<b>13.5.</b>
<b>Theater- fairytale about cubs</b>	<b>18.5.</b>
<b>Project Week - jungles and rain forests</b>	<b>24.-28.5.</b>
<b>Fairy Tale Night</b>	<b>28.5.</b>



We will spend the beginning of the month in a joyful spirit of the "Mother's Day", which is celebrated on the second Sunday in May. We are going to learn about the immense importance of the role of mothers for our society. In addition to making a greeting card and a gift for moms, children will find out what tasks are mothers managing, whether at home or at work.

And to celebrate even more - Eda's second birthday is coming in the second week. It was in May 2019 that our kindergarten was established and we will commemorate this moment by a party. Through this act, children can realize the importance of celebrations and traditions. Reminiscing of happy moments leads us all to share joy in community and strengthens in our hearts a sense of belonging somewhere and pride.

The second half of May will be connected with nature, which abounds in spring into varied scents and colors. Spring is connected with the birth of young animals. We are going to discover this theme both with creation and direct observation in parks, but also in books and videos.

The last week of May we will visit the "lungs" of our planet in our project week with theme of rainforests. Children will learn about the rich fauna and flora, but also about the global importance and protection of these rare ecosystems.

### Weekly topics:

My mom

How Eda was born

The cubs are born

Jungles and rainforests





# May in Libuš

The month of May is coming and we are looking forward to the reopening. We believe that everyone is eager to meet their friends and to experience adventures that awaits us together. First we are going to get acquainted with emotions and their different types. How we feel and how other friends feel, or my mom and daddy? How we can express our feelings and influence them? In the first week we are also preparing a picnic on a flowering meadow.

Next week we will learn about the topic of My Family, we will get to know who is an aunt or cousin. And we will learn about the important role of our relatives in our lives.

Since spring is in full swing and we hear the buzz of insects everywhere, we will enjoy the theme "About a very hungry caterpillar". We are going to look at the world under a magnifying glass and find out what insects we can observe in the garden and in our surroundings.

Then we will smoothly follow the theme "Scent of flowers", because what else attracts the bees to fly out? It is precisely the fragrant flowers that we see all around us. Mrs. Míla will come to visit us with her dog Freky and we will enjoy another canistherapy session.

## Weekly topics:

Emotions

My family

About a very hungry caterpillar

The scent of flowers



## EVENT CALENDAR

<b>Picinc on a meadow</b>	<b>3.5.</b>
<b>Trip to the forest</b>	<b>16.5.</b>
<b>Project day- Polytech Bus</b>	<b>19.5.</b>
<b>Canistherapy</b>	<b>27.5.</b>





# Satisfacion Survey in Prague 2

Ida Smékalová

Just like the last school year we wanted to find out, how satisfied parents are with our facilities, staff and program. In the questionnaire survey, we also asked them if they would recommend our kindergarten to others or what we should improve. In the future, a similar satisfaction survey awaits us at our second branch in Prague 4.

It must be said that the results made us very happy and outcome was very positive. Everyone who submitted the questionnaire would recommend our kindergarten and was satisfied. What almost every parent pointed out was stable, kind, qualified and communicative staff, which is one of the most important aspects of the management and operation of the kindergarten. Along with the friendly atmosphere, many of the parents mentioned nice and clean classrooms, interesting and a varied program as well as the platform, on which they can see through the photos every day, what is happening in kindergarten and how their children are doing. The level of communication towards parents and individual consultations with teachers are perceived positively too.

Of course, we are also open to criticism and suggestions for improvement, which in Prague 2 were more about the spatial possibilities of the kindergarten - a small changing room or the absence of our own garden. We try to compensate this, among other things, with regular trips and a varied outdoor program in adjacent and more distant parks.



Parents also asked how the involvement of English exactly works in our kindergarten. It is a natural part of every day - every morning our native speaker is teaching the children and she communicates with them only in English. She takes turns in both classes, prepares and leads activities, includes rhymes and songs in the program relating to the current weekly topic. So it is not a frontal teaching, English is a part of continuous ubiquitous communication. We are also planning to have a native speaker in Prague 4 from next year.

An interesting question was raised about our eco-policy. In all EduArt kindergartens, we sort waste and lead children to do so. In Prague 4, we also have a container for textiles on the plot and from May we will also start using a composter for biowaste.

In the future, we are going to solve most of the documentation electronically, in order to reduce paper consumption.

We lead children to the protection of nature and to the careful handling of its resources and waste throughout the whole year.

# Internal motivation of children and its development

Ester Kašánková

Motivation is a broad topic that is addressed in many publications. We divide the motivation into the inner and the external. Today we will look in more detail at inner motivation.

It is generally known that external motivation, if used too often or incorrectly, can weaken a child's inner motivation. This is mainly because it overwhelms the child's natural interest and curiosity. The most common example is schoolchildren, who often become collectors of grades and the true meaning of school attendance, and their desire for knowledge can gradually disappear. Internal motivation comes directly from the child himself without any outside influences. From the very beginning, children are full of desire to explore the world. Later, they ask questions, research and try to understand what is happening around them. Therefore, the period of childhood is very important for the development of their self-motivation. Let's see how we can support children's inner motivation.

Simply put, we have four main points that can help us support the internal motivation of children from an early age.

## Mind set

In psychology, the basic terms are used in this context: "growth" and "fixed" mind set. With a "fixed" mindset, children take mistakes as something they can't change because they have no talent for it or abilities. With a "growth" mindset, children know that when they start solving a problem, they can improve. In this way, learning itself can become a joy and a positive challenge for them.

How can we develop a "growth" mindset in children? Quite simply, through our way of communication with children. Not only to praise children for what they are and what they do ("You are smart, clever, etc."). With our words, we can lead them to realize the quality of their work and the effort they put into the activity ("You managed to solve a problem that arose by not panicking, you thought and then you acted" You managed to stick it together nicely all together so that it is straight").

## Child self-determination/feeling of autonomy, feeling of competence and of social inclusion,

which need to be developed parallelly and evenly. We can support autonomy by giving children space to make as independent decisions as possible (of course, only about things that they can understand on their own).

Competence "depends more on the belief that we can handle the situation than on our real abilities." So it is not just about knowledge or ability as such, but it is connected with the "growth" mind set. In terms of social inclusion, children unknowingly identify with the values and goals of their loved ones.

It is important for our little ones to know that their parents / family unconditionally love and accept them. And not just for their success.

## The importance of dopamine

Dopamine is a very important component in children's learning and growth. We know that external motivation (such as the promise of an ice cream) increases dopamine levels, thereby stimulating and activating the brain. But if you want to focus on building children's inner motivation, it is good to use external motivation moderately. Children often have the same experiences (increased dopamine levels) when working on something they enjoy. Therefore, it is good to support children in what they enjoy and thus increase their dopamine levels. This will help us encourage children to get into the so-called "Flow".

## Flow

The so-called "flow" is especially important for children. It is a state where children engage in some activity and do not perceive the world around them at all. This condition is very important because it "increases the levels of certain neurochemicals" in the brain (including dopamine levels) that act as stimulants.

I believe that if we support children in these areas, we will give children a good starting point for their future. It will help them to head somewhere in life, not to give up when difficulties come and to grow into a healthy self-confident individual who is constantly evolving and contributes to our society.



Stixrud W., Johnson N. : DÍTĚ NA VLASTNÍ POHON: Proč svěřit svým potomkům více kontroly nad životem, Jan Melvil Publishing, 2019 ISBN: 978-80-7555-065-1.  
(The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives)