

Bliss Groups Report (April – September 2022)



The bliss group children are five to six years old. There are 20 children in bliss group. The children come to school by 7:30 am and go back home at 4:00 pm. Two of the children- Ankita and Puja stay in the hostel. Most of the children enjoy coming to school. The children who come to school every day are Ankita, Puja, Bablu, Bhaghisri, Vaishali, Drishti, Ishita, Namita, Subechha, Suchitra, Bilanti, Kamsula and Sangita. The other children are also quite regular, but tend to take some holidays every month.

Health and hygiene

To keep the children clean and fresh we practise some health and hygiene activities. Once they come to school, they brush their teeth, use the toilet, clean themselves, take breakfast, drink milk and tend to their



wounds. If they come to school wearing dirty clothes then they are given clean ones to change into. They have learnt how to clean themselves and the toilet after using it.



On reaching the school after breakfast, they clean their group by themselves. They sweep the floor, arrange the flowers near The Mother's photo and arrange the slippers outside the group. Then they comb their hair and sit in a circle for chanting.

They have their lunch at 12:00 o'clock. Before leaving for lunch, they do chanting. They eat all the vegetables and finish their food without spilling. Most of the children like to eat curds, puri, noodles, paratha, vermicelli and porridge. They can clean their plates by themselves. After lunch they take rest for an hour.



GAMES

Aim- The aim of making children play games is to improve their agility, flexibility, stamina, thinking power, running speed, alertness, observation, balance, cooperation and unity.

The Bliss group have their games at 8:30 in the morning. After breakfast, they brush their teeth in the hostel and then they go to the field. They have their games on all the days of the week- except on Fridays and Mondays as they go for assembly on these two days. Bliss group children have started games only two months back. They have improved a lot in just two months. At the beginning, the children had problems understanding the games and their rules. But when we helped them and played with them, gradually they learnt and enjoyed playing the various games. In the month of August it was raining so the children played indoor games inside their group and whenever the sun came out they went to the field to play outdoors. They usually play fun games and minor games. They also play with small balls which they enjoy the most.

The indoor games that they play are -



- Net and fish (for alertness)
- In and out (for development of alertness)
- Find out the leader (for observation)
- Chinese whisper (for hearing power and alertness)
- Blind fold (for hearing power)

- Tom and Jerry (for speed and skill in chasing)
- Doctor, doctor help us (for brain development)
- Multiplication table game (for alertness, listening power and mathematic skills)
- Who has the treasure (guessing ability)



The outdoor games that they play are-

- Freeze (for body balance and body control)
- Jailor and prisoner (for alertness and quick response)
- Dog and the bone (for alertness and balance)
- Crab walk (for strength and stamina)
- Pass the ball (for passing skill)
- Snake and mongoose (for alertness, swiftness and cooperation)
- English Kho-Kho (ability, swiftness)
- Chain game (for speed, stamina and stretching)
- Ice and water (for swiftness and balance)

The children have improved very much in speed, observation and cooperation with each other along with their skills in the games.



Circle time



Once all the children are back from the field and are ready after washing their hands and legs, we start chanting at 9:00 am. For chanting they sit in a circle in dhyān mudra with closed eyes and chant all the mantras they know. After chanting we sing some Hindi bhajans and some short Hindi rhymes along with their actions. They really enjoy aping animal actions and behaviour. Except for a few, all the children sing the songs loudly. Sometimes they face difficulty in pronouncing some words while chanting and singing.

The mantras/chants, bhajans and songs they know are-

New chanting

1. Vakra tunda mahakaya
2. Mahamritunjaya
mantra
3. Guru brahma
4. Adidevo namestu
bhyam
5. Asatoma sadgamyā

Bhajans

1. Tan ho sundar
2. Nanhe munhe bachhe



3. O sweet mother
4. O dear mother



Patriotic song

1. Ham honge kamyab
2. Hind desh ke nivasi

Other Songs

- Titli rani
- Chandamama ayenge
- Bhalu ki shadi
- Tiki maina
- Anguthe ne bola
- Lal lal motor

Language (Hindi)

We start our language activity after circle time at 9:30 a.m. To improve their listening skills, they listen to stories from the big picture books. They listen carefully and after listening to the stories they are able to answer questions about the stories. Sometimes they also listen to stories through puppet shows which they enjoy a lot.



For their speaking skill development, they are made to tell the stories which they have heard. During the last few months, we made them do some creative story making about things around them, through drawings. Gradually we got them to make their own stories which helped them to improve their expressive power and language skills. Now they have developed their thinking skills to quite some extent. They can make proper stories by themselves using full sentences.

