Sensory Balanced Daily Schedule In The Virtual Blended Learning Program at Podar Jumbo Kids.

Parents, do you know how children interact with their environment? Well, they use their '8 Senses!' Most parents believe that all the '8 Senses' of the child are only put to use during Physical schooling and not during Virtual school of their child. Many think that only the Sense of Sight and Sense of Sound is used during the Virtual School! However, this is not true at the Virtual Blended Learning Program at Podar Jumbo Kids! Let us understand the '8 Senses' and how they are developed through a well-researched and planned Virtual Blended Learning Program at Podar Jumbo Kids.

Activities for Interoceptive Sense during Virtual Learning

- Washroom break enables children to understand their body needs and act accordingly in between the virtual class.
- Water break also involves recognizing their body need of thirst and hence drink water.
- Brain breaks give the body a physical break to release the pent-up energy before moving to the next activity.

Activities for Sense of Bodily awareness during Virtual Learning

- **Action rhymes and songs that** involve children moving their various body parts in the space around them like jumping, hopping, and so on as they sing along.
- Shadow play a unique activity where children need to be careful of using their hands in the space around them to make the desired shape or character.

and bodily movements.

the next activity.

Activities for Sense of Bodily

Music and Movement that excites children to dance and have fun.

Fun with Games that comprises various activities involving balance

Brain breaks that involves the whole body and gets them ready for

Yoga a fun activity that children use their whole body to do.

Movements during Virtual Learning

Activities for Sense of Sight during Virtual Learning

- Virtual Field Trip where children see and explore new things and environments.
- Virtual Hand signals enable children to know the hand signals made by their friends and accordingly respond.
- Picture talk involves observing the various actions and objects in the picture and then answering by making sense of

This sense

body, like feeling

hungry, thirsty, toilet needs using

the receptors present in all the organs of the

body, including the skin.

This sense enables children to become aware of where their body is placed in the space around them using the receptors in their muscles and joints. Activities for Sense of Bodily awareness

awareness

during Virtual Learning.

Activities for Sense of Sound during Virtual Learning

- Creating Music where children indulge in creating sounds of their own with simple household material and making music they enjoy.
- Podcast a platform for children to listen to stories, riddles, rhymes and have fun strengthening their listening skills.
- **Rhythmic Recitation of letters and numbers** where children make sounds using their body as they recite the numbers or letters.

This sense helps

children with balance,

eye movements, and

spatial orientation using

the receptors in their

inner ear.

This sense enables children to see the world around them and perceive shapes, distance, movement, and colour using their eye sense enables children organ. to understand and feel what is going on inside their

This sense enables children to hear and recognize the various ounds in their environment using their ears' sense organ. Activities for Sense of Sound during Virtual Learning

> This sense enables children to recognize tastes like sweet, sour, and salty using the taste buds of their mouth sense organ.

his sense enables children to feel temperatures around, shapes of the objects around, and textures using their skin sense organ.

This sense enables children to recognize different kinds of smells, the good and the bad using their nose sense

Smell/Olfoctor

- **Activities for Sense of Smell** during Virtual Learning
- Little chef is an activity where children experience various smells involved in cooking using multiple ingredients.
- Smell the environment where children sit next to the window and try to recognize the smells that they get.

Your child's exposure to the "8 Senses" has an impact on their concentration, attention, and self-regulation. Please give them the required stimulation through the Virtual Blended Learning Program at Podar Jumbo Kids.

Don't keep waiting for physical school to start and miss out on children's development and learning today!

Activities for Sense of Taste during Virtual Learning

- Little chef enables children to taste various ingredients and tantalize their taste buds as they make a non-fire dish for themselves
- During the Virtual Class water breaks are given that leads children to explore their sense of taste as they recognize that water has no taste!

Activities for Sense of Touch during Virtual Learning

- **Drawing** enables children to experiences different textures of writing tools, paper, and the varied effects it creates.
- **Special chores** where children are given simple hands-on household activities to do at home.