During the activities, all children take part. Some children need more attention. For their language development and to get over their stage fright, they perform some short plays in the assembly every week. They like to do plays of animals the most. Through dramas they improve their sentence making. While practising they learn and memorise their dialogues very quickly. They practised a drama (Fruit seller) for Janmashtami. They had also done a play- 'Gilahari' for which they have created a small song by themselves in four lines:

"Gilahari main gilahari,
Is ped se us ped par,
Jhoom jhoom kar nachu main
Jhoom jhoom kar nachu main.
Gilahari main gilahari,
Us ped se is ped se,
Aam tod ke khaun main,
aam tod ke khaun main."

Dramas

- 1- Mendak ka naashta
- 2- Gilahari
- 3- Fruit seller



Stories

1-Hamari patang

2- Rani vi

3-Rang birangi sundar machhali

4-Mendak ka nashta

5-Gilahari

6-Chuhe ji bhule chaturai

7-Billi ke teen bachche

8-Dupatta

Language (English)

We start our English class at 11:30 am and continue till 12:00 pm. As English is a third language, they hesitate to speak and feel shy. For



the first 15 minutes they sing rhymes along with their actions and also learn new rhymes on some days. They enjoy singing rhymes with their actions. Through rhymes they increase their vocabulary as they are actively involved in it. They also develop their listening skills through rhymes. When they learn some new rhyme, they

take time to memorise them as they face difficulty with the pronunciations. They have learnt many rhymes. For the second half we read them some short stories from picture books. They take time

to understand the stories when it is just read to them, but when their didi does actions, then they can understand easily and quickly. They like to listen to animal stories and make different sounds after listening to didi. Now they are able to identify the pictures in the storybooks. They like to do plays. They have done some short plays. Some of them are-

- Enormous turnip
- Ten fat red hen
- Pepper brushes his teeth.
- Yellow and yummy.

In the assembly, they have performed the play “The enormous turnip”. They took some time to memorise the dialogues while practising, but ultimately they performed well. They have learnt some vocabulary like -names of fruits, vegetables and body parts- from the picture books. They recited the poem “Tree” by Sri Aurobindo on 15th of August. They also have learnt many rhymes-



- 1,2,3,4,5 once I caught a fish alive
- Red is amma’s bindi
- Rolly Polly
- One man went to mow

- ## Mathematics

2-counting

- 1 to 100- forward counting
- 100 to 1- backward counting
- After and before till 20
- Showing the numbers in ganit mala sticks bundles

Now all the children can identify the colours. They learnt the name of the colours by using rangometri for making different patterns, by seeing the picture books and by colouring their drawings and also through other ways. Many a times they collect some things like (leaves, pebbles, flowers, sticks, etc.) from nature and make rangoli



in the group using these things. In this way they learn counting and even the names of the colours. In counting they have done forward counting and backward counting up to 100. All children can do forward counting but some children

have problem in rounding numbers. They also do counting with stick bundles. They can show the numbers in the ganit mala. Now they are learning after and before numbers till hundred.

Co-curricular activities

Co- curricular activities starts at 2:30 pm and ends at 3:30 pm. To develop their fine motor skills they do drawings, cutting and pasting, and dance.

They mostly like to do drawing with crayons. They draw pictures of things they have seen around them like sun, flower, butterfly, tree, and other thing. Now in drawing the children are able to give a proper shape of the thing they are making, and can colour the picture very nicely. They can also fill up colours in their pictures by using different colours. Some



children still need improvement in fine motor skills and creativity as they only scratch the crayons on the paper, draw circles and different patterns without any shape. The children also like to tear the papers and make collage. They have made paper collage by cutting and pasting for decorating their group.



During dance period, they enjoy the music and do different body movements. All the children like to dance very much and they all dance very nicely. Mostly they like to dance on Sambalpuri songs.



Celebration

The children feel very happy during the school functions. This year, they participated in the programmes for the first time. On 11th of August they celebrated Raksha Bandhan with others. They tied rakhi to each other and ate laddoos. They had made rakhis by themselves, with quilling strips and beads.

On 15th August that was Sri Aurobindo's birthday ceremony they recited the poem "A tree" by Sri Aurobindo. They recited the poem very nicely. But some children got nervous seeing the audience. Some children kept looking at the decorations while performing.



On Janmashtami, on 18th of August they did a play on Krishna. The name of the play was “The fruit seller”. All the children had memorised their dialogues very nicely. But some children were absent that day but we managed it by giving their dialogues to the children who were present. And they memorised the dialogues quickly on the same day and performed.



On 31st of August was Ganesh Chaturthi, they sang a song “Jay Ganesh”.

